**Bipolar Disorder Mood Tracking & Self-Assessment Tool**

**Introduction**

Welcome to the Bipolar Disorder Mood Tracking & Self-Assessment Worksheet—a tool designed to help you monitor and reflect on your mood fluctuations, energy levels, and sleep patterns over time. Drawing on established mood tracking principles used in bipolar self-monitoring, this worksheet offers a structured way to capture the nuances of your emotional experiences and daily routines. Bipolar disorder is characterized by significant shifts in mood, ranging from periods of elevated energy and euphoria (or irritability) to phases of depression and low energy. Understanding these cycles and identifying patterns can empower you to better manage your condition, recognize potential triggers, and make informed decisions about your care.

This self-assessment tool invites you to record your daily moods and other related variables through charts and reflective prompts. You are encouraged to note significant events, changes in energy, and variations in sleep quality, along with any potential triggers you observe. By engaging with this worksheet consistently, you can build a clearer picture of how your mood states evolve over time, which may provide valuable insights for both personal management and professional guidance. Tracking these patterns is a critical step in developing a proactive approach to managing bipolar disorder, helping you to celebrate periods of stability as well as address times of challenge.

The goal of this worksheet is to foster self-awareness and support you in identifying trends that might indicate an upcoming mood shift. Whether you are experiencing manic, hypomanic, or depressive episodes, understanding the rhythm of your emotional landscape can help you take timely action—such as adjusting treatment, reaching out for support, or implementing coping strategies tailored to your needs. This tool is designed for self-reflection and is not a substitute for professional evaluation; it is meant to complement your overall treatment plan.

Remember, tracking your moods is an ongoing process, and every day you record your experiences is a step toward greater insight and stability. With honest reflection and consistent practice, you can work toward managing your symptoms more effectively and enhancing your overall quality of life.

**Instructions**

Each day, take a few moments—preferably at the same time—to complete the following sections of the worksheet. For each category, use the provided scales and spaces to record your experiences. Your daily entries will help you notice trends over time.

1. **Mood Rating:**  
   Use the scale below to rate your overall mood for the day:
   * **0** – Very Depressed
   * **1** – Depressed
   * **2** – Slightly Depressed
   * **3** – Neutral
   * **4** – Slightly Elevated
   * **5** – Elevated
   * **6** – Very Elevated / Manic
2. **Energy Level:**  
   On a scale from 0 (extremely low energy) to 6 (extremely high energy), record your average energy level for the day.
3. **Sleep Patterns:**  
   Note the total number of hours you slept, along with any observations regarding the quality of your sleep (e.g., restful, interrupted, overslept, or difficulty falling asleep).
4. **Significant Events & Triggers:**  
   Briefly describe any events or stressors that you believe influenced your mood today. Include any potential triggers (e.g., changes in routine, interpersonal conflicts, or environmental factors).
5. **Additional Notes:**  
   Use this space to capture any other thoughts, feelings, or observations that you feel are relevant to understanding your mood for the day.

**Daily Mood Chart**

Below is an example template you can use for your daily entries. Consider maintaining a journal or digital log to record your responses over weeks and months:

| **Date** | **Mood Rating (0-6)** | **Energy Level (0-6)** | **Hours of Sleep** | **Significant Events/Triggers** | **Additional Notes** |
| --- | --- | --- | --- | --- | --- |
| 20xx-XX-XX |  |  |  |  |  |
| 20xx-XX-XX |  |  |  |  |  |
| 20xx-XX-XX |  |  |  |  |  |

*(Repeat this template daily to track your progress.)*

**Weekly Reflection Questions**

At the end of each week, review your entries and reflect on the following:

1. **Trend Analysis:**  
   What patterns do you notice in your mood, energy levels, and sleep over the past week? Are there any recurring themes or significant fluctuations?
2. **Trigger Identification:**  
   Have you identified any specific events or circumstances that consistently correspond with changes in your mood? How might you manage or avoid these triggers in the future?
3. **Coping Strategies:**  
   Which strategies or behaviors helped stabilize your mood during challenging days? What could you do differently to enhance your sense of balance and well-being?
4. **Overall Impact:**  
   How do your mood fluctuations affect your daily activities, relationships, and work? Reflect on any changes you might consider to improve your quality of life.

**Next Steps and Further Resources**

Your consistent efforts in tracking and reflecting on your mood are a vital part of managing bipolar disorder. To complement this mood tracking tool, we encourage you to explore additional resources available on our website. For instance:

* **General Emotion Worksheets:** Gain further insight into how emotional patterns interact with your daily experiences.
* **Mindful Self-Awareness Worksheet:** Develop greater awareness of your emotional states and responses.
* **Building Emotional Resilience:** Learn strategies to manage stress and stabilize mood fluctuations.
* **Cognitive Behavioral Therapy Worksheets:** Discover techniques to challenge and reframe negative thought patterns.
* **SMART Goals Worksheet:** Set achievable goals to enhance your overall stability and productivity.

Additionally, our website offers guided practices, educational videos, and curated reading lists designed to support your mental, emotional, and even spiritual health. These resources provide comprehensive support on topics ranging from emotional regulation and self-compassion to effective time management and healthy routines.

**Disclaimer:**  
This worksheet is intended for self-assessment and tracking purposes only and is not a substitute for professional diagnosis or treatment. If you notice significant or concerning patterns in your mood or if your symptoms interfere with your daily functioning, please consult a mental health professional immediately.

Take your time with these entries, and remember that every observation you make is a step toward better understanding and managing your emotional landscape. Your journey toward stability and well-being is important, and each day of reflection brings you closer to the support and insights you need to thrive.