

EXERCISE: The Thought Connections

Worksheet 3.1 provides practice in recognizing the connections between thoughts and mood, behavior, and physical reactions.

WORKSHEET 3.1. The Thought Connections

Sarah, a 34-year-old woman, sat in the back row of the auditorium during a school meeting for parents. She had concerns and questions regarding how her 8-year-old son was being taught, as well as questions about classroom security. As Sarah was about to raise her hand to voice her concerns and questions, she thought, "What if other people think my questions are stupid? Maybe I shouldn't ask these questions in front of the whole group. Someone may disagree with me and this could lead to a public argument. I could be humiliated."

THOUGHT–MOOD CONNECTION

Based on Sarah's thoughts, which of the following moods is she likely to experience? (Mark all that apply.)

- 1. Anxiety/nervousness
- 2. Sadness
- 3. Happiness
- 4. Anger
- 5. Enthusiasm

THOUGHT–BEHAVIOR CONNECTION

Based on Sarah's thoughts, how do you predict she will behave?

- 1. She will speak loudly and voice her concerns.
- 2. She will remain silent.
- 3. She will openly disagree with what other people say.

THOUGHT–PHYSICAL REACTIONS CONNECTION

Based on Sarah's thoughts, which of the following physical changes might she notice? (Mark all that apply.)

- 1. Rapid heart rate
- 2. Sweaty palms
- 3. Breathing changes
- 4. Dizziness