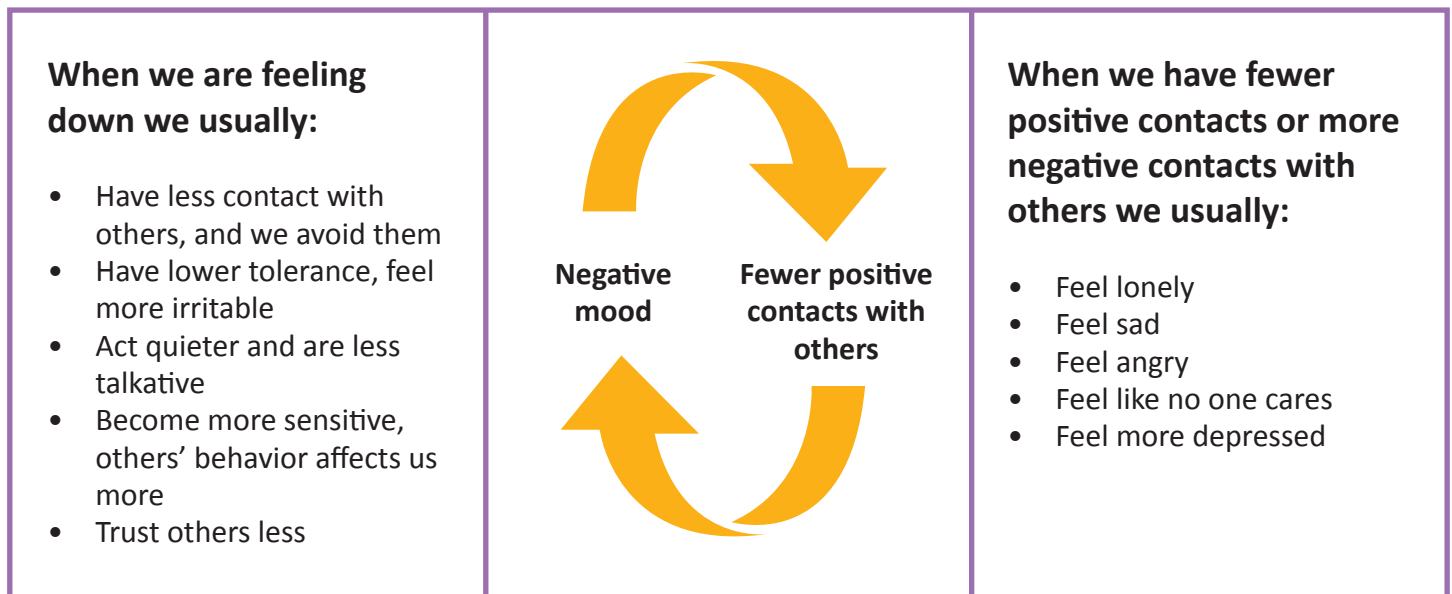


WORKSHEET 7.1: RELATIONSHIP BETWEEN MOOD & CONTACT WITH OTHERS

- 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?



Does a negative mood cause people to be less sociable?

OR

Does being less sociable cause a negative mood?

The answer is probably both.

