

## WORKSHEET 9.3: YOUR MOOD AND YOUR PERSONAL REALITY

- It is important to understand our moods. How do they influence our lives?
- To have a healthy mood, or positive feelings, it is important to learn how to manage your personal reality.
- Our personal reality is divided into two parts:

<p style="text-align: center;"><b><u>The reality of our mind:</u></b>  <i>What we think</i>                  ↓                  Our “inner” reality</p>	<p style="text-align: center;"><b><u>The reality of our world:</u></b>  <i>What we do</i>  <i>With whom we relate</i>                  The condition of our bodies: our health                  What happens in our world                  ↓                  Our “outer” reality</p>
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***This drawing demonstrates how we understand the relationship between our personal reality and our mood.***

