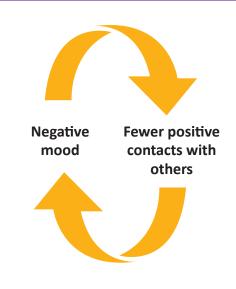
## **WORKSHEET 7.1: RELATIONSHIP BETWEEN MOOD & CONTACT WITH OTHERS**

- What kind of interactions do you have with people when you are feeling down or stressed?
- How do you think having less contact with others might effect your mood?

## When we are feeling down we usually:

- Have less contact with others, and we avoid them
- Have lower tolerance, feel more irritable
- Act guieter and are less talkative
- Become more sensitive, others' behavior affects us more
- Trust others less



When we have fewer positive contacts or more negative contacts with others we usually:

- Feel lonely
- Feel sad
- Feel angry
- Feel like no one cares
- Feel more depressed

Does a negative mood cause people to be less sociable?

OR

Does being less sociable cause a negative mood?

The answer is probably both.

