

EXERCISE: Distinguishing Situations, Moods, and Thoughts

Worksheet 6.1 is an exercise to help you identify and pull apart the different aspects of your experience. Choose on the line at the right whether the item in the left column is a thought, mood, or situation. The first three items have been completed as examples.

WORKSHEET 6.1. Distinguishing Situations, Moods, and Thoughts

	Situation, mood, or thought?
1. Nervous.	<i>Mood</i>
2. At home.	<i>Situation</i>
3. I'm not going to be able to do this.	<i>Thought</i>
4. Sad.	
5. Talking to a friend on the phone.	
6. Irritated.	
7. Driving in my car.	
8. I'm always going to feel this way.	
9. At work.	
10. I'm going crazy.	
11. Angry.	
12. I'm no good.	
13. 4:00 P.M.	
14. Something terrible is going to happen.	
15. Nothing ever goes right.	
16. Discouraged.	
17. I'll never get over this.	
18. Sitting in a restaurant.	
19. I'm out of control.	
20. I'm a failure.	
21. Talking to my mom.	
22. She's being inconsiderate.	
23. Depressed.	
24. I'm a loser.	

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WORKSHEET 6.1 (continued from previous page)

	Situation, mood, or thought?
25. Guilty.	
26. At my son's house.	
27. I'm having a heart attack.	
28. I've been taken advantage of.	
29. Lying in bed trying to go to sleep.	
30. This isn't going to work out.	
31. Shame.	
32. I'm going to lose everything I've got.	
33. Panic.	