



WHY ARE RELATIONSHIPS IMPORTANT?

When we have positive contacts with others we have a good source of support to handle tough life problems and manage our mood. We also have people with whom we can share pleasant moments in life.

Exercise:

Step 1: With your eyes open or closed, visualize/imagine a person that you had a good time with in the last week or month.

Notice your mood.

What thought is going through your mind?

How is your body reacting?

Step 2: Visualize a person who bugged or annoyed you in the last week or month.

Notice your mood or how you feel

What are you thinking?

How is your body reacting?

Step 3: Visualize the person with whom you shared a positive activity.

Does your mood change?

- People contacts can have either positive or negative effects on mood, thoughts, behaviors, and physiological reactions.
- We can make choices about who we spend time with and for how long.