

# MY WEEKLY SYMPTOM & MOOD CHARTS

Bridging Symptoms & Stories to Create Personal Meaning & Healing



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HOWARD *Christian*  
WELL-BEING NAVIGATOR AND AUTHOR



[www.howardchristian.com](http://www.howardchristian.com)

Tired of the endless cycle of illness  
and symptom management?

Discover a transformative process  
that unlocks your bodymind's  
innate healing power—leading to  
lasting remission.

Stop accepting limitations and take  
charge of your well-being journey.

Unlock your power today.

## 1. Create a List of Symptoms

- List any symptoms that are most troubling for you, ranking them in order of severity
- If any of your symptoms worsen or improve together, consider grouping them as a single symptom cluster

## 2. Set Up Your Chart

- Select one symptom or one symptom cluster to begin with
- For ease, choose a symptom with a clear onset and offset
- Use the template charts so you can score your symptoms and mood from 0-10 using the scales provided

## 3. Record Your Daily Symptom & Mood Changes

- Rate your symptoms and mood three times daily (morning, midday and evening)
- Use a color-coded system so symptoms and mood are clearly differentiated

## 4. Remember to Note Down Daily Events

- Make brief comments to remind yourself about key daily experiences that may reflect your symptoms & mood

## 5. Analyze Patterns

- Review your chart at the end of each week for any patterns that may explain changes in symptom and mood
- It's always a good idea to journal your thoughts regardless of what else is happening in your life

## 6. Reflect on Your Findings

- Consider the emotional context of your experiences
- Identify protective factors (those factors that are present when symptoms are less troublesome)
- Identify perpetuating factors (those factors that are present when symptoms are more troublesome)
- Ask yourself: What are my symptoms trying to teach me?

## 7. Build on Your Story Until Personal Meaning Emerges

- Check out my website for additional resources to assist you in meaning-making

## 7-Day Symptoms & Mood Chart

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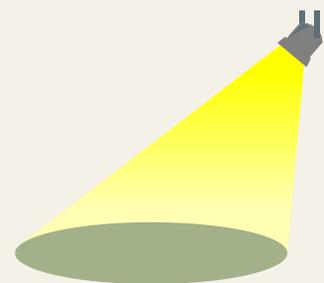
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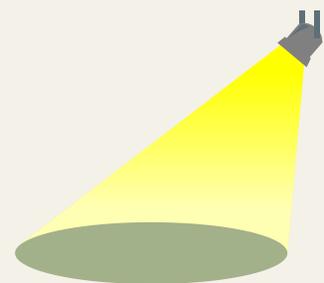
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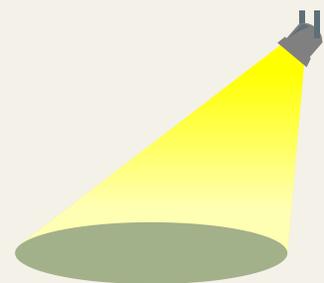
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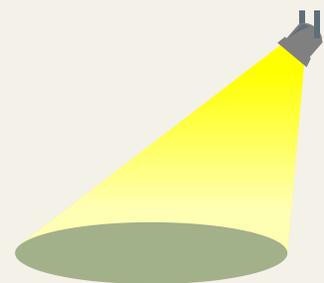
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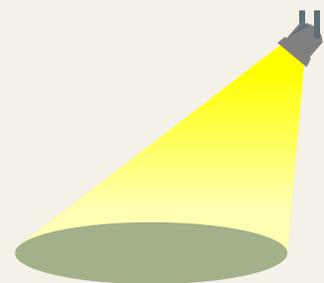
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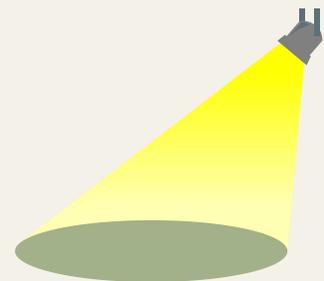
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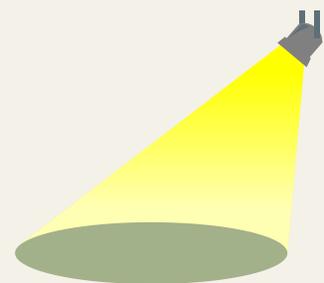
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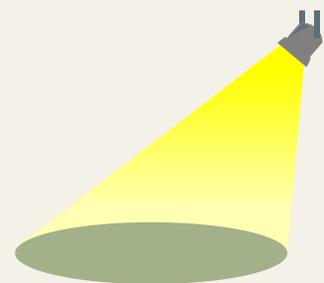
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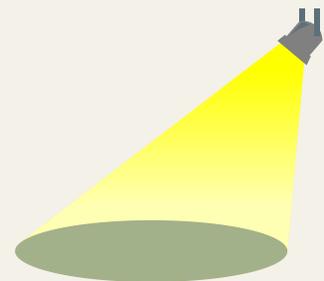
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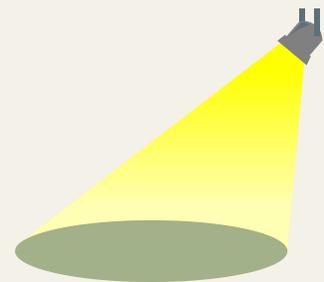
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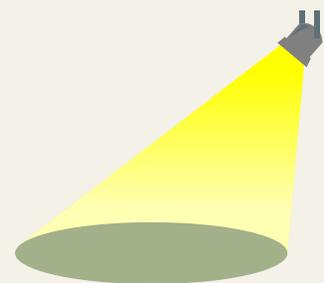
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