



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

- Most of the time
- More than half of the time
- Occasionally
- Not at all

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

- Most of the time
- More than half of the time
- Occasionally
- Not at all

I have avoided intimate situations because of my skin

- Most of the time
- More than half of the time
- Occasionally
- Not at all