The triangle below illustrates the way in which how we think, feel, and behave all influence one another.

**THOUGHTS INFLUENCE FEELINGS**
After studying hard, but doing poorly on a test, you think, “I’ll never succeed at anything,” which leads to feeling bad about your abilities as a student feeling hopeless about the future.

**FEELINGS INFLUENCE BEHAVIOR**
You feel hopeless about studying for the next exam, and dwell on your sad feelings. You then procrastinate studying and don’t study hard, because you still feel so discouraged about your last exam.

**BEHAVIOR INFLUENCES THOUGHTS**
Your lack of studying for the next exam results in another poor grade. You think, “Here we go again. I don’t know why I even keep trying. It’s useless. I’m a failure.”

**FEELINGS INFLUENCE THOUGHTS**
A friend has to cancel their plans with you because they have a family obligation. You feel disappointed, which prompts you to think, “Maybe they just made up that excuse because they don’t want to hang out with me.”

**THOUGHTS INFLUENCE BEHAVIOR**
You begin to think badly of your friend and recall times in the past when you haven’t gotten along. When your friend calls to make plans, you get even by telling them that you have other plans (when you really don’t).

**BEHAVIOR INFLUENCES FEELINGS**
Your friend accepts your excuse and doesn’t appear to feel bad. You spend the day alone and convince yourself that your friend is probably having more fun without you. You feel lonely, sad, and disappointed.
Depression can be thought of as a cycle. Below is one way to show this cycle. We’ll be using this model throughout this program. By learning more about this model, you will begin to understand ways to break the negative cycle.

1. **ACTIVATING EVENT**: The situation or experience that triggers negative feelings or thoughts.

2. **BELIEFS**: The thoughts we have about ourselves in response to these activating events.

3. **CONSEQUENCES**: The emotional result of the beliefs; your feelings.

**THE A-B-C METHOD OF ANALYZING YOUR EMOTIONS**

You forgot your book and can’t study for a big test.

You feel bad and hopeless about the future.

“I am going to fail my test! I’m such a screw-up!”
### IDENTIFYING NEGATIVE THOUGHTS

Below is a list of common negative thoughts. Everyone has thoughts like these from time to time, but sometimes we say things like this to ourselves so often that we don’t even notice it anymore. Look at the list below and put a check mark next to all of the thoughts that you’ve had recently.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I am wasting my life.</td>
<td>I am so stupid.</td>
</tr>
<tr>
<td>I am always so confused.</td>
<td>Nobody loves me.</td>
</tr>
<tr>
<td>I am afraid of everything.</td>
<td>What’s the use?</td>
</tr>
<tr>
<td>I’ll be alone forever.</td>
<td>That was a dumb thing for me to do (or say).</td>
</tr>
<tr>
<td>Something is wrong with me.</td>
<td>Life has no meaning.</td>
</tr>
<tr>
<td>I’m ugly.</td>
<td>It’s all my fault.</td>
</tr>
<tr>
<td>Nobody knows the real me.</td>
<td>I am worthless.</td>
</tr>
<tr>
<td>I am a failure.</td>
<td>I never do anything right.</td>
</tr>
<tr>
<td>I don’t have the ability to change.</td>
<td>I hate myself.</td>
</tr>
<tr>
<td>No matter how hard I try, people aren’t satisfied.</td>
<td>Life is unfair.</td>
</tr>
<tr>
<td>Why do I even bother getting up in the morning?</td>
<td>Things are only going to get worse.</td>
</tr>
<tr>
<td>I wish I were dead.</td>
<td>I’ll never have any good friends.</td>
</tr>
<tr>
<td>I’ll never be as good as ________.</td>
<td>Bad things always happen to me.</td>
</tr>
<tr>
<td>______________________________</td>
<td>__________________________</td>
</tr>
</tbody>
</table>

---

**Note:**
- **Check List:** Put a check mark next to the thoughts you've had recently.
- **Instructions:** The list includes common negative thoughts such as feelings of inadequacy, self-doubt, and pessimism. Marking these thoughts can help in recognizing and addressing them.
HAVING MORE FUN

When people feel down, they tend to lose energy and motivation for everything...even things they enjoy. The problem is that when you are feeling sad is when you need to have fun. So, make a list of fun activities in the categories below. Try to fill in all of the blanks in every category (you can even add more ideas on the back of this page). Each week, you’ll be picking new activities to complete on your own.

