SEDE COUNSELING

FREE COPING SKILLS WORKSHEET

Weekly Mood & Coping Tracker

Each day, rate your mood from 1 (very low) to 5 (very good) and write down the coping skill you used. Look for patterns at the end of the week.

Day	Mood (1–5)	Hours of sleep	Coping skill I used	What helped?
Mon	○1 ○2 ○3 ○4 ○5			
Tue	○1 ○2 ○3 ○4 ○5			
Wed	○1 ○2 ○3 ○4 ○5			
Thu	○1 ○2 ○3 ○4 ○5			
Fri	○1 ○2 ○3 ○4 ○5			
Sat	○1 ○2 ○3 ○4 ○5			
Sun	○1 ○2 ○3 ○4 ○5			

This week I noticed:

Next week I want to try:

Credit: *Based on mood self-monitoring used in Cognitive Behavioral Therapy (Aaron T. Beck, MD) and Behavioral Activation (Peter M. Lewinsohn, PhD; Neil S. Jacobson, PhD). Worksheet adapted by Sede Counseling.*