

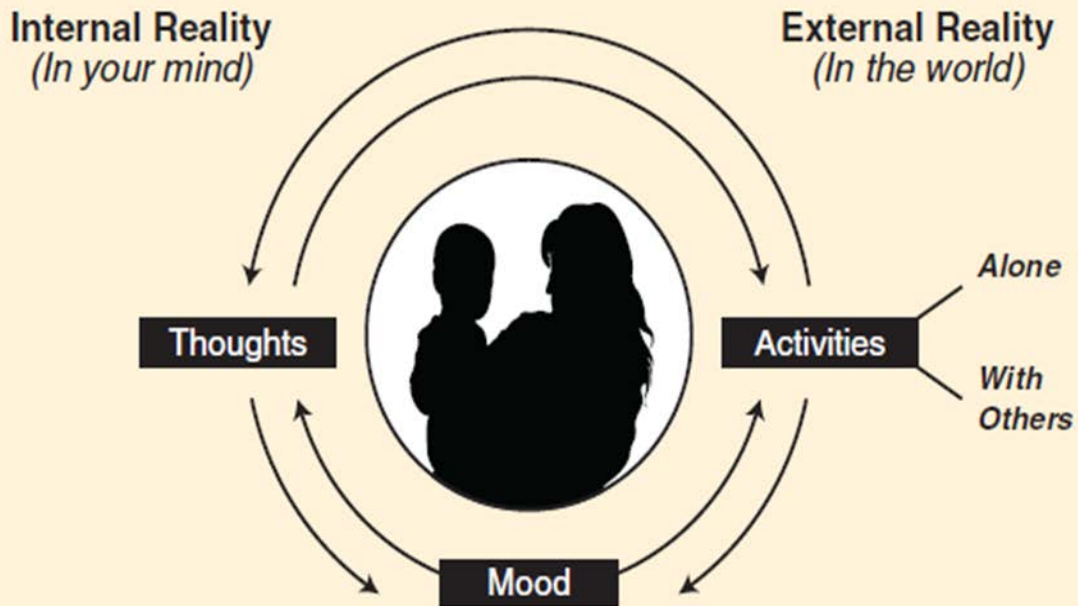
WORKSHEET: YOUR MOOD AND YOUR PERSONAL REALITY

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

MY PERSONAL REALITY



Promote parent-infant bonding using cognitive-behavioral strategies

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