Social:

Ex. Spend time with a friend you don’t see often; make plans to go to Barton Springs.

1. _____________________________________ 2. _____________________________________
3. _____________________________________ 4. _____________________________________
5. _____________________________________ 6. _____________________________________

Physical:

Ex. Go for a walk around Town Lake; play basketball with a friend.

1. _____________________________________ 2. _____________________________________
3. _____________________________________ 4. _____________________________________
5. _____________________________________ 6. _____________________________________

Relaxing/Indulgent:

Ex. Go out for ice cream; relax with a favorite book and your favorite snack.

1. _____________________________________ 2. _____________________________________
3. _____________________________________ 4. _____________________________________
5. _____________________________________ 6. _____________________________________
Entertainment:

Ex. Rent a favorite old movie; buy and listen to a new CD.

1. _____________________________________  2. _____________________________________

3. _____________________________________  4. _____________________________________

5. _____________________________________  6. _____________________________________

Other ideas:

1. _____________________________________  2. _____________________________________

3. _____________________________________  4. _____________________________________

5. _____________________________________  6. _____________________________________
We want to help you get the most you can out of this program for improving your mood. Please take a moment to think about the most important goal you’d like to work towards over the next six weeks. This doesn’t have to be a big goal, just something that you feel is important and will help to improve the way you feel.

**In the next six weeks, I would like to work on the following:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Your mood can vary greatly from day to day, so it is often helpful to look for patterns in the way you are feeling over a typical week. Each day, use the blanks below to record one negative thought you experienced during the day and list the activating event which may have led to that negative thought. Next, rate how strongly you believe that thought on a scale from 1-100. Finally, rate your overall mood for the day on a scale from 1 to 7.

**MOOD JOURNAL**

<table>
<thead>
<tr>
<th>Mood Rating Scale:</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very sad</td>
<td>normal</td>
<td>very happy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Day 1:  
Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: __________  Mood Rating: __________

Day 2:  
Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: __________  Mood Rating: __________

Day 3:  
Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: __________  Mood Rating: __________
<table>
<thead>
<tr>
<th>Day</th>
<th>Activating Event</th>
<th>Negative Thought</th>
<th>How Strongly You Believe Negative Thought</th>
<th>Mood Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**HOME PRACTICE**

Use this form to help you remember home practice assignments each week. Put a check mark next to the home practice when it’s complete.

---

**Week 1:**  
___ Mood Journal (check off as you complete each day):  
___Day 1  ___Day 2  ___Day 3  ___Day 4  ___Day 5  ___Day 6  ___Day 7  

___ Having more fun (1 activity): ________________________________________________

---

**Week 2:**  
___ Mood Journal  
___Day 1  ___Day 2  ___Day 3  ___Day 4  ___Day 5  ___Day 6  ___Day 7  

___ Having more fun (2 activities): ________________________________________________  
______________________________________________________________________________

---

**Week 3:**  
___ Mood Journal  
___Day 1  ___Day 2  ___Day 3  ___Day 4  ___Day 5  ___Day 6  ___Day 7  

___ Having more fun  
(spend time with someone you have not seen lately): ________________________________

---

**Week 4:**  
___ Mood Journal  
___Day 1  ___Day 2  ___Day 3  ___Day 4  ___Day 5  ___Day 6  ___Day 7  

___ Having more fun (one physical activity): _________________________________________  
___ Reward Contract  
___Day 1  ___Day 2  ___Day 3  ___Day 4  ___Day 5  ___Day 6  ___Day 7  
___ Getting out of a negative rut: (choose 1 technique): ________________________________  
______________________________________________________________________________
Week 5:  ___ Mood Journal
        ___Day 1  ___Day 2  ___Day 3  ___Day 4  ___Day 5  ___Day 6  ___Day 7

