



When I am in a bad mood	When I am in a good mood
These are the things I usually do (activities, people I spend time with, etc.):	These are the things I usually do (activities, people I spend time with, etc.):
This is how I look and sound to other people (eye contact or not, slumping or standing up, sad or happy voice):	This is how I look and sound to other people (eye contact or not, slumping or standing up, sad or happy voice):
This is what I think about myself and my world:	This is what I think about myself and my world:
This is how my body feels (antsy, sleepy, relaxed, etc.)	This is how my body feels (antsy, sleepy, relaxed, etc.)
This is how I act around others:	This is how I act around others: