

Class #5: THOUGHTS AND MY MOOD

CLASS OUTLINE

- I. Announcements & Agenda
- II. General Review
- III. Personal Project Review
- IV. Relaxation Exercise
- V. New Material
- VI. Personal Project

I. Any Announcements?

II. GENERAL REVIEW

What do you remember most from the last class?

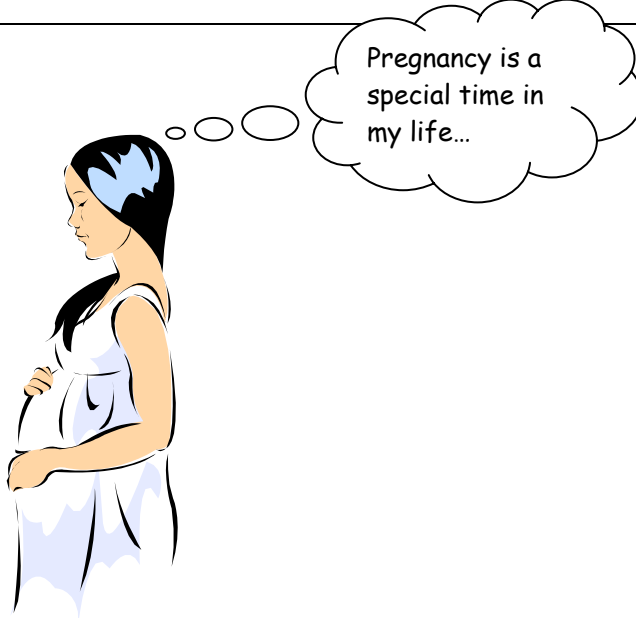
- Your personal reality is constructed from moment to moment. Each decision we make can help shape our personal reality. The activities that we do each moment affect whether we will feel better, worse, or the same.
- Doing pleasant activities can help make the Mother-Baby relationship stronger. Sometimes we encounter obstacles that prevent us from doing pleasant activities. It is good to try to find solutions to these obstacles so that we can make sure we do pleasant activities.
- It is important to try to balance stress and fun - to find time to do both the activities that we "have to do" and the activities that "we want to do".

III. PERSONAL PROJECT REVIEW

1. Did you complete your quick mood scale?
2. Did you complete the Pleasant Activity Schedule?
3. Did you fill out the Personal Commitment Form?

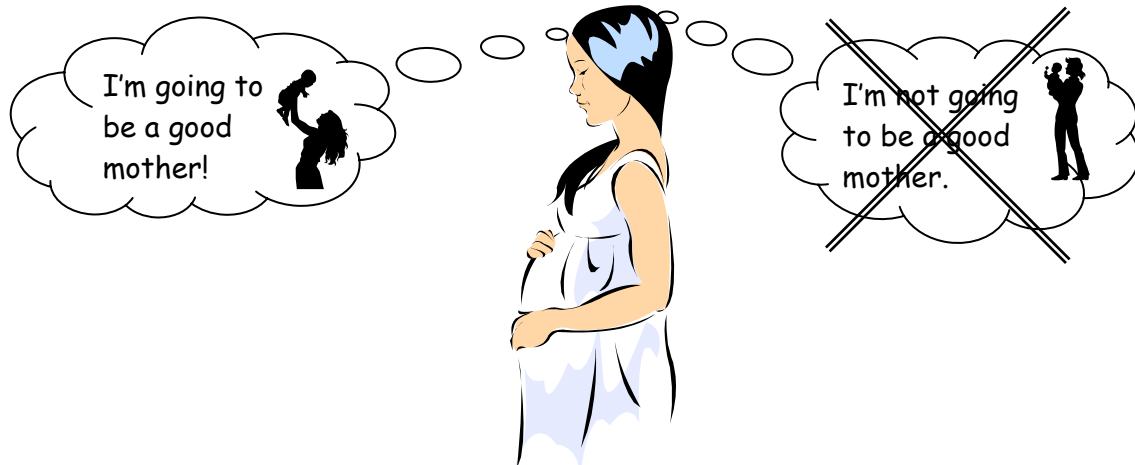
IV. RELAXATION EXERCISE

V. New Material: WHAT ARE THOUGHTS?



- Thoughts are all the things we tell ourselves (as if we were having a conversation in our mind).
- We can have several thoughts at any given moment.
- We are conscious of some thoughts and not of others.
- Our thoughts can help us or harm us.
- Our thoughts almost always affect our mood.
- If we can become aware of the many types of thoughts we have, we can learn to use them to achieve a healthier mood.

