

Weekly Mood Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM – 10 AM							
10 AM – 2 PM							
2 PM – 6 PM							
6 PM – 10 PM							
10 PM – 2 AM							
2 AM – 6 AM							

Borderline Support UK CIC is a community interest company supporting people affected by borderline personality disorder. For more information, please visit our website at www.borderlinesupport.org.uk.

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