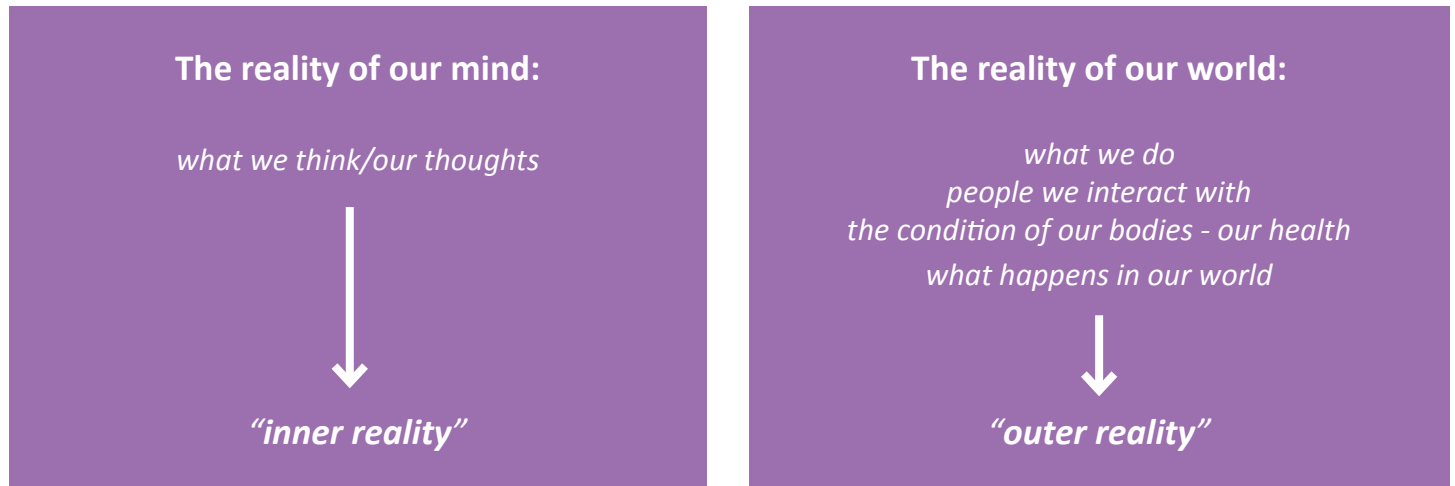


WORKSHEET 1.4: YOUR MOOD AND YOUR PERSONAL REALITY

It is important to understand our moods. How do they influence our lives?

To have a healthy mood, and positive feelings, it is important to learn how to manage our personal reality.

Our personal reality is divided into two parts:



The drawing below demonstrates the relationship between our personal reality and our mood.

