



## How Feelings & Mood Impact Thoughts and Behaviors

### Why Mood Matters

Our **mood** acts like a filter.

- When we're in a low mood, thoughts often become more negative, and behaviors more withdrawn.
- When we're in a positive mood, thoughts feel lighter, and behaviors more active.

Recognizing this helps us pause before letting mood take control.

### Example

**Situation:** You have to finish a work/school task.

- **Mood:** Tired and sad
  - **Thought:** "I'll never get this done."
  - **Behavior:** Procrastinate, avoid starting.
- **Mood:** Energized and calm
  - **Thought:** "I can handle this step by step."
  - **Behavior:** Start working, feel accomplished.

### Practice: Mood Check-In

Think of a recent situation. Write how your mood affected your thinking and actions.

- **Situation:** \_\_\_\_\_
- **Mood (0–10, low to high):** \_\_\_\_\_
- **Thought you had:** \_\_\_\_\_
- **Behavior:** \_\_\_\_\_

### Mood Thermometer

Rate your mood from **0 (very low)** → **10 (very high)** and notice how it changes your thinking.

0 \_\_\_\_\_ 5 \_\_\_\_\_ 10  
Low mood                  Neutral                  Positive mood

In low moods, I usually think... \_\_\_\_\_

In high moods, I usually think... \_\_\_\_\_

### Reflection

- What helps lift your mood when it's low?  
\_\_\_\_\_
- How could noticing your mood early help you make different choices?  
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