

## Mood Rebound Tracker - Emotional Timeline

Use the timeline to map how your emotions shift over time. Use the boxes below to reflect on each stage.



**Before – What signs did you notice before the event?**

**Event – What happened and how did you respond?**

**+1 Hour – What showed up emotionally after some time?**

**End of Day – How did you feel later in the evening?**

**Next Day – What stayed with you or arrived unexpectedly?**