

Student Name: _____

Due: January 16th, 2017

Course: GLS 10/20

Instructions

Throughout Unit 3, we have completed a series of readings and associated worksheets. The culminating task for this section of the course is one final independent reading and the completion of a final set of worksheets.

These worksheets, along with all other worksheets completed in this unit, will be presented in a portfolio format and submitted for a final grade. You will find a series of worksheets attached to this assignment. This includes all worksheets previously assigned as well as the final set of worksheets. You will need to complete the final reading to complete the final set worksheets.

In summary, in order to receive full marks on this assignment you must complete the following:

1. Locate all previously completed worksheets,
2. swap previously completed worksheets with the blank worksheets attached, and
3. complete the remaining worksheets independently. For help completing these worksheets refer to the PDF on our class site: *Unit3Readings.pdf*.

Worksheets to be completed:

2.1

3.1

4.1

5.1

6.0

7.0

3.2

4.2

5.2

6.1

7.1

3.3

5.4

7.2

EXERCISE: Understanding Your Own Problems

Just as Ben, Marissa, Linda, and Vic used the five-part model to understand their problems, you can begin to understand your own problems by noticing what you are experiencing in these five areas of your life: environment/life changes/situations, physical reactions, moods, behaviors, and thoughts. On Worksheet 2.1, describe any recent changes or long-term problems in each of these areas. If you have difficulty filling out Worksheet 2.1, ask yourself the questions in the Helpful Hints on the facing page.

WORKSHEET 2.1. Understanding My Problems

Environment/life changes/situations: _____

Physical reactions: _____

Moods: _____

Behaviors: _____

Thoughts: _____

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Can you see some connections among the five parts on Worksheet 2.1? For example, do your thoughts and moods seem connected? Did changes in your environment or life situations lead to any changes in the other four parts? Do your behaviors seem connected to your moods or thoughts? For many people, these five areas are connected. The good news is that because this is so, small positive changes in one area can lead to positive changes in all the other areas as well. In therapy, we look for the smallest changes that can lead to the biggest overall positive improvement. As you use this book, notice what small changes help you feel better. While small changes in several areas may be necessary for you to feel better, changes in your thinking or behavior are often important if you want to create lasting positive improvements in your life. The next few chapters help explain why this is so.

Section 3 - It's the Thought That Counts**EXERCISE: The Thought Connections**

Worksheet 3.1 provides practice in recognizing the connections between thoughts and mood, behavior, and physical reactions.

WORKSHEET 3.1. The Thought Connections

Sarah, a 34-year-old woman, sat in the back row of the auditorium during a school meeting for parents. She had concerns and questions regarding how her 8-year-old son was being taught, as well as questions about classroom security. As Sarah was about to raise her hand to voice her concerns and questions, she thought, "What if other people think my questions are stupid? Maybe I shouldn't ask these questions in front of the whole group. Someone may disagree with me and this could lead to a public argument. I could be humiliated."

THOUGHT–MOOD CONNECTION

Based on Sarah's thoughts, which of the following moods is she likely to experience? (Mark all that apply.)

- 1. Anxiety/nervousness
- 2. Sadness
- 3. Happiness
- 4. Anger
- 5. Enthusiasm

THOUGHT–BEHAVIOR CONNECTION

Based on Sarah's thoughts, how do you predict she will behave?

- 1. She will speak loudly and voice her concerns.
- 2. She will remain silent.
- 3. She will openly disagree with what other people say.

THOUGHT–PHYSICAL REACTIONS CONNECTION

Based on Sarah's thoughts, which of the following physical changes might she notice? (Mark all that apply.)

- 1. Rapid heart rate
- 2. Sweaty palms
- 3. Breathing changes
- 4. Dizziness

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WORKSHEET 3.2. What Is the Thought–Mood Connection?

Following are three different thoughts you might have in this situation. Four moods are listed below each thought. Mark the mood that you believe you would have with each thought:

Thought: Alex is rude. He is insulting me by ignoring me.

- Possible moods (mark one): Irritated Sad Nervous Caring

Thought: Alex doesn't find me interesting. I bore everybody.

- Possible moods (mark one): Irritated Sad Nervous Caring

Thought: Alex seems shy. He's probably too uncomfortable to look at me.

- Possible moods (mark one): Irritated Sad Nervous Caring

WORKSHEET 3.3. What Is the Thought–Behavior Connection?

