## **CONNECTING THOUGHTS WITH FEELINGS**

Mood (Please select one):													
Depression													
	,												
☐ Anger													
	Frustr												
	☐ Other (fill out below)												
Mand Dat													
Mood Rat □0		<b>1</b> 2	<b>□</b> 12	$\Box$ 4	<b>□</b> 5	□6	<b>1</b> 7	ПΩ	<b>□</b> 9	<b>1</b> 10			
	<b>—</b> 1	<b>L</b>	<b>_</b> 3	<b>4</b>			<b>_</b> /	<b>_</b> 0	<b>_</b>	<b>—</b> 10			
Thoughts:													
Brief Desc	ription	of Situ	uation:										
Full Name	:												
Signature:								Date:					