___ Having more fun (1 activity): ________________________________________________

___ Reward Contract
        ___Day 1  ___Day 2  ___Day 3  ___Day 4  ___Day 5  ___Day 6  ___Day 7

___ Handle a daily hassle (choose 1 technique): ____________________________________

 _____________________________________________
In this activity, pair up and spend a few minutes getting to know someone new in the group. After a few minutes, you’ll be asked to say two positive things about your partner (for example, “My partner is a very adventurous person. She wants to go skydiving.”) and two positive things about yourself. Your partner will then say two new positive things about themselves and two new positive things about you! If you’re having trouble getting started, here are a few sample interview questions. As you ask the questions, think about what they mean about that person (for example, if their favorite movie is a comedy, it might mean that person has a good sense of humor).

1. Partner’s name: __________________________  Grade/Year in School: ________________
2. What is your favorite movie / book / band / or play?
3. What is the most exciting thing that ever happened to you?
4. What do you like to do on rainy days?
5. What are your hopes/dreams for the future?
6. What is your absolute favorite junk food?
7. Where is the most interesting place you’ve traveled to?
8. Do you have pets? If so, what kind and what are they like?
9. When you were younger, what was something you did that got you in real trouble with your parents?
10. What unique hobbies do you have?
11. What TV show can you absolutely not miss during the week?
12. What is one thing you do really well?
13. If you could have one superpower, what would it be?
14. If you could describe yourself with one word, what would it be?
Challenging Negative Thoughts: What's the Alternative?

Just like every cloud has a silver lining, there is more than one way to look at most situations. Here are some questions to help you challenge negative thoughts using the “what’s the alternative?” approach:

★ Is there another way to think about this situation, even if it seems unlikely?

★ What advice would I give a friend who was feeling the way I do?

★ Are there positive things about this situation or myself that I am overlooking?

★ How likely is it that my thought is correct?

★ When things like this have happened before, what have been the reasons?
The situations below describe some activating events which may cause changes in your mood. Think about the **Beliefs** that might be generated by these activating events, as well as the **Consequences** that could result. Use the “What’s the alternative?” technique to think of other ways to think about and deal with the events listed below.

1. Your girlfriend/boyfriend tells you that she/he needs some “space.”
   - What **Belief** might be generated? ______________________________________
   - What might the **Consequence** be? ______________________________________
   - What’s an alternative? ____________________________________________________
   - How might the alternative change the **Consequence** above? __________________

2. Your parents have been nagging you constantly about your grades.
   - What **Belief** might be generated? ______________________________________
   - What might the **Consequence** be? ______________________________________
   - What’s an alternative? ____________________________________________________
   - How might the alternative change the **Consequence** above? __________________

3. You break your leg right at the start of summer vacation.
   - What **Belief** might be generated? ______________________________________
   - What might the **Consequence** be? ______________________________________
   - What’s an alternative? ____________________________________________________
   - How might the alternative change the **Consequence** above? __________________
What are some simple things that make you happy? Complete this form so that you can be rewarded for all the good things you do!

**PEOPLE:** List two people with whom you’d like to spend more time each week but don’t get a chance to:
1. 
2. 

**PLACES:** List four places where you’d like to spend more time:
1. 
2. 
3. 
4. 

**THINGS:** List four things you do not own that you would like to have and can afford (e.g., books, CD’s, candy).
1. 
2. 
3. 
4. 

**TREATS:** List below the six foods and drinks you like best.
1. 
2. 
3. 
4. 
5. 
6. 

**ACTIVITIES:** List six simple activities that you enjoy (e.g. going for a walk, listening to music, playing with a pet).
1. 
2. 
3. 
4. 
5. 
6.
Each day, use the blanks below to record one negative thought you had during the day and list the activating event which may have led to that negative thought. Next, rate how strongly you believe that thought on a scale from 1-100 and rate your overall mood for the day on a scale from 1 to 7. Then, take some time to generate the best counter-statement you can. Did generating a positive counter-statement change the strength of your belief in the negative thought or your overall mood? If it did, write your new mood rating and how strongly you believe the negative thought after thinking of a counter-statement.

