Mood Survey							
Date							
0 = Not at all; 1 = Somew	hat; 2 =	Moderate	ely; 3 = A	lot; 4 = E	extremely	1	
Anxious Feelings							
1. Anxious							
2. Nervous							
3. Worried							
4. Frightened							
5. Tense/On Edge							
Total for today>							
Anxious Physical Symptom	s						
Racing Heart							
2. Sweating/Chills							
3.Trembling/Shaking							
4. Short of Breath							
5. Feeling of Choking							
6. Pain in Chest							
7. Butterflies							
8. Dizzy/Off Balance							
9. Feeling Unreal							
10. Numbness/Tingling							
Total for today>							
Depression							
1. Sad/Down							
2. Hopeless							
3. Low Self-esteem							

4. Worthless

5. Loss of Pleasure

Total for today -->