# Mood Survey

| Date | | | | | | |
|------|------|------|------|------|------|

0 = Not at all; 1 = Somewhat; 2 = Moderately; 3 = A lot; 4 = Extremely

## Anxious Feelings

1. Anxious
2. Nervous
3. Worried
4. Frightened
5. Tense/On Edge

Total for today -->

## Anxious Physical Symptoms

1. 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 -->