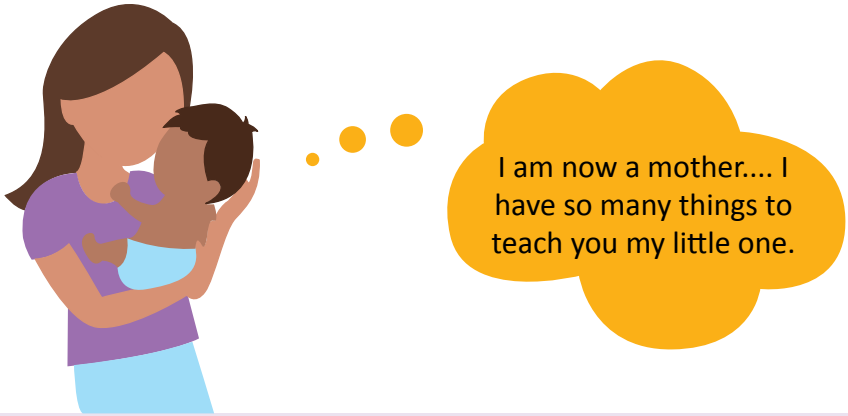
WORKSHEET 6.1:
THOUGHTS ABOUT BEING A MOTHER



- Your thoughts have been shaped by the people and experiences in your life.
- The people and experiences in your baby's life will also shape the way he/she thinks.
- Remember that learning to think is like learning to talk. Babies learn to think and talk by observing how their mothers think and talk.
- If the baby is raised listening to words of affection, the baby will learn to be affectionate.
- Your baby learns from you. Remember, you are his/her first teacher!
- You can teach your baby to think in such a way that he/she would feel good about himself or herself and about you.
- As a mother, you can be an example for your baby. You can help him/her "shape" his/her thoughts so that he/she develops a healthy inner reality.

WORKSHEET 6.2:
THINKING ABOUT YOUR BABY'S FUTURE

INSTRUCTIONS: Think about what kind of life you like your baby to have five years in the future. Then think about the steps you need to take to help your child have that ideal future.

EXAMPLE:

"I want my child to enjoy reading"

"I will read to my child now"

MY BABY'S IDEAL FUTURE (5 YEARS FROM NOW)	
What I want for my baby:	What I need to do now:
What I don't want for my baby:	What I need to avoid doing now:

WORKSHEET 6.3:
THINKING ABOUT YOUR FUTURE

INSTRUCTIONS: Think about what kind of life you would like to have in the future, 9for example 5 years from now) and what kinds of things you want and don't want for yourself. Then think about the steps you need to take now to have the life you really want.

EXAMPLE:

"I would like to have a great computer job"

"I will sign up for a computer class now"

MY IDEAL FUTURE (5 YEARS FROM NOW)	
What I want:	What I need to do now:
What I don't want:	What I need to avoid doing now:

WORKSHEET 6.4
QUICK MOOD SCALE & THOUGHTS

- Every night before going to bed, circle the number 1-9 that best represents your mood
- At the bottom of each column you will find a space where you can note how many helpful and unhelpful thoughts you have each day. Is there is a relationship between how many helpful and unhelpful thoughts you have and your mood?

DATE:	MON _____	TUE _____	WED _____	THU _____	FRI _____	SAT _____	SUN _____
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1
Number of HELPFUL thoughts:	_____	_____	_____	_____	_____	_____	_____
Number of UNHELPFUL thoughts:	_____	_____	_____	_____	_____	_____	_____