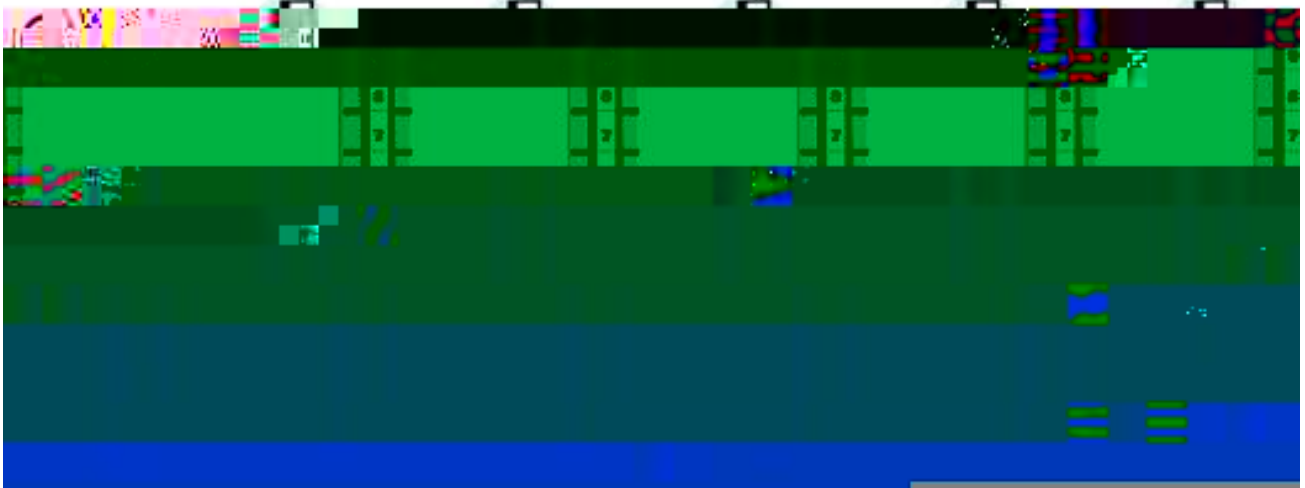




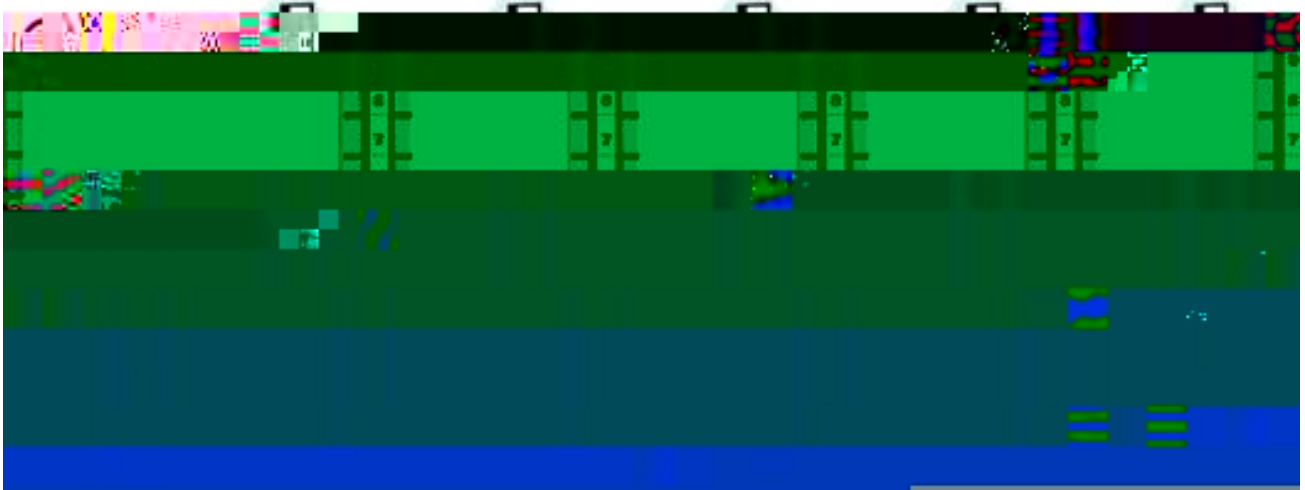
Daily Feelings Record

Take a feelings rating every day by circling the number on the thermometer. Remember to write down what was happening to make you feel that way.



Date:

What was happening:



Date:

What was happening:
