

EXERCISE: Reviewing and Rating *Mind Over Mood* Skills

This chapter guides you through steps you can take to continue to benefit from and build on the *Mind Over Mood* skills you have learned so far to prevent and manage relapse. As a springboard for this planning, fill out Worksheet 16.1. This worksheet lists the skills taught in *Mind Over Mood*. Use the 0–3 rating scale at the top of the worksheet to rate each skill on how often you have used it, how often it is helpful when you use it, how often you still use it, and how much you think you might use this skill in the future. Don't worry if you haven't mastered all these skills. You may have forgotten you practiced some of them. There may be some skills you skipped while reading this book. You may be using other skills so automatically now that you forgot you learned them. The Skills Checklist reminds you that there are many different tools available to help you manage your moods.

WORKSHEET 16.1. *Mind Over Mood* Skills Checklist

For each skill listed, there are four rating categories: Used = Did you use this skill?; Helpful = How often was it helpful?; Still use = Do you still use this skill?; Future use = Do you think you will use this skill in the future?

Rate each skill in all four categories using the following scale:

0 = Not at all 1 = Sometimes 2 = Frequently 3 = Most of the time

See chapter	Core Skills	Used?	Helpful?	Still use?	Future use?
2	Notice interactions among thoughts, moods, behaviors, physical reactions, and environment				
4	Identify moods				
4	Rate intensity of moods				
5	Set goals				
5	Consider advantages and disadvantages of change				
6–7	Identify automatic thoughts and images				
6–7	Complete the first three columns of a Thought Record				
7	Identify hot thoughts				
8	Find evidence that supports and does not support a hot thought				
9	Generate alternative or balanced thoughts based on the evidence collected				

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WORKSHEET 16.1 (continued from previous page)

See chapter	Core Skills	Used?	Helpful?	Still use?	Future use?
6–9	Fill out a seven-column Thought Record				
10	Gather more evidence to strengthen new thoughts				
10	When evidence on a Thought Record supports a hot thought, complete an Action Plan to solve the problem				
10	Use Action Plans to make a change in your life or reach a goal				
10	Practice acceptance of life situations, thoughts, and moods				
11	Identify “If . . . then . . . ” underlying assumptions				
11	Test an underlying assumption with behavioral experiments				
11	Develop alternative assumptions that fit your life experience				
12	Identify core beliefs				
12	Identify new core beliefs				
12	Write down evidence to support and strengthen new core beliefs				
12	Rate confidence in new core beliefs				
12	Use scales to rate positive change				
12	Strengthen new core beliefs with behavioral experiments				
12	Practice gratitude by using a gratitude journal				
12	Express gratitude to others				
12	Act with kindness				
See chapter	Depression Skills	Used?	Helpful?	Still use?	Future use?
13	Rate depression symptoms				
13	Use an Activity Record to notice activities and mood connections				
13	Use an Activity Schedule to schedule activities that are pleasurable, accomplish something, help you approach things you have been avoiding, and fit with your values				

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See chapter	Depression Skills	Used?	Helpful?	Still use?	Future use?
13	Do activities even when you do not feel like it				
13	Notice and enjoy small positive experiences				
6–13	Test depressed thoughts and images				
See chapter	Anxiety Skills	Used?	Helpful?	Still use?	Future use?
14	Rate anxiety symptoms				
14	Recognize when you are avoiding something because of anxiety				
14	Identify your safety behaviors				
14	Make a Fear Ladder				
14	Use a Fear Ladder to face your fears and overcome avoidance				
14	Use mindfulness and acceptance to manage anxiety				
14	Practice breathing to manage anxiety				
14	Practice progressive muscle relaxation to manage anxiety				
14	Use imagery to manage anxiety				
6–9, 11, 14	Test anxious thoughts and images				
See chapter	Anger Skills	Used?	Helpful?	Still use?	Future use?
15	Use imagery to anticipate and prepare for events				
15	Recognize early warning signs of anger				
15	Use timeouts				
15	Use assertive communication				
15	Practice forgiveness				
6–11, 15	Test angry thoughts and images				

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See chapter	Guilt and Shame Skills	Used?	Helpful?	Still use?	Future use?
15	Assess seriousness of your actions				
15	Use a responsibility pie				
15	Make reparations				
15	Break the silence				
15	Practice self-forgiveness				