Activity: HELPFUL THOUGHTS AND HARMFUL THOUGHTS

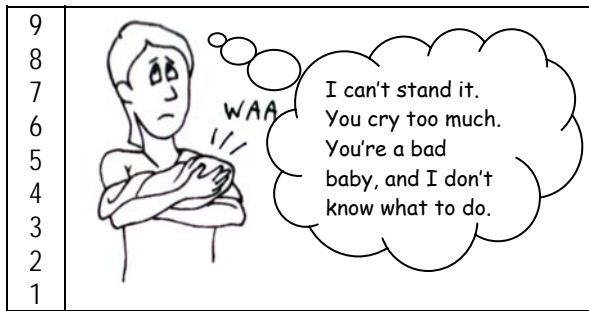


INSTRUCTIONS: Some thoughts help us to feel more positive about our lives—they give us energy and hope. Other thoughts can make us feel more negative—they can make us feel depressed and tired. Try to think of some helpful and harmful thoughts that you may have and list them in the boxes below.

HELPFUL THOUGHTS	HARMFUL THOUGHTS
<hr/>	<hr/>
<hr/>	<hr/>
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Activity: HOW THOUGHTS AFFECT OUR MOOD

VIOLET'S STORY

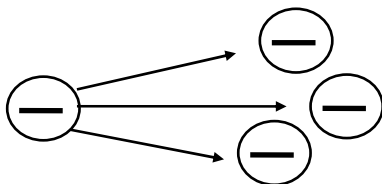
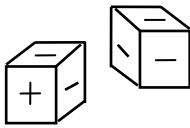
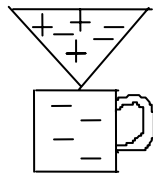
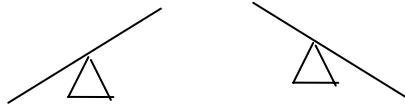


MARY'S STORY



TYPES OF HARMFUL THOUGHT PATTERNS

Symbol:



Harmful Thought Pattern:

All or Nothing Thinking:

Thinking in extremes (can only be at one end of the scale, top or bottom). Not balanced.
All good or all bad. The best or worst. Perfect or a failure.

Negative Filter (Ignoring the Positive):

Only remembers and notices negative events. Filters out positive events. Your cup of life ends up very bitter and negative.

Pessimism:

Believing negative things are more likely to happen and positive things are never or hardly ever going to happen.

Exaggerating:

Exaggerating problems and the possible harm they could cause. This undermines your capacity to deal with them.
"Mountain out of a mole hill"

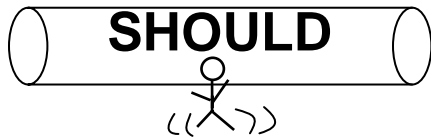
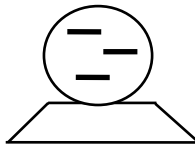
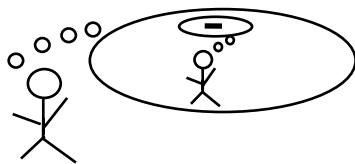
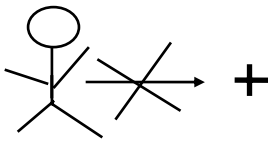
Overgeneralization:

Taking one negative characteristic or event and seeing it as a never-ending pattern.
Somebody betrayed me. --> I don't trust anyone.
I couldn't do this one thing. --> I can't do anything.

Labeling (either yourself or others):

Attaching a negative label, instead of seeing a error or problem. Labels can become self-fulfilling prophecies. For example, calling yourself "stupid" when you make a mistake.

Symbol:



Harmful Thought Pattern:

Not Giving Oneself Credit:

Thinking positive things that happen are either just luck or somebody else's doing and never the results of one's effort.

Mind Reading:

Thinking that you know what others are thinking, and they are usually thinking negatively about you.

Negative Fortune Telling:

Thinking that you can see how things will be in the future and that they are sure to turn out badly.

"Should"ing yourself:

Telling yourself you should, ought, and must do something. This makes you feel overwhelmed and obligated to do things. This creates resentment because you are not in control of your life.

(Adapted from David Burn's Book Feeling Good: The New Mood Therapy, Morrow, 1980)

VI. Personal Project: QUICK MOOD SCALE

INSTRUCTIONS: Every night, before going to bed, circle the number from 1-9 that best represents how you feel each day. At the bottom of each column you will find lines where you can keep track of your pleasant activities, healthy thoughts and harmful thought. See if there is a relationship between how you feel each day and these three things.

DATE: _____

BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
OK/AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1
Number of healthy thoughts	_____	_____	_____	_____	_____	_____	_____
Number of harmful thoughts	_____	_____	_____	_____	_____	_____	_____
Number of pleasant activities	_____	_____	_____	_____	_____	_____	_____

OPTIONAL PROJECTS (pick one of the following):

- 1) Use the cards to keep track of your healthy and harmful thoughts this week. Write your healthy thoughts on one side of the card and your harmful thoughts on the other side.
- 2) Talk to someone about what you learned about thoughts and mood today.

