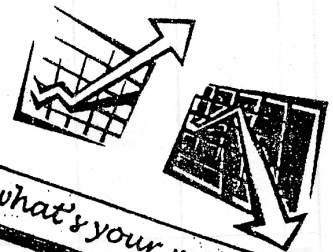
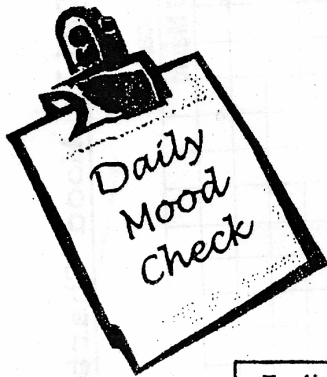


"Mood State Pyramid"

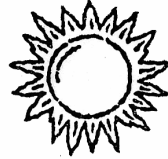


5 5

"feeling centered"

Feeling Down

4



Feeling Good

6

Sad, Pessimistic, Irritable

3



Healthy Moods

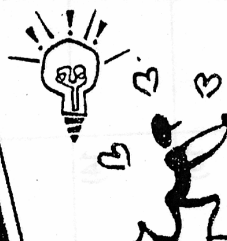
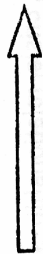


Hypomanic, Optimistic, Celebratory

7

Depressed, Indecisive, Lethargic

2

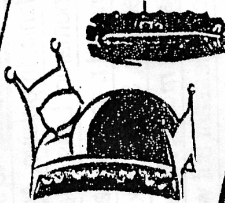


Hypomanic, Big Ideas, Spending

8

Clinically Depressed, Withdrawn

1



Trouble Zone

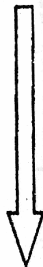


Manic, Grandiose, No Sleep

9

Suicidally Depressed

0



Floridly Psychotic

10

Depression

Range of Moods

Mania