Day 1:
Activating Event: ___________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________

Day 2:
Activating Event: ___________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________
Day 3:  Activating Event: __________________________________________________________

Negative Thought: _____________________________________________________________

How Strongly You Believe Negative Thought: ___________  Mood Rating: ___________

Positive Counter-statement: ______________________________________________________

New Strength of Belief in Negative Thought: ___________  New Mood Rating: __________

Day 4:  Activating Event: __________________________________________________________

Negative Thought: _____________________________________________________________

How Strongly You Believe Negative Thought: ___________  Mood Rating: ___________

Positive Counter-statement: ______________________________________________________

New Strength of Belief in Negative Thought: ___________  New Mood Rating: __________

Day 5:  Activating Event: __________________________________________________________

Negative Thought: _____________________________________________________________

How Strongly You Believe Negative Thought: ___________  Mood Rating: ___________

Positive Counter-statement: ______________________________________________________

New Strength of Belief in Negative Thought: ___________  New Mood Rating: __________

Day 6:  Activating Event: __________________________________________________________

Negative Thought: _____________________________________________________________

How Strongly You Believe Negative Thought: ___________  Mood Rating: ___________

Positive Counter-statement: ______________________________________________________

New Strength of Belief in Negative Thought: ___________  New Mood Rating: __________
Day 7: Activating Event: ____________________________________________________________

Negative Thought: ______________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: _______________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________
Sometimes negative thoughts are so familiar, we don’t stop to question whether or not they are actually true. From now on, pretend you are a detective searching for evidence. What are the clues that support your negative thought? What are the clues that don’t?

Below are some questions to consider that can help you challenge your negative thoughts:

* What proof do I have that my negative thought is true?

* Is there any evidence that doesn’t support my negative thought?

* If I’ve had this negative thought before, has it always been accurate?

* Can I be 100% sure that my negative thought is true? If not, why not?
The situations below describe some activating events which may cause changes in your mood. Think about the Beliefs that might be generated by these activating events, as well as the Consequences that could result. Use the “Where’s the evidence?” technique to think of other ways to think about and deal with the events listed below.

1. **Your best friend has been blowing you off since he/she got into a new relationship.**
   - What Belief might be generated?
   - What might the Consequence be?
   - Is there any evidence that my Belief is not true?
   - How might this change the Consequence above?

2. **The person you are romantically interested in becomes involved with someone else.**
   - What Belief might be generated?
   - What might the Consequence be?
   - Is there any evidence that my Belief is not true?
   - How might this change the Consequence above?

4. **You freeze up on a test and get a bad grade.**
   - What Belief might be generated?
   - What might the Consequence be?
   - Is there any evidence that Belief is not true?
   - How might this change the Consequence above?
Today’s date: ____________________________

I recognize that completing my mood journal every day is very important and will help me learn how to enjoy myself more. I will do the best I can to record my activities and thoughts every day, and bring my folder to our meetings.

For accomplishing these tasks, I agree to reward myself with one of my reward choices.

For this week, I completed my tasks on the following days, and rewarded myself as indicated:

<table>
<thead>
<tr>
<th>Day:</th>
<th>Mood Journal completed?</th>
<th>Activity performed:</th>
<th>Reward provided:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1:</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>Day 2:</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>Day 3:</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>Day 4:</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>Day 5:</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>Day 6:</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>Day 7:</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
</tbody>
</table>

_________________________________________
participant signature

_________________________________________
facilitator signature
Each day, use the blanks below to record one negative thought you had during the day and list the activating event which may have led to that negative thought. Next, rate how strongly you believe that thought on a scale from 1-100 and rate your overall mood for the day on a scale from 1 to 7. Then, take some time to generate the best counter-statement you can. Did generating a positive counter-statement change the strength of your belief in the negative thought or your overall mood? If it did, write your new mood rating and how strongly you believe the negative thought after thinking of a counter-statement.

