Get Psorted

Keep track of your mood

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Deepti — Melbourne

Take this mood diary with you next time you see your doctor.

Since my last appointment:	
I have felt self-conscious or embarrassed by my skin	I have avoided social situations because of my skin
	Most of the time More than half of the time Occasionally Not at all
I have felt down or depressed because of my skin	I have avoided intimate situations because of my skin
	☐ Most of the time☐ More than half of the time☐ Occasionally
Not at all	Not at all