

Depression, Anger and Anxiety Chart

One way to manage your **Depression**, **Anger** and **Anxiety** is to track them on a daily basis. This allows you to see setbacks and improvements over time. Use the following chart to rate your mood. Use a 0 to 4 scale. Regularly review your mood rating with your therapist or psychiatrist.

DEPRESSION SCALE: (Dp)				
0	1	2	3	4
not depressed	mildly depressed	moderately depressed	highly depressed	extremely depressed

ANGER SCALE: (Ag)				
0	1	2	3	4
not angry	mildly angry	moderately angry	highly angry	extremely angry

ANXIETY SCALE: (Ax)				
0	1	2	3	4
no anxiety	mild anxiety	moderate anxiety	high anxiety	extreme anxiety

Month/Year: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp
Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag
Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax

17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp	Dp
Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag	Ag
Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax	Ax

DEPRESSION CHART: (Dp)

4																																					
3																																					
2																																					
1																																					
0																																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						

ANGER CHART: (Ag)

4																																						
3																																						
2																																						
1																																						
0																																						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							

ANXIETY CHART: (Ax)

4																																						
3																																						
2																																						
1																																						
0																																						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							

Name: _____

ID#: _____