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 Mislabeling
10) Personalization