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How You Feel
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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:

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Moods: 3. Situation:

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strategies, methods and

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skills that have proved to be helpful for depression, anxiety, panic attacks, anger management, guilt and shame. It is filled with examples and worksheets, and is exceptionally well set out, easy to navigate and work with.

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KEEP GOING IF

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and Low Mood by

Chris Williams) 37 :: 3.

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Published October 15th
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period in which you
planned an activity,
write down: (1) Activity.
(2) Mood ratings
(0 – 100). (Mood I am
rating:) t ime Monday
tuesday Wednesday

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thursday Friday
saturday sunday 6 – 7
a.m. 7 – 8 a.m. 8 – 9
a.m. 9 – 10 a.m. 10 – 11
a.m. 11 a.m. – 12 noon
12 noon – 1 p.m. 1 – 2
p.m. (continued on next
page)

~~Worksheet 13.6. a
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About The Author
Dennis Greenberger,
PhD, a clinical
psychologist, is founder
and Director of the
Anxiety and Depression
Center in Newport

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