

MOOD/BEHAVIOR MONITORING FORM

RED FLAGS	SUN	MON	TUES	WED	THUR	FRI	SAT
Overeating							
Under-Eating							
Worry							
Over-Exercising							
Tired							
Unwilling to Ask for Help							
Low self-esteem							
Low Frustration Tolerance							
Procrastination							
Isolation							
Irritability							
Magical Thinking							
Negative Attitude/Oppositional							
Insecurity							
Oversleeping							
Insomnia							
Poor Judgment							
Obsessive Thinking							
Feeling Inadequate							
Poor Concentration							
Recklessness							
Suicidal Thoughts							
Over-Reacting							
Inability to Feel Pleasant							
Unrealistic Expectations							
Harsh Self-Talk							
Over-Working							
Victim Thinking							