

Date	Frustration Level 0-10	Depression Level 0-10	Anxiety Level 0-10	Meds Y/N	Treatment Affirming Behaviors	Energy Level 0-10	Sense of Control	Sleep (hours)	Positive Events	Self Care Done	Social Contact
<b>Coping Strategies/Effectivness (0-5):</b>											
<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>											
<b>Coping Strategies/Effectivness (0-5):</b>											
<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>											
<b>Coping Strategies/Effectivness (0-5):</b>											
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