

EXERCISE: Separating Situations, Moods, and Thoughts

Think of a time today or yesterday when you had a particularly strong mood, such as depression, anger, anxiety, guilt, or shame. If there is a particular mood you are working on as you use this book, choose a situation in which you felt that mood. Write about this experience on Worksheet 7.2, describing the situation, your moods, and your thoughts in as much detail as you can remember. This exercise is designed to help you define, separate, and understand the different parts of your experience – an important step in learning to manage your moods.

WORKSHEET 7.2. Separating Situations, Moods, and Thoughts

1. Situation	2. Moods	3. Automatic Thoughts (Images)
<p>Who were you with? What were you doing? When was it? Where were you?</p>	<p>Describe each mood in one word. Rate intensity of mood (0–100%).</p>	<p>Answer the first two general questions, and then some or all of the questions specific to one of the moods you identified.</p> <p>What was going through my mind just before I started to feel this way? (General) What images or memories do I have in this situation? (General) What does this mean about me? My life? My future? (Depression) What am I afraid might happen? (Anxiety) What is the worst that could happen? (Anxiety) What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame) What does this mean about the other person(s) or people in general? (Anger) Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)</p>