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 -->							