

How To Change My Mood And Change My Life

Read and understand the following.

1. WHAT IS THE UPSETTING EVENT, SITUATION, OR FEELING? DESCRIBE IT. WHAT IS CAUSING YOU TO FEEL UPSET, ANXIOUS, DEPRESSED, ETC.?
2. WRITE DOWN THE NEGATIVE FEELINGS OR EMOTIONS YOU ARE EXPERIENCING. YOU WILL NEED TO USE "FEELING" WORDS LIKE ANGRY, SAD, FRUSTRATED, ANXIOUS, ASHAMED, GUILT, OR HOPELESS. ASSIGN A NUMERICAL VALUE TO THAT FEELING — 1 BEING THE LEAST, 10 BEING THE WORST.
3. BREAK DOWN THE FEELING. WHAT NEGATIVE THOUGHTS DO YOU HAVE BECAUSE OF THIS FEELING? WRITE THEM DOWN. GIVE THEM A NUMERICAL VALUE D 1 BEING THE LEAST, 10 BEING THE MOST, REGARDING HOW MUCH YOU BELIEVE EACH OF THESE NEGATIVE THOUGHTS TO BE TRUE.
4. WHAT DISTORTIONS APPLY TO EACH OF THESE NEGATIVE THOUGHTS? WRITE DOWN THE POSSIBLE DISTORTIONS TO EACH THOUGHT.
5. REPLACE THE DISTORTION WITH A MORE RATIONAL THOUGHT. WRITE DOWN A MORE RATIONAL POTENTIAL RESPONSE TO EACH NEGATIVE THOUGHT.
6. NOW GO BACK TO YOUR NEGATIVE THOUGHTS. RE-RATE EACH OF THESE THOUGHTS, USING THE SAME 1-10 SCALE. AFTER YOU HAVE COMPLETED THE RATIONAL THOUGHT PORTION OF THE EXERCISE, NOW HOW MUCH DO YOU BELIEVE THE NEGATIVE THOUGHTS?
7. WRITE A SIMPLE STATEMENT SHOWING HOW MUCH BETTER YOU FEEL AFTER HAVING USED A MORE RATIONAL THOUGHT PROCESS FOR YOUR NEGATIVE THOUGHTS.



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