<table>
<thead>
<tr>
<th>Mood Rating Scale:</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>very sad</td>
<td>normal</td>
<td>very happy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Day 1: Activating Event: __________________________________________________________

Negative Thought: _____________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: __________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: __________

Day 2: Activating Event: _________________________________________________________

Negative Thought: _____________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: __________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: __________
Day 3: Activating Event: ____________________________________________________________

Negative Thought: ________________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ________________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: ___________

Day 4: Activating Event: ____________________________________________________________

Negative Thought: ________________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ________________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: ___________

Day 5: Activating Event: ____________________________________________________________

Negative Thought: ________________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ________________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: ___________

Day 6: Activating Event: ____________________________________________________________

Negative Thought: ________________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ________________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: ___________
Day 7: Activating Event: ____________________________________________________________

Negative Thought: ________________________________________________________________

How Strongly You Believe Negative Thought: ________  Mood Rating: ________

Positive Counter-statement: _______________________________________________________

New Strength of Belief in Negative Thought: ________  New Mood Rating: ________
Challenging Negative Thoughts: What if it’s true?

Sometimes we spend so much time feeling bad about negative thoughts, we don’t think about what it would mean if they really were true. Is it possible that it might not be that bad? How terrible would it really be?

Use these questions to challenge negative thoughts using the “what if it’s true” approach:

★ If my negative thought is true, how can I cope with this situation?

★ How will thinking negatively about this situation help me? How might it work against me?

★ If it is true, what is the worst thing that can happen? How likely is it that this will happen?
The situations below describe some activating events which may cause changes in your mood. Think about the Beliefs that might be caused by these activating events, as well as the Consequences that could result. Use the “What if it’s true?” technique to think of other ways to think about and deal with the events listed below.

1. You realize you have four tests this week and will need to spend your birthday weekend studying.

   What Belief might be generated? ____________________________________________________

   What might the Consequence be? __________________________________________________

   What if it’s true? What is the worst thing that can happen? Can you cope with that?
   _____________________________________________________________________________
   _____________________________________________________________________________

   How might this change the Consequence above? ________________________________________
   _____________________________________________________________________________

2. You are already broke and your car breaks down and will need costly repairs.

   What Belief might be generated? __________________________________________________

   What might the Consequence be? __________________________________________________

   What if it’s true? What is the worst thing that can happen? Can you cope with that?
   _____________________________________________________________________________
   _____________________________________________________________________________

   How might this change the Consequence above? ________________________________________
   _____________________________________________________________________________

3. You don’t get the job you wanted.

   What Belief might be generated? __________________________________________________

   What might the Consequence be? __________________________________________________
What if it’s true? What is the worst thing that can happen? Can you cope with that?

________________________________________________________________________________

________________________________________________________________________________

How might this change the Consequence above? ________________________________

________________________________________________________________________________
Getting out of the negative rut

A Negative Rut is like a well-worn path: it’s easy to follow because it’s familiar, but it leads you to feeling down or upset.

You might feel stuck in a negative rut because of your thinking, focusing on negative thoughts or replaying negative things over and over in your mind.

You could also feel stuck in a negative rut because of the things you are doing, either activities that are unpleasant or that aren’t as fun as they once were.

To get out of the negative rut, you need to do something different. Here is a list of things to do to get out of a negative rut and make a new path to feeling better!

THINGS I CAN DO TO GET OUT OF A NEGATIVE RUT:

1.
2.
3.
4.
5.
Below are examples of situations where someone has gotten stuck in a negative rut. How would you try to get out of the cycle of feeling bad?

You’ve had a fight with your girlfriend/boyfriend. Talking to your friend about it is only making you feel worse! What else can you try?

1. 
2. 
3. 
4. 
5. 

Tomorrow you have a presentation that is worth a lot of your grade. You’ve done all the work you need to do, but you’re still feeling worried. Going over your notes isn’t helping. What should you try next?

1. 
2. 
3. 
4. 
5. 

You’ve been feeling down all day, and you don’t know why. You’ve been watching TV, and that usually helps you get your mind off your problems, but you aren’t feeling any better. What else might work?

1. 
2. 
3. 
4. 
5. 

PRACTICE GETTING OUT OF THE NEGATIVE RUT
You’re lying awake, thinking about a conversation you had earlier in the day. The more you think about it, the worse you feel. . . but you can’t stop thinking about it! It’s the middle of the night—what can you do?

