

# UNDERSTANDING YOUR MOODS: YOU FEEL THE WAY YOU THINK

**THOUGHTS:** You interpret the events with a series of thoughts that continually flow through your mind. This is called your “internal dialogue.”

**WORLD:** A series of positive, neutral, and negative events.



**MOOD:** Your feelings are created by your thoughts and not the actual events. All experiences must be processed through your brain and given a conscious meaning before you experience any emotional response.

## Some common ways of thinking that lead to negative moods:

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|---|----------------------------------|
| 1) All-or-Nothing Thinking                  | 6) Magnification or Minimization |
| 2) Over-generalization                      | 7) Emotional Reasoning           |
| 3) Mental Filter                            | 8) Should statements             |
| 4) Disqualifying the Positive (Yes, but...) | 9) Labeling and Mislabeling      |
| 5) Jumping to Conclusions                   | 10) Personalization              |