

Name: _____



Mood Changes

Identify the cause of your change in mood and its effects on your school and life performance

Cause (Think about why you feel this way)

1.

2.

3.

Effect #1 (Think about what this is doing to your life outside of school)

Effect #2(How is this affecting your ability to succeed in school)

Effect #3(How is this affecting your social life and people around you)

Circle your happiness level

1 2 3 4 5