

Mood Chart

LivingManicDepressive
a bipolar and depression website
www.livingmanicdepressive.com

For Period Sunday

to Saturday

Morning (AM) readings taken at

Afternoon (PM) readings at

| | | | | | | | | | | | | | | | | | |
|-----------------------------------------------------------------------------------|--------|----|--------|----|---------|----|-----------|----|----------|----|--------|----|----------|----|----|----|--|
| Emotional / Mood Scale (E Scale) and Productivity / Functional Scale (P Scale) | 10 | | | | | | | | | | | | | | | | |
| | 9 | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | |
| | 7 | | | | | | | | | | | | | | | | |
| | 6 | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | |
| | 4 | | | | | | | | | | | | | | | | |
| | 3 | | | | | | | | | | | | | | | | |
| | 2 | | | | | | | | | | | | | | | | |
| | 1 | | | | | | | | | | | | | | | | |
| Time | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | |
| Day | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | | | |
| Date | | | | | | | | | | | | | | | | | |

The E Scale (plotted in pen colour)

EMOTIONAL / STABILITY / MOOD SCALE - how I feel

10 - True mania. So far I have never had a true manic episode.

9 - Hyperactive and not too much control. I require most of my energy to control myself, not too much left over for being functional.

8 - Definitely hyperactive / manic. Still functional, but remaining in control requires control.

7 - Feeling great. A little too much accomplished, but not too much hyperactivity. Upper end of a great day for a normal person.

6 - Good day. Lot's accomplished.

5 - **NORMAL.** Feeling how I imagine a normal person would.

4 - A bad hair day.

3 - I find it hard to think and I am sluggish. I don't really want to try hard to do anything. Lower end of a very bad day for a normal person.

2 - Living through the day hurts. Everything appears insurmountable. I have low self confidence and it is nearly impossible to get anything done.

1 - Really low confidence. I don't want to leave the house or talk with people, but I manage with great effort.

0 - True terrible depression. I stop thinking. My life is a failure, I want out of my relationship, suicide starts looking good.

The P Scale (plotted in pen colour)

PRODUCTIVITY / FUNCTIONALITY SCALE - how I act

5 - Much accomplished but too much to be normal.

4 - Good to great day

3 - **NORMAL.** What you would expect from a normal person.

2 - Things below par.

1 - A really bad day for a normal person.

0 - Productive / functionality below that of anything a normal person would do. Or you have just shut down and nothing is getting done.

Additional information about Setting Up a Mood Chart can be found at http://www.livingmanicdepressive.com/D_050.html