Increasing Caregiver Well-being
Outside Assignment 2
(revised 9-24-02)

Mood and Pleasant Event Log Form

Describe below an activity you engaged in that improved your mood this week

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

1=Very Unhappy
2=Unhappy
3=Average
4=Happy
5=Very Happy

Using the above scale from 1-5, rate your mood before and after using the activity you engaged in.

Mood level before the activity: __________

Mood level after the activity: __________