

WORKSHEET 6.3: THE PATH THAT LEADS TO A HEALTHY MOOD

Your personal reality is being built or shaped from moment to moment.

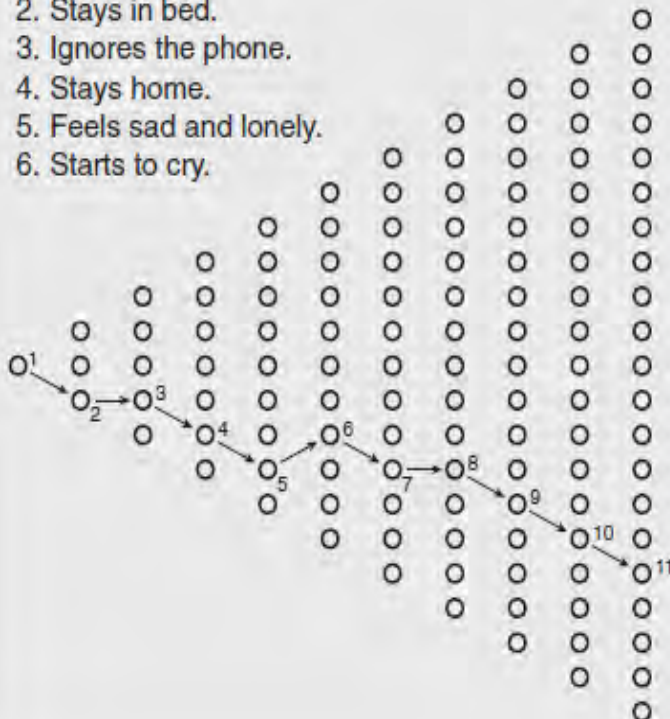
- In each moment of our life, we decide what to think, do, say, and how to treat other people.
- Each decision we make improves or makes worse our emotional well-being or keeps it the same.
- *In general, each decision we make has a small effect on us. However, as our decisions add up, they can create a strong change in our mood.*



The path that leads to a NEGATIVE mood

Example: Violet's Day

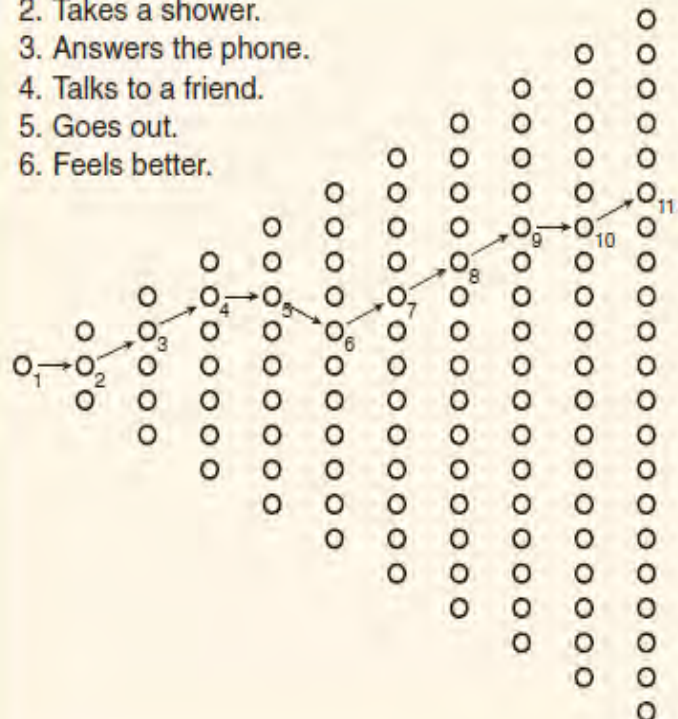
1. Wakes up.
2. Stays in bed.
3. Ignores the phone.
4. Stays home.
5. Feels sad and lonely.
6. Starts to cry.



The path that leads to a HEALTHY mood

Example: Mary's Day

1. Wakes up.
2. Takes a shower.
3. Answers the phone.
4. Talks to a friend.
5. Goes out.
6. Feels better.



The activities that we do and the thoughts we have each day help us shape the reality of that day!