

Mind Over Mood Worksheet

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Date:

Situation:

Describe the situation that led to your unpleasant feelings. Where were you? Who were you with? What was happening?

Thoughts:

List the thoughts that were going through your mind at the time. Try to pinpoint any automatic thoughts or the first things that came into your mind.

Identify the emotions you felt during the situation. Rate each emotion on a scale of 0 to 100.

Emotion 1:

Intensity 1:

Emotion 2:

Intensity 2:

Emotion 3:

Intensity 3:

Physical Sensations:

Describe any physical sensations you felt (e.g., tightness in the chest, rapid heartbeat).

Behaviors:

What did you do in reaction to your thoughts and feelings? Were these actions helpful or harmful?

Alternative Thoughts:

Can you identify more balanced or rational thoughts that could replace your automatic thoughts?

If you replace your automatic thoughts with the alternative thoughts, what new emotions might you feel?
Rate each on a scale of 0 to 100.

New Emotion 1:

New Intensity 1:

New Emotion 2:

New Intensity 2:

New Emotion 3:

New Intensity 3:

Action Plan:

What steps can you take to cope better with a similar situation in the future?

Remember, this template is just a starting point. Cognitive-behavioral therapy often involves working closely with a qualified therapist who can help tailor these exercises to your specific needs.