



# External Causes of Moodiness *(Continued)*

**Sunny** 0-----5-----10 **Gloomy**  
Financial strain  
Explain \_\_\_\_\_

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**Sunny** 0-----5-----10 **Gloomy**  
Early childhood trauma or abuse  
Explain \_\_\_\_\_

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**Sunny** 0-----5-----10 **Gloomy**  
Alcohol or drug abuse  
Explain \_\_\_\_\_

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**Sunny** 0-----5-----10 **Gloomy**  
Unemployed or not satisfied with job  
Explain \_\_\_\_\_

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**Sunny** 0-----5-----10 **Gloomy**  
Health problems or chronic pain  
Explain \_\_\_\_\_

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**Sunny** 0-----5-----10 **Gloomy**  
Loss of loved one(s)  
Explain \_\_\_\_\_

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**Sunny** 0-----5-----10 **Gloomy**  
Other  
Explain \_\_\_\_\_

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