



CHAINING ACTIVITY

Understanding how our contacts with others affect how we feel.

9	
8	_____
7	_____
6	_____
5	(statement of fact)
4	_____
3	_____
2	_____
1	_____

Instructions

1. Begin with a statement of fact. Something that is a fact, with no judgement involved. For example, it is raining. I have no energy. I have diabetes. I do not have contact with my family. Write that fact on a mood level of 5
2. Think about a contact with someone that would bring your mood down. You can also think about how avoiding contact might bring your mood down. Go down one mood level at a time. For example, contacts or lack of contacts that would bring your mood down to a level 4, then a level 3, then a level 2, then a level 1. Write them down on the appropriate level.
3. Then think of contacts you might have with people that would make you feel better. Think of spending time with people doing things that would bring you to increasingly high mood levels. First, think of something that would make you feel a little better (level 6), then think of contacts that might bring you to a 7, then an 8, and then a 9. Write them down on the appropriate level.

- I can choose who I will spend time with and how much time I will spend with them.
- Negative contacts or having fewer contacts can make my mood worse.
- I can spend time with people who are positive, helpful, and healthy.
- When I have positive contacts with others, I am more likely to have positive thoughts about myself and about my life.
- Positive contacts with people can improve my mood.