

THE MOOD METER

1

This tool can be used to increase your ability to name and identify your feelings - remember, you got to name it to tame it!

How are my energy levels?



High energy, revved up, faster pace



Medium or average energy, baseline energy



Low energy, slower pace

ENERGY	ENRAGED	PANICKED	STRESSED	JITTERY	SHOCKED	SUPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
	LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPER	CHEERFUL	MOTIVATED	INSPIRED	ELATED
	FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
	ANXIOUS	APPREHENSIVE	WORRIED	IRRITATED	ANNOYED	PLEASED	HAPPY	FOCUSED	PROUD	THRILLED
	REPULSED	TROUBLED	CONCERNED	UNEASY	PEEVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLISSFUL
	DISGUSTED	GLUM	DISAPPOINTED	DOWN	APATHETIC	AT EASE	EASYGOING	CONTENT	LOVING	FULFILLED
	PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATISFIED	GRATEFUL	TOUCHED
	ALIENATED	MISERABLE	LONELY	DISHEARTENED	TIRED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
	DESPONDENT	DEPRESSED	SULLEN	EXHAUSTED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	COMFY	CAREFREE
	DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	COZY	SERENE
	PLEASANTNESS									

2

How unpleasant or pleasant is the feeling?

High comfort, enjoyment, or pleasantness



Between pleasant and unpleasant, neutral



Low pleasantness, higher distress or discomfort



REMINDERS



- You can be in multiple locations on this chart at the same time
- There are no "good", "bad", "right", or "wrong" emotions to feel
- If the words don't match how you feel, change them! Describe it in your own form of expression (words, art, images)

SCAN ME!



Learn more and download the Mood Meter app at moodmeterapp.com