

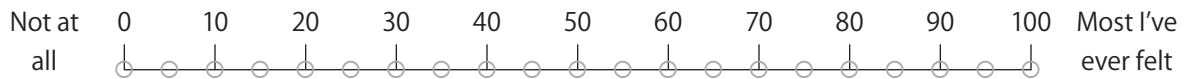
## EXERCISE: Rating Moods

On Worksheet 4.2, practice rating the intensity of your moods. On the blank lines, copy the situations and moods you identified on **Worksheet 4.1**. For each situation, rate one of the moods you identified on the scales provided. Mark the mood you rated.

### WORKSHEET 4.2. Identifying and Rating Moods

1. Situation: \_\_\_\_\_

Moods: \_\_\_\_\_



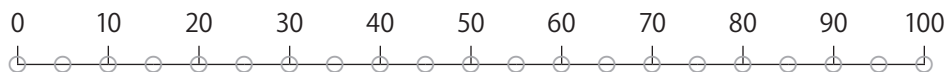
2. Situation: \_\_\_\_\_

Moods: \_\_\_\_\_



3. Situation: \_\_\_\_\_

Moods: \_\_\_\_\_



4. Situation: \_\_\_\_\_

Moods: \_\_\_\_\_



5. Situation: \_\_\_\_\_

Moods: \_\_\_\_\_

