

Mood Thermometer

Why

It's more fun and often more accurate to use a visual scale to rate mood. You may use the thermometer in session to check in around mood or the young person can use the thermometer worksheet to monitor their mood between sessions.

See the Regular Monitoring of Substance Use and Mood worksheet for more information.

How

Discuss

- Ask the young person for brief descriptions of what the different levels on the thermometer mean for them including examples at the extremes and in the middle.
- 'What do you notice when you're at a 5? How do you feel?'
- What sensations do you notice in your body? What would other people see you doing?'

Rate

- Have them rate their mood now from 0 to 10.
- Compare it to the best and worst it has been in the last week. This can lead into a discussion about situations associated with worse versus improved mood.

Other emotions?

- It may be appropriate to make a separate thermometer for specific emotions that the young person is struggling with e.g. anger.
- The thermometer can then be used to increase awareness of varying intensities of emotions and to develop strategies and skills for how to respond.
- With anxiety, the thermometer can be used to monitor level of anxiety before and after going into feared situations.

Mood and Substance Use Diary

Day Emotion

Day Emotion

Day Emotion

Day Emotion

- **Rate your mood for today on the thermometer with a smiley (or sad) face. If you like also mark the best you have felt over the last week (with a tick) and the worst (with a cross). You can also use the mood thermometer for other emotions like anger, frustration, sadness, loneliness... just write what you are rating in the space and indicate which way the thermometer goes e.g. 10=extremely angry.**

AOD Helpline:
0800 787 797

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