



UNDERSTANDING YOUR MOODS: YOU FEEL THE WAY YOU THINK

THOUGHTS: You interpret the events with a series of thoughts that continually flow through your mind. This is called your “internal dialogue.”

WORLD: A series of positive, neutral and negative events.



MOOD: Your feelings are created by your thoughts and not the actual events. All experiences must be processed through your brain and given a conscious meaning before you experience an emotional response

Some common ways of thinking that lead to negative moods:

- 1) All-or-Nothing Thinking
- 2) Over-generalization
- 3) Mental Filter
- 4) Disqualifying the Positive (Yes, but...)
- 5) Jumping to Conclusions
- 6) Magnification or Minimization
- 7) Emotional Reasoning
- 8) Should statements
- 9) Labeling and Mislabeled
- 10) Personalization