

MOOD

SHIFT

WORKBOOK

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STUCK TO EMPOWERED

MOOD SHIFT WORKBOOK

a WORKBOOK from EDUPSYCHED

STEP #1

Explore what emotional zone you are currently in:

GREEN ZONE

BLUE ZONE

CALM FOCUSED HAPPY IN CONTROL OKAY

BORED SAD SICK SLOW TIRED

YELLOW ZONE

RED ZONE

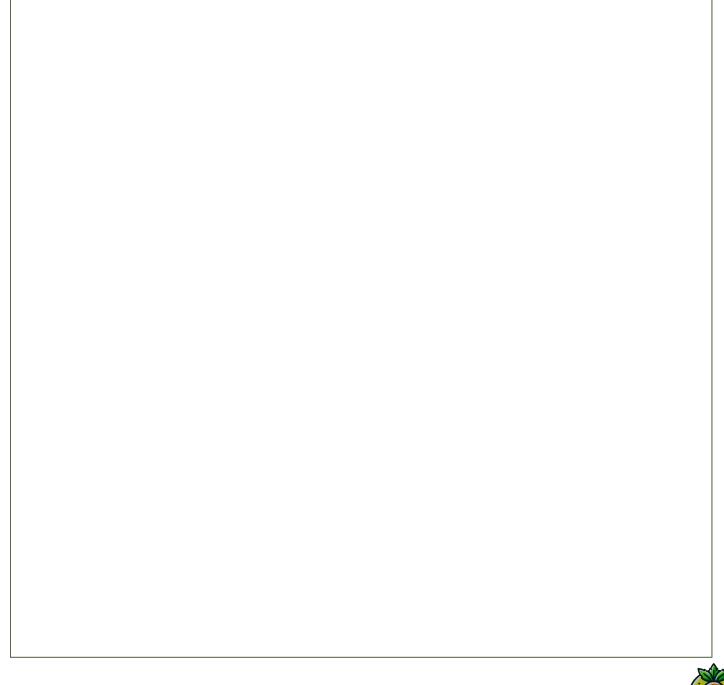
ANXIOUS CONFUSED EXCITED FRUSTRATED NERVOUS

ANGRY LOSS OF CONTROL PANIC SCARED URGE TO YELL / DESTROY SOMETHING



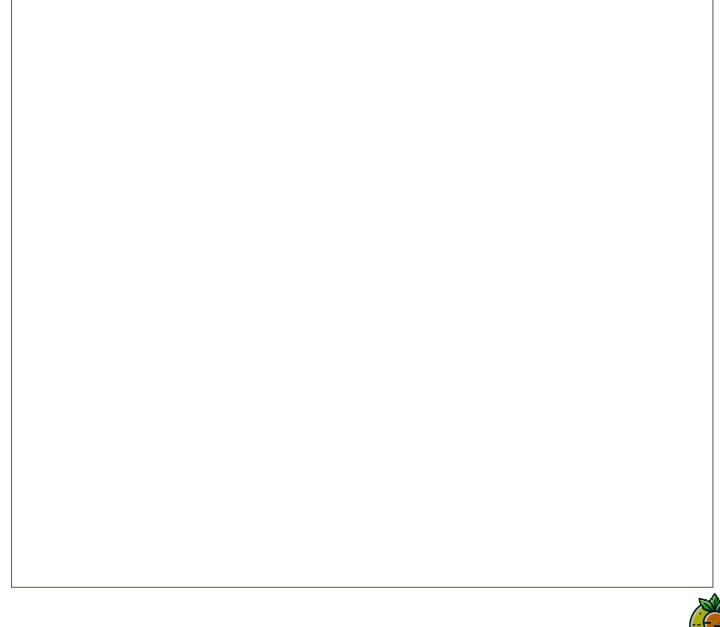
STEP #2

Become aware of your thoughts. Set a timer for 3 minutes and write down every thought that comes up for you during that time.



STEP #3

Read through all the thoughts you've just written down. Note the ones that could cause or further feed your unpleasant feelings.



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STEP #4

Now try to challenge each of these thoughts with the following questions:

| YOUR THOUGHTS | |
|--|--|
| What is the story that my thought is trying to tell? | |
| Is it true? Can I be 100% sure that it's true? | |
| Can I find any evidence that the thought is not ture or that it means s | omething else? |
| If I really can't find any evidence that the thought might not be 100% | true - is it helpful? |
| What does holding on to this thought (or believe) do for me? | |
| How could letting it go serve me better? | |
| Am I going to allow this thought (or believe) to dictate my mood for th | ne rest of the day? |
| Am I willing to give it more time and energy? | |
| What else could I do with my time and energy instead that would be m | nore fun or serve me better? |
| Will this matter in 3 years from now? If so, why would it matter? If not | t, why would it matter now? |
| Is there any deeper meaning behind this? If yes, what can I do to reali | gn my life with my overall vision and core val |

