

Mood–Behaviour Pattern Tracker

CBT SELF-MONITORING · NOTICING THE LINKS

How situations, thoughts, feelings and actions connect, and what keeps repeating

Fill in a row soon after a noticeable shift in mood. Brief notes are enough. After a few entries, look across the rows for patterns.



patterns shape the next situation, until we start to notice them

Day & time	Situation where, when, who	Thought what went through my mind	Feeling emotion, 0–100	Behaviour what I did, or avoided	Consequence then, and later
			emotion 0–100		short term longer term
			emotion 0–100		short term longer term
			emotion 0–100		short term longer term
			emotion 0–100		short term longer term
			emotion 0–100		short term longer term
			emotion 0–100		short term longer term

Patterns I notice

Look across your rows. What tends to come before a mood shift, or follow it?

Common threads

- ☐ Time of day ☐ Tiredness ☐ Hunger
☐ Certain people ☐ Places ☐ Being alone
☐ Conflict ☐ Screens ☐ Plans changing

One thing I might try differently

To bring to my next session