



Family Tree Counselling TM

(778) 800 6262 www.counselling.ca, office@counselling.ca

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mood	3							
	2							
	1							
	0							
	-1							
	-2							
	-3							
Energy	3							
	2							
	1							
	0							
Anxiety	3							
	2							
	1							
	0							
Irritability	3							
	2							
	1							
	0							
Alcohol/drugs								
Suicidal thoughts								
Day of the cycle								
Medication								