Name_____

EMOTIONAL DASHBOARD 8
Mood Management

Date_____

Please consider and answer the following questions (remembering there are no right or wrong answers). All of the questions will refer to these six mood or mental conditions:

Anger	**Anxiety**	**Confusion**
Depression	**Grief**	**Guilt**

Looking back over the last year, please rank which of these mood or mental conditions has been the most difficult for you, the second most difficult, the third most difficult, and so on until you have listed them all.

1st _____   2nd _____   3rd _____

4th _____   5th _____   6th _____

If you could permanently and completely get rid of one of these mood or mental conditions, which one would it be? _____

For each of the mood or mental conditions listed below, please identify your age when each was at their hightest level:

____ Anger   ____ Anxiety   ____ Confusion

____ Depression   ____ Grief   ____ Guilt

For each of these moods or mental conditions, which one do you think you manage the most effectively? Which one the least?

____ Anger   ____ Anxiety   ____ Confusion

____ Depression   ____ Grief   ____ Guilt

Each of these mood or mental conditions is partly due to circumstance and events (externals = E) and partly due to the way you think about things or interpret things (internals = I). Looking back over the **last year**, mark each of the six mood or mental conditions under the appropriate description:

	Mostly E	**More E than I**	**About Even**	**More I than E**	**Mostly I**
Anger	____	____	____	____	____
Anxiety	____	____	____	____	____
Confusion	____	____	____	____	____
Depression	____	____	____	____	____
Grief	____	____	____	____	____
Guilt	____	____	____	____	____

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