

Worksheet 1.1 Distinguishing Situations, Moods, and Thoughts

Situation, Mood, or Thought?

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|--|-----------------------|
| 1. Nervous | _____ mood _____ |
| 2. At home | _____ situation _____ |
| 3. I'm not going to be able to do this. | _____ thought _____ |
| 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 on the phone to my mom | _____ |
| 22. She's being inconsiderate. | _____ |
| 23. Depressed | _____ |
| 24. I'm a loser. | _____ |
| 25. Guilty feeling about something
in the past. | _____ |
| 26. At my son's house | _____ |
| 27. I believe 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 | _____ |

From Dennis Greenberger and Christine A. Padesky, *Mind Over Mood*, The Guilford Press, © 1995.
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