1.

2.

3.

4.

5.
Each day, use the blanks below to record one negative thought you had during the day and list the activating event which may have led to that negative thought. Next, rate how strongly you believe that thought on a scale from 1-100 and rate your overall mood for the day on a scale from 1 to 7. Then, take some time to generate the best counter-statement you can. Did generating a positive counter-statement change the strength of your belief in the negative thought or your overall mood? If it did, write your new mood rating and how strongly you believe the negative thought after thinking of a counter-statement.

**Day 1:**
Activating Event: ____________________________________________________________
Negative Thought: ____________________________________________________________
How Strongly You Believe Negative Thought: ___________      Mood Rating: ___________
Positive Counter-statement: ____________________________________________________
New Strength of Belief in Negative Thought: ___________    New Mood Rating: ___________

**Day 2:**
Activating Event: ____________________________________________________________
Negative Thought: ____________________________________________________________
How Strongly You Believe Negative Thought: ___________      Mood Rating: ___________
Positive Counter-statement: ____________________________________________________
New Strength of Belief in Negative Thought: ___________    New Mood Rating: ___________
Day 3: Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: ________

Day 4: Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: ________

Day 5: Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: ________

Day 6: Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: ________
Day 7:

Activating Event: ____________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________  Mood Rating: ___________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ___________  New Mood Rating: _________
We all deal with small daily hassles, but often such events can significantly change our mood or make a good day feel like a bad one. Daily hassles include things like always running late, or dealing with a person that you don’t like but have to see every day. Some daily hassles are avoidable, while others are not within our control. Below, list some daily hassles that occur frequently for you and write in whether the hassle is controllable or not. Next, if the hassle is controllable, write in a way you might approach the hassle differently or avoid it. If the hassle is out of your control, write in a way you might change your response to dealing with the hassle.

<table>
<thead>
<tr>
<th>Description of Hassle</th>
<th>Controllable?</th>
<th>Response Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. Assigned to group project with person you dislike.</td>
<td>No</td>
<td>Work extra efficiently to finish project early OR Promise yourself a reward for bearing with it</td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
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<tr>
<td>4.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
We want you to continue to find a variety of activities that you enjoy and make time for them in the future. Below is a schedule for you to fill with fun activities:

List five things you can do on a daily basis that you enjoy, that don’t require lots of planning or money:

1.
2.
3.
4.
5.

List five things you could do once a week that you enjoy but are pretty easy to plan:

1.
2.
3.
4.
5.
List five things you really like that you could do once a month:

1.
2.
3.
4.
5.

List five things that you can plan to do once or twice a year—this can be really special treats to yourself!

1.
2.
3.
4.
5.
Each day, use the blanks below to record one negative thought you had during the day and list the activating event which may have led to that negative thought. Next, rate how strongly you believe that thought on a scale from 1-100 and rate your overall mood for the day on a scale from 1 to 7. Then, take some time to generate the best counter-statement you can. Did generating a positive counter-statement change the strength of your belief in the negative thought or your overall mood? If it did, write your new mood rating and how strongly you believe the negative thought after thinking of a counter-statement.

**Mood Journal**

**Mood Rating Scale:**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>very sad</td>
<td>normal</td>
<td>very happy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Day 1:**

Activating Event: ____________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: ___________

**Day 2:**

Activating Event: ____________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: ___________
Day 3:
Activating Event: ____________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________

Day 4:
Activating Event: ____________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________

Day 5:
Activating Event: ____________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________

Day 6:
Activating Event: ____________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________
Day 7:  Activating Event: _______________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ___________      Mood Rating: __________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ___________    New Mood Rating: _________
Major life events are just that – they’re a MAJOR change. The change doesn’t have to be for the worse, but any change can disrupt our lives and impact our mood. Examples of major life events might include the death of a loved one (a bad change), or moving to a new city (might be a good change). Just as with daily hassles, some major events are within our control, while others are not. Below, list some major life events you may face in the future and write in whether the event is controllable or not. Next, if the event is controllable, write in a way you might approach the change differently or avoid it. If the event is out of your control, write in a way you might change your response to dealing with the change.

