

#2

### Positive Mood Indicator

This page is just to give your therapist an idea of how positive you are able to be on a daily basis. The more you *believe* the success of the therapy and more optimistic you are about how your life will be afterwards, the higher will be your score. Again, it is important to be completely honest; for instance if you believe totally that therapy will be successful but you are not totally optimistic about your life afterwards, then this needs to show in the graphs that you are completing here. Even if every column is low, that's exactly what your therapist needs to know to help you get on track for success - and stay there!

Indicate your levels in each table by placing an 'X' to show your score of 1 (poor) - 5 (good) in the column for each day.

*how I feel about this therapy?*

Table 1 - Belief

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5							
4		X	X	X	X		
3	X					X	X
2							
1							

Table 2 - Optimism

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5							
4	X	X	X	X	X	X	X
3							
2							
1							

Any comments: