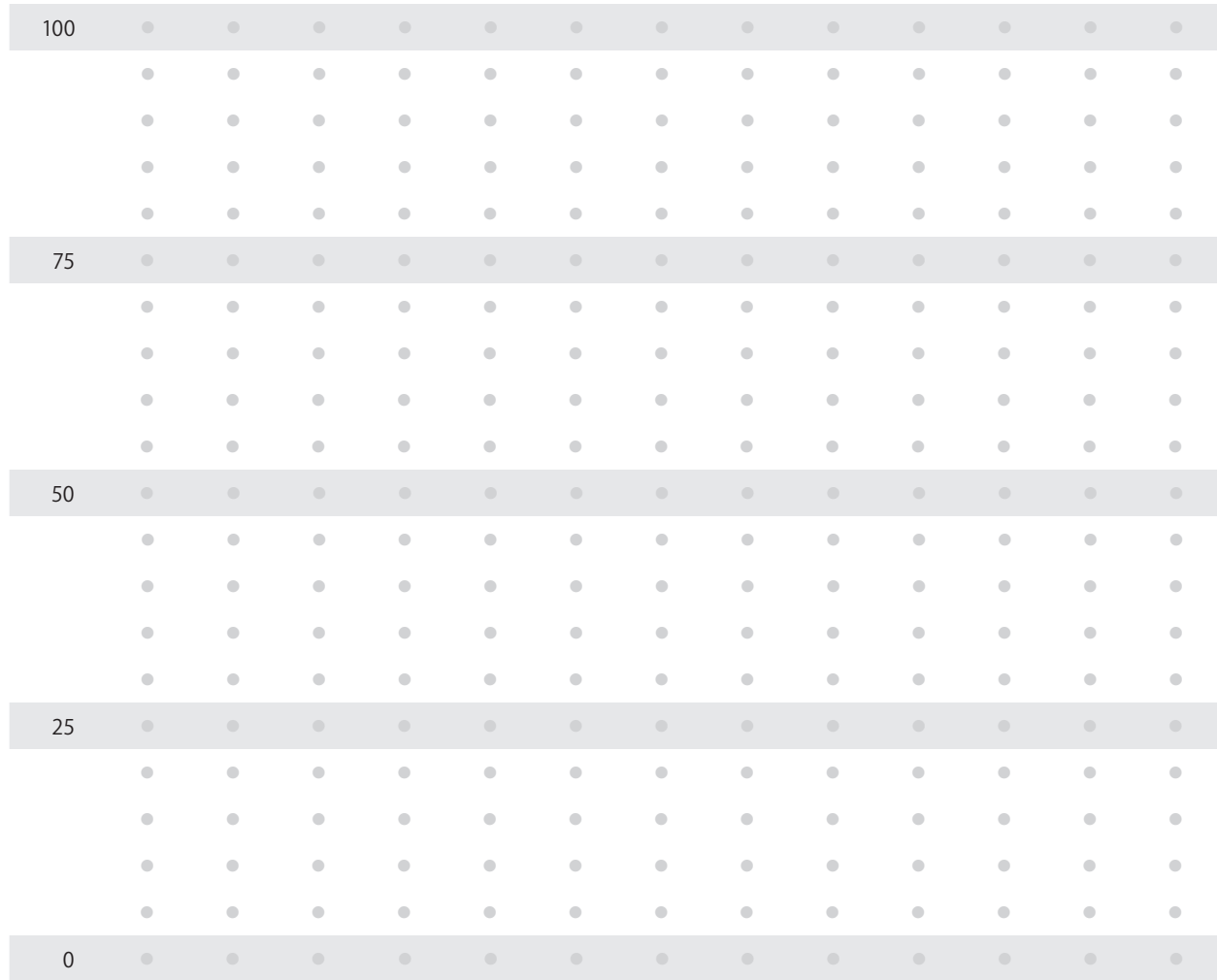


**EXERCISE: Mood Scores**

Use Worksheet 15.2 to record your scores on the frequency, strength, and duration of the mood(s) you are rating on **Worksheet 15.1**. You can label them F (frequency), S (strength), and D (duration) on Worksheet 15.2, or you can use different colors for each. By tracking all three types of mood ratings on the same chart, you will be able to see your progress as you learn *Mind Over Mood* skills. Use a different copy of Worksheet 15.2 for each mood you are rating. For example, you might be rating both shame and happiness, and you want to track each on a different Worksheet 15.2. (If you are filling out these worksheets onscreen, please note that Worksheet 15.2 cannot be completed interactively. We recommend that you print this worksheet and complete it by hand. Alternatively, some PDF software has a freehand pencil tool that you can use to complete the worksheet onscreen.)

**WORKSHEET 15.2. Mood Scores Chart**

Mood I am rating:



<b>Date</b>														
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