

### EXERCISE: Connecting Thoughts and Moods

Worksheet 7.1 helps you make the connection between thoughts and specific moods as described on the previous pages. Of the five moods described (depression, anxiety, anger, guilt, shame), choose which mood you think is most likely to go with each thought. The first two have been completed as examples.

#### WORKSHEET 7.1. Connecting Thoughts and Moods

	Depression? Anxiety? Anger? Guilt? Shame?
1. I'm stupid and I'll never understand this.	<i>Depression</i>
2. I'm going to lose my job because I'm so late.	<i>Anxiety</i>
3. She is being so unfair.	
4. I shouldn't have been so hurtful.	
5. If people knew this about me, they wouldn't like me.	
6. When I give my speech, people will laugh at me.	
7. It's wrong for me to think about this.	
8. He's cheating and insulting me.	
9. There's no use in trying any more.	
10. If something goes wrong, I can't cope.	