

UNDERSTANDING YOUR MOOD

1. What does having a low mood look like? Describe how your body feels and what your behavior looks like. _____

2. What does having a positive mood look like? Describe how your body feels and what your behavior looks like. _____

3. Describe a recent situation when you experienced low mood. Remember to describe the what, where, and why of this situation. _____

4. Was there anything you could have changed about this situation to make it less upsetting? Was there anything you could have changed to make it more bearable? _____

5. Describe a recent situation when you were in a great mood. Who was present? What were you doing? _____

6. What kind of activities can you do to help increase positive mood? _____