On a daily basis, we all have “automatic thoughts” that influence our behavior. These are the words and images that pop into our heads throughout the day. For example, imagine that you are at a family reunion. The food has just been laid out, and some family members go over to the buffet tables to fill their plates, while others remain seated and talking. You have been talking with your cousin for 10 minutes. Consider each of the following thoughts and write what behavior you would probably do if you had this thought.

Thought	Behavior
If I don't go now, they'll run out of food.	_____
It's rude to rush to the buffet tables when we're in the middle of a conversation.	_____
My grandfather looks too unsteady to carry a plate.	_____
My cousin and I are having such a wonderful conversation – I've never met anyone so interesting.	_____

Section 4 - Identifying and Rating Moods**EXERCISE: Identifying Moods**

One step in learning to feel better is to learn to identify different parts of your experiences – situations, behaviors, moods, physical reactions, and thoughts. Worksheet 4.1 is designed to help you learn to separate your moods from the situations you are in. In order to complete this worksheet, focus on specific situations in which you had a strong mood.

WORKSHEET 4.1. Identifying Moods

Describe a recent situation in which you had a strong mood. Next, identify what moods you had during or immediately after being in that situation. Do this for five different situations.

1. Situation: _____

Moods: _____

2. Situation: _____

Moods: _____

3. Situation: _____

Moods: _____

4. Situation: _____

Moods: _____

5. Situation: _____

Moods: _____

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One of Vic's responses on Worksheet 4.1 looked like this:

Situation: *I'm alone, driving in my car, on the way to work at 7:45 AM.*

Moods: *Frightened, anxious, insecure.*

Please read the instructions on the following page before completing this worksheet!

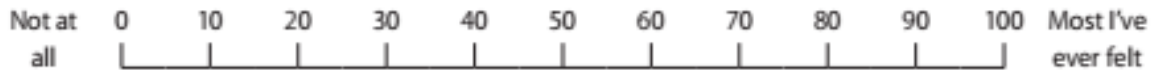
EXERCISE: Rating Moods

On Worksheet 4.2, practice rating the intensity of your moods. On the blank lines, copy the situations and moods you identified on Worksheet 4.1. For each situation, rate one of the moods you identified on the scales provided. Mark the mood you rated.

WORKSHEET 4.2. Identifying and Rating Moods

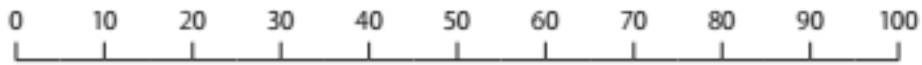
1. Situation: _____

Moods: _____



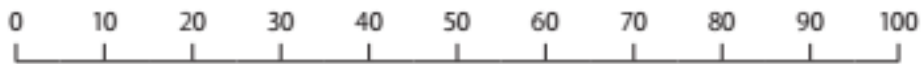
2. Situation: _____

Moods: _____



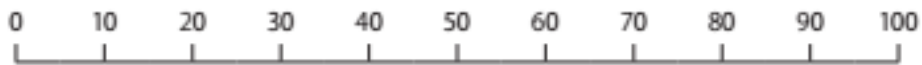
3. Situation: _____

Moods: _____



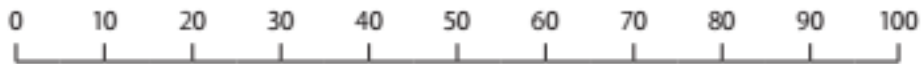
4. Situation: _____

Moods: _____



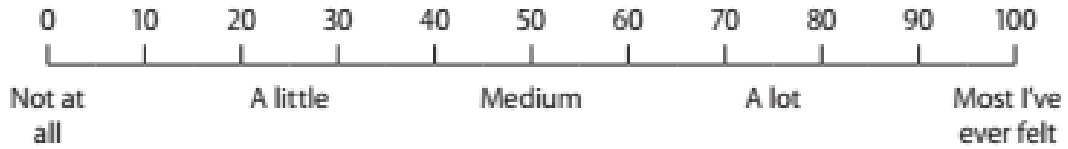
5. Situation: _____

Moods: _____



Please read the instructions on the following page before completing this worksheet!

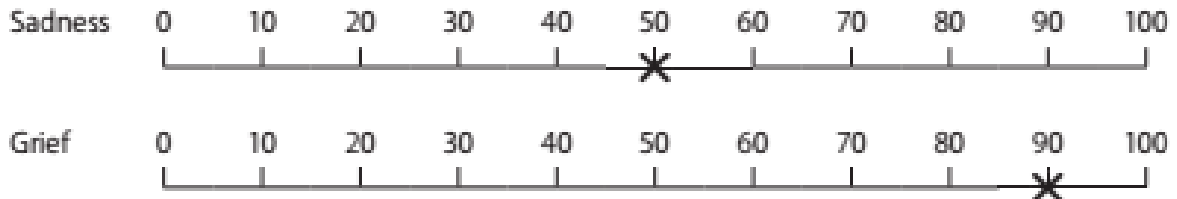
Instructions on how to rate moods:



The therapist then asked Vic to use this scale to rate the moods he listed on Worksheet 4.1. For the lunch invitation, Vic's ratings looked like this:

Situation: I received a phone call from Max asking me to lunch.

Moods: Sadness, grief.



These ratings indicate that Vic experienced a high level of grief (90) and a medium level of sadness (50) while on the phone with Max.

Section 5 - Setting Personal Goals and Noticing Improvement

EXERCISE: Setting Goals

Write on the lines in Worksheet 5.1 two changes in your moods or life you hope will result from learning the skills in this book. Each goal you write should be something that you can observe or measure (such as a mood or behavior change). If you have more than two goals, either fit them on the lines below or write them on another piece of paper.

WORKSHEET 5.1. Setting Goals

1. _____

2. _____

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WORKSHEET 5.2. Advantages and Disadvantages of Reaching and Not Reaching My Goals

Goal 1: _____

	Reaching This Goal	Not Reaching This Goal
Advantages		
Disadvantages		

Goal 2: _____

	Reaching This Goal	Not Reaching This Goal
Advantages		
Disadvantages		

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Are the advantages of reaching your goals and the disadvantages of not reaching your goals big enough that you feel motivated to learn and practice skills to help you reach your goals?

EXERCISE: Signs of Improvement

In addition to rating your mood, it is helpful to actively look for and notice signs of improvement. What do you expect might be different as you begin to improve? Indicate on Worksheet 5.4 what you might notice as you begin to make changes and improve.

WORKSHEET 5.4. Signs of Improvement

Check any of the following that would be early signs of improvement:

- Sleep better.
- Talk with people more.
- Feel more relaxed.
- Smile more often.
- Get my work done.
- Wake up and get out of bed at a regular time.
- Do activities I currently avoid.
- Handle disagreements better.
- Lose my temper less often.
- Other people tell me I seem better.
- Feel more confident.
- Stand up for myself.
- See hope for the future.
- Enjoy each day more.
- Feel appreciation and gratitude.
- See improvement in relationships.

In addition to what you checked above, write two or three other signs that you could look for to know you are beginning to improve and getting closer to reaching your goals:

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Section 6 - Situations, Moods, and Thoughts

We completed one of these tables in class as a group. See if you can complete this table for a situation involving a hot thought or strong mood that you have experienced this semester.

WORKSHEET 6.0. Thought Record

THOUGHT

<p>1. Situation Who? What? When? Where?</p>	<p>2. Moods a. What did you feel? b. Rate each mood (0-100%).</p>	<p>3. Automatic Thoughts (Images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle or mark the hot thought.</p>

FIGURE 6.1. Sample Thought Record. Copyright 1983 by Christine A. Padesky.

Note: This table is continued on the next page (page 1 of 2).

RECORD

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/ Balanced Thoughts a. Write an alternative or balanced thought. b. Rate how much you believe each thought (0–100%).	7. Rate Moods Now Rerate column 2 moods and any new moods (0–100%).

Note: This table is continued from the previous page (page 2 of 2).

REMINDERS



- In the “Situation” column of the Thought Record (column 1), write down the answers to these questions: Who? What? When? Where?
- Moods are identified in one word and rated for intensity on a 0–100% scale (column 2).
- Physical reactions can be described and rated at the bottom of the “Moods” column (column 2). This is especially helpful for people with anxiety, anger, or health concerns.
- The “Automatic Thoughts (Images)” column (column 3) describes thoughts, beliefs, images, memories, and meanings attached to the situations.

EXERCISE: Distinguishing Situations, Moods, and Thoughts

Worksheet 6.1 is an exercise to help you identify and pull apart the different aspects of your experience. Write on the line at the right whether the item in the left column is a thought, mood, or situation. The first three items have been completed as examples.

WORKSHEET 6.1. Distinguishing Situations, Moods, and Thoughts

	Situation, mood, or thought?
1. Nervous.	<i>Mood</i>
2. At home.	<i>Situation</i>
3. I'm not going to be able to do this.	<i>Thought</i>
4. Sad.	
5. Talking to a friend on the phone.	
6. Irritated.	
7. Driving in my car.	
8. I'm always going to feel this way.	
9. At work.	
10. I'm going crazy.	
11. Angry.	
12. I'm no good.	
13. 4:00 P.M.	
14. Something terrible is going to happen.	
15. Nothing ever goes right.	
16. Discouraged.	
17. I'll never get over this.	
18. Sitting in a restaurant.	
19. I'm out of control.	
20. I'm a failure.	
21. Talking to my mom.	
22. She's being inconsiderate.	
23. Depressed.	
24. I'm a loser.	

(continued on next page)

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WORKSHEET 6.1 *(continued from previous page)*

	Situation, mood, or thought?
25. Guilty.	
26. At my son's house.	
27. I'm having a heart attack.	
28. I've been taken advantage of.	
29. Lying in bed trying to go to sleep.	
30. This isn't going to work out.	
31. Shame.	
32. I'm going to lose everything I've got.	
33. Panic.	

WORKSHEET 7.0. Automatic Thoughts



**HELPFUL
HINTS**

To identify automatic thoughts, notice what goes through your mind when you have a strong feeling or a strong reaction to something.

To practice identifying automatic thoughts, write down what goes through your mind when you imagine yourself in the following situations.

1. **Situation:** You are at a shopping center and are going to buy a very special present for yourself. You saw it there a few weeks ago and have been saving your money to buy it. When you get to the store, the sales clerk tells you that they no longer carry that item.

Automatic thoughts: _____

2. **Situation:** You cooked a dish for a neighborhood party. You are a bit nervous because you tried a new recipe. After 10 minutes, several people come up and say they think the food you made is delicious.

Automatic thoughts: _____

**HELPFUL
HINTS****Questions to Help Identify Automatic Thoughts**

- What was going through my mind just before I started to feel this way? (General)
- What images or memories do I have in this situation? (General)
- What does this mean about me? My life? My future? (Depression)
- What am I afraid might happen? (Anxiety)
- What is the worst that could happen? (Anxiety)
- What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame)
- What does this mean about the other person(s) or people in general? (Anger)
- Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)

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EXERCISE: Connecting Thoughts and Moods

Worksheet 7.1 helps you make the connection between thoughts and specific moods as described on the previous pages. Of the five moods described (depression, anxiety, anger, guilt, shame), write on the line which mood you think is most likely to go with each thought. The first two have been completed as examples.

WORKSHEET 7.1. Connecting Thoughts and Moods

	Depression? Anxiety? Anger? Guilt? Shame?
1. I'm stupid and I'll never understand this.	<i>Depression</i>
2. I'm going to lose my job because I'm so late.	<i>Anxiety</i>
3. She is being so unfair.	
4. I shouldn't have been so hurtful.	
5. If people knew this about me, they wouldn't like me.	
6. When I give my speech, people will laugh at me.	
7. It's wrong for me to think about this.	
8. He's cheating and insulting me.	
9. There's no use in trying any more.	
10. If something goes wrong, I can't cope.	

EXERCISE: Separating Situations, Moods, and Thoughts

Think of a time today or yesterday when you had a particularly strong mood, such as depression, anger, anxiety, guilt, or shame. If there is a particular mood you are working on as you use this book, choose a situation in which you felt that mood. Write about this experience on Worksheet 7.2, describing the situation, your moods, and your thoughts in as much detail as you can remember. This exercise is designed to help you define, separate, and understand the different parts of your experience – an important step in learning to manage your moods.

WORKSHEET 7.2. Separating Situations, Moods, and Thoughts

1. Situation	2. Moods	3. Automatic Thoughts (Images)
<p>Who were you with?</p> <p>What were you doing?</p> <p>When was it?</p> <p>Where were you?</p>	<p>Describe each mood in one word.</p> <p>Rate intensity of mood (0–100%).</p>	<p>Answer the first two general questions, and then some or all of the questions specific to one of the moods you identified.</p> <p>What was going through my mind just before I started to feel this way? (General)</p> <p>What images or memories do I have in this situation? (General)</p> <p>What does this mean about me? My life? My future? (Depression)</p> <p>What am I afraid might happen? (Anxiety)</p> <p>What is the worst that could happen? (Anxiety)</p> <p>What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame)</p> <p>What does this mean about the other person(s) or people in general? (Anger)</p> <p>Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)</p>

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