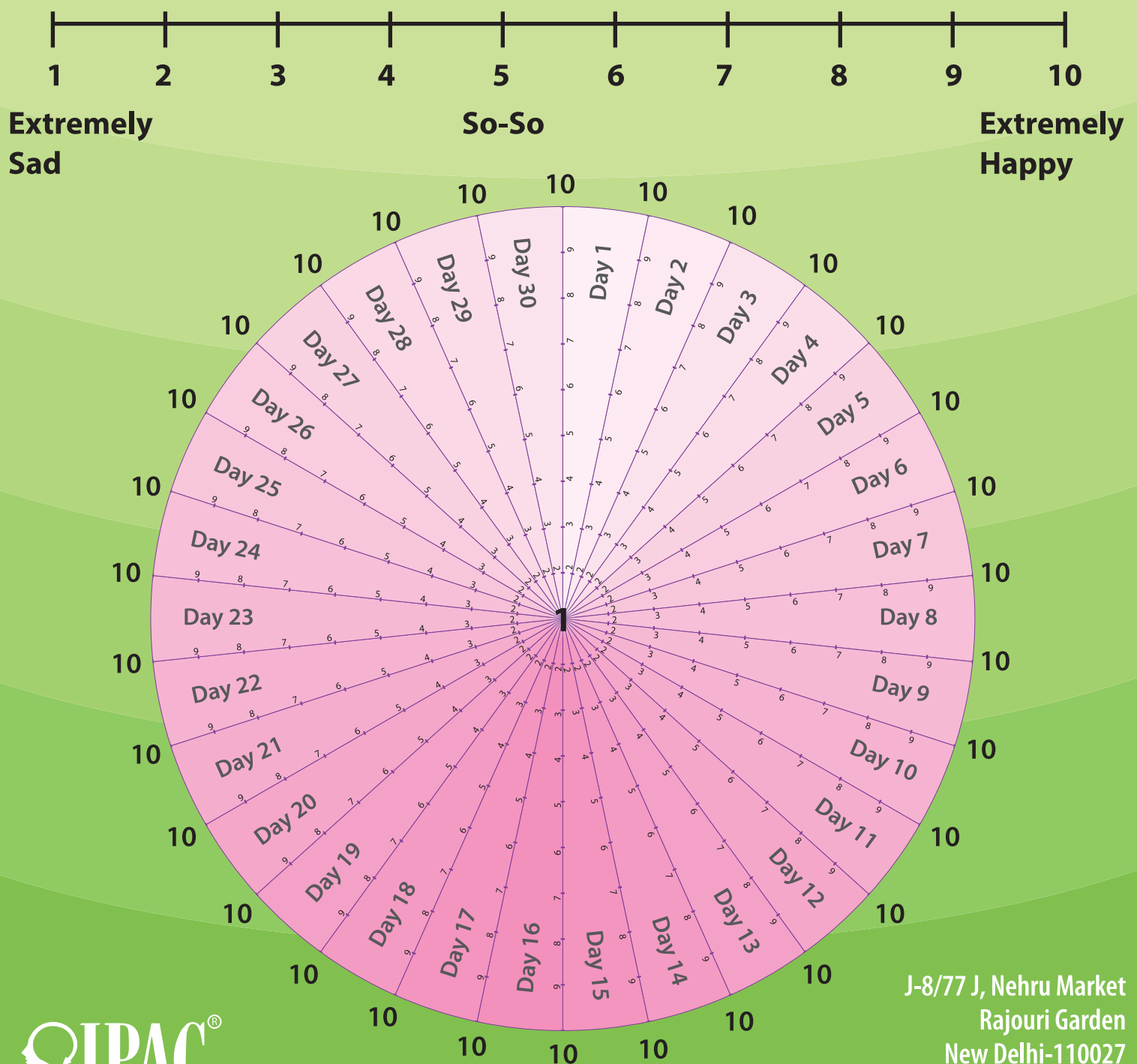


# MY DAILY EMOTIONAL RATING

## Directions

Rate your emotions everyday (at one particular time, preferably at night) that is how good or bad you felt, using the 10 - point rating scale shown below for the next 30 days. If you felt **"extremely happy"**, mark **"10"** on the chart below, if you felt **"so-so"**, mark **"5"** and if you felt **"extremely sad"**, mark **"1"**.



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