

daily mood

<i>rate on scale from 1-10</i>	M	T	W	TH	F	SA	SU
depressed							
anxious							
irritable							
angry							
lonely							
suicidal							
disassociated							
broken							
confused							
defeated							
empty							
tired							
bored							
needy							
distracted							
obsessed							
hungry							
empty							
content							
social							
happy							
hyper							
elated							
wired							
hopeful							
proud							
secure							
loved							