<table>
<thead>
<tr>
<th>Description of Event</th>
<th>Controllable?</th>
<th>Response Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. Moving away from home for job / college.</td>
<td>Yes</td>
<td>Look at it as an adventure; Visit the new city several times to familiarize yourself with it; Schedule visits and phone calls to/from friends to help with transition</td>
</tr>
<tr>
<td>Ex. Close friend / family member diagnosed with cancer.</td>
<td>No</td>
<td>Realize that it’s OUT of your control; Make the most of time friend / relative and you have together; Ask other friends / family to be there for support</td>
</tr>
</tbody>
</table>

1.  
2.  
3.  
4.  
5.  
6.
It’s always good to have a backup plan. Use the form below and the skills you’ve learned in these groups to come up with alternative plans for dealing with negative thoughts and sad feelings. Think about situations that tend to cause bad feelings and develop three different plans to cope with those situations. First, fill out the left side of the form with your three plans. Then, use the right side of the form to work your way through a problem the next time one arises – start with Plan A, if it’s unsuccessful, move to Plan B and so on.

<table>
<thead>
<tr>
<th>Planning Ahead</th>
<th>Putting the Plan in Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>(complete ahead of time)</strong></td>
<td><strong>(complete when a problem arises)</strong></td>
</tr>
<tr>
<td><strong>Think About:</strong> What might happen this week to make me feel bad? Look through mood diaries for typical activating events.</td>
<td>Describe what happened.</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>__________________________</td>
</tr>
<tr>
<td>PLAN A</td>
<td>PLAN A</td>
</tr>
<tr>
<td>__________________________</td>
<td>Did I try Plan A? YES NO</td>
</tr>
<tr>
<td>__________________________</td>
<td>Did I try REALLY hard? YES NO</td>
</tr>
<tr>
<td>__________________________</td>
<td>Did it help me feel better? YES NO</td>
</tr>
<tr>
<td>PLAN B</td>
<td>PLAN B</td>
</tr>
<tr>
<td>__________________________</td>
<td>Did I try Plan B? YES NO</td>
</tr>
<tr>
<td>__________________________</td>
<td>Did I try REALLY hard? YES NO</td>
</tr>
<tr>
<td></td>
<td>Plan C</td>
</tr>
<tr>
<td>------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td></td>
<td>Did I try Plan C?           YES NO</td>
</tr>
<tr>
<td></td>
<td>Did I try REALLY hard?      YES NO</td>
</tr>
<tr>
<td></td>
<td>Did it help me feel better?   YES NO</td>
</tr>
</tbody>
</table>
Each day, use the blanks below to record one negative thought you had during the day and list the activating event which may have led to that negative thought. Next, rate how strongly you believe that thought on a scale from 1-100 and rate your overall mood for the day on a scale from 1 to 7. Then, take some time to generate the best counter-statement you can. Did generating a positive counter-statement change the strength of your belief in the negative thought or your overall mood? If it did, write your new mood rating and how strongly you believe the negative thought after thinking of a counter-statement.

**MOOD JOURNAL**

Day 1:  
Activating Event: __________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: __________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________

Day 2:  
Activating Event: __________________________________________________________

Negative Thought: __________________________________________________________

How Strongly You Believe Negative Thought: ___________ Mood Rating: __________

Positive Counter-statement: __________________________________________________

New Strength of Belief in Negative Thought: ___________ New Mood Rating: _________
Day 3: 
Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: _________

Day 4: 
Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: _________

Day 5: 
Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: _________

Day 6: 
Activating Event: ____________________________________________________________

Negative Thought: ____________________________________________________________

How Strongly You Believe Negative Thought: ________ Mood Rating: ___________

Positive Counter-statement: ____________________________________________________

New Strength of Belief in Negative Thought: ________ New Mood Rating: _________
Day 7:

Activating Event: ________________________________

Negative Thought: ________________________________

How Strongly You Believe Negative Thought: _________ Mood Rating: _________

Positive Counter-statement: ________________________________

New Strength of Belief in Negative Thought: _________ New Mood Rating: _________