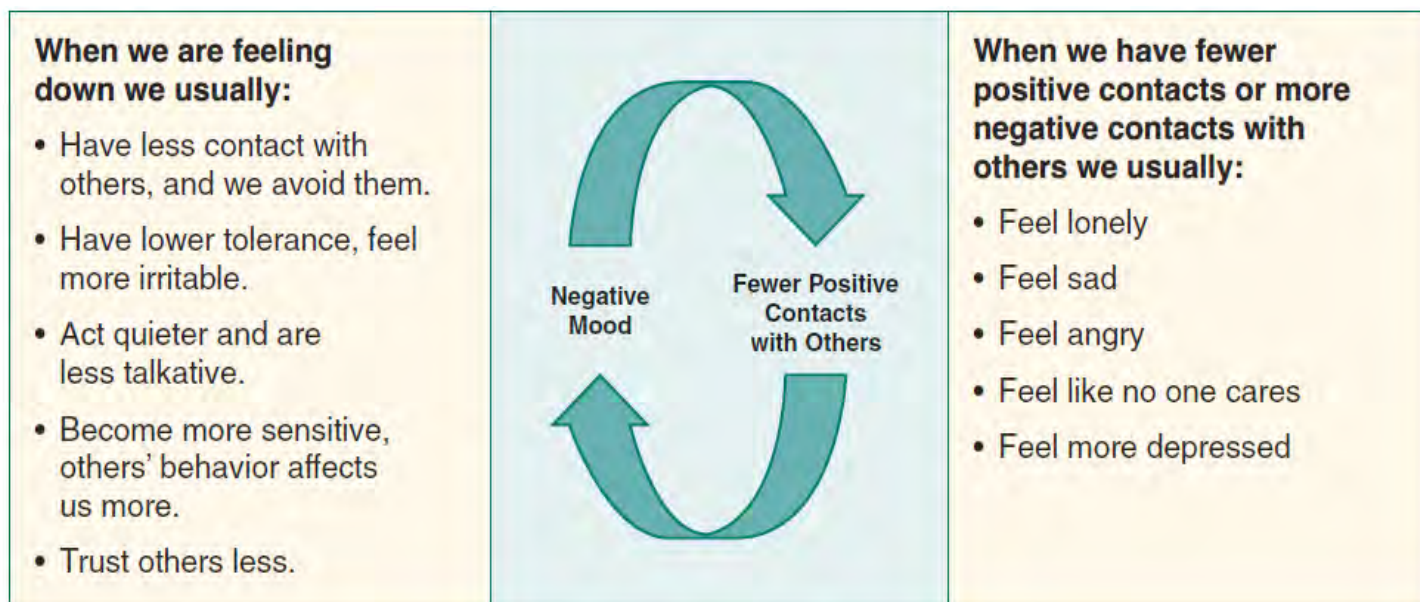


## WORKSHEET 9.2: RELATIONSHIP BETWEEN MOOD & CONTACT WITH OTHERS

In this section, we are going to see how spending time with other people affects how we feel.

- What kind of contacts do you have with people when you feel down?
- How does your mood affect your contacts with people?
- When you isolate yourself from others, how does this affect your mood?
- How does having more conflict or tension with others affect your mood?



***Does a negative mood cause people to be less sociable?***

**OR**

***Does being less sociable cause a negative mood?***

**The answer is probably both.** When we feel down, we are less likely to socialize. When we feel depressed, we do even fewer things with people. This continues until we are so depressed that we spend much of our time feeling alone.