

Understanding Your Moods



Learn how to separate your moods from the situations you are in.

Give details of a specific situation you have been in, and identify your moods during and following.

Situation # 1

Situation: _____

Mood(s): _____

Situation # 2

Situation: _____

Mood(s): _____

Situation # 3

Situation: _____

Mood(s): _____

Situation # 4

Situation: _____

Mood(s): _____

Situation # 5

Situation: _____

Mood(s): _____