

## Downward Spiral, Upward Spiral



Keep track of one thing that happened over the week that brought your mood DOWN:

1. What happened?

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2. How did you feel?

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3. What did you do?

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4. Did you feel better or worse?

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Keep track of one thing that happened over the week that brought your mood UP:

1. What happened?

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2. How did you feel?

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3. What did you do?

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4. Did you feel better or worse?

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