

EXERCISE: Identifying Moods

One step in learning to feel better is to learn to identify different parts of your experiences – situations, behaviors, moods, physical reactions, and thoughts. Worksheet 4.1 is designed to help you learn to separate your moods from the situations you are in. In order to complete this worksheet, focus on specific situations in which you had a strong mood.

WORKSHEET 4.1. Identifying Moods

Describe a recent situation in which you had a strong mood. Next, identify what moods you had during or immediately after being in that situation. Do this for five different situations.

1. Situation: _____

Moods: _____

2. Situation: _____

Moods: _____

3. Situation: _____

Moods: _____

4. Situation: _____

Moods: _____

5. Situation: _____

Moods: _____