

Self-Care With Sarah Reddan

STUCK TO EMPOWERED

MOOD SHIFT WORKSHEET

STEP ONE

Explore what emotional zone you are currently in:

GREEN ZONE

CALM
FOCUSED
HAPPY
IN CONTROL
OKAY

BLUE ZONE

BORED
SAD
SICK
SLOW
TIRED

YELLOW ZONE

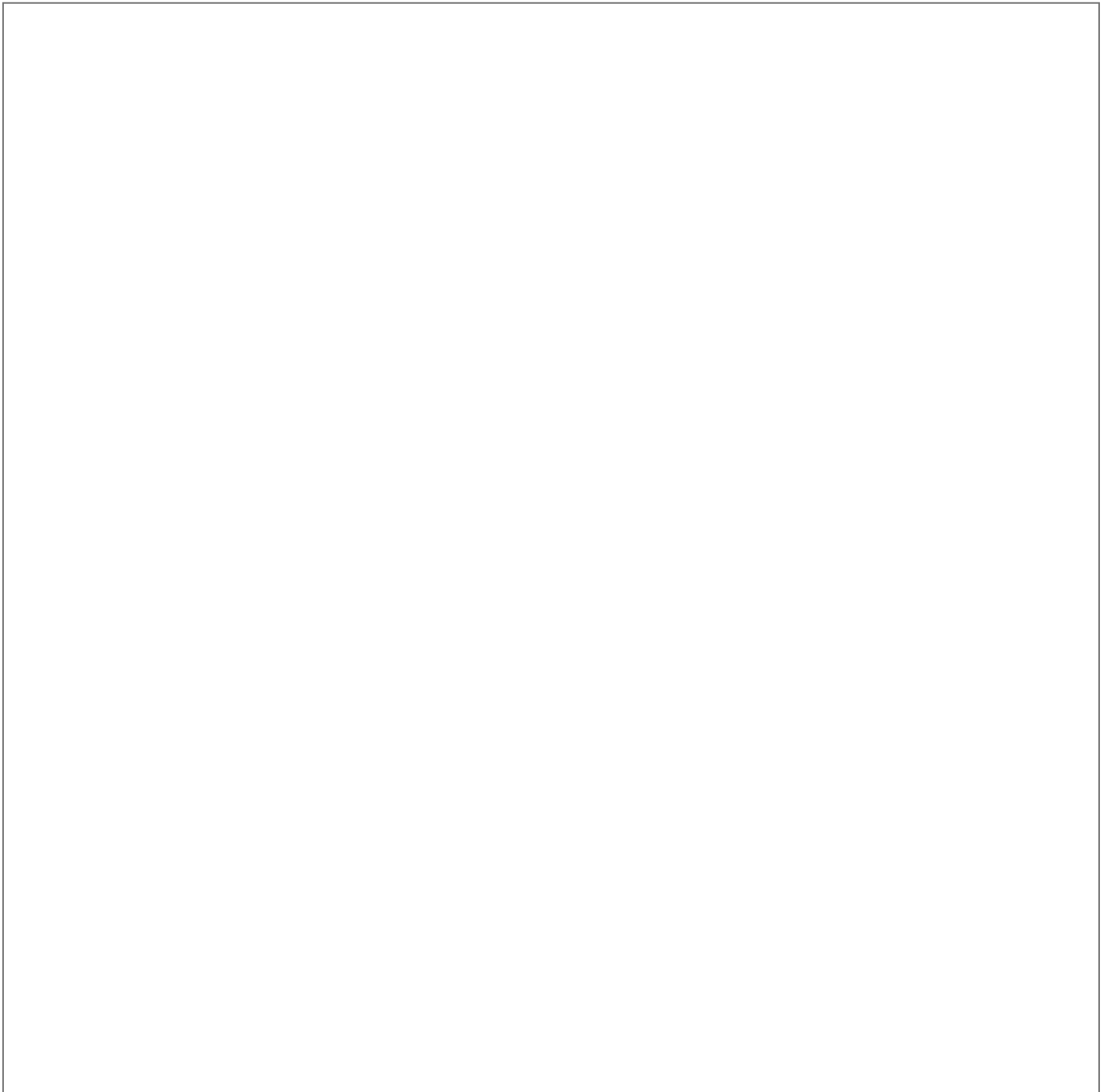
ANXIOUS
CONFUSED
EXCITED
FRUSTRATED
NERVOUS

RED ZONE

ANGRY
LOSS OF CONTROL
PANIC
SCARED
URGE TO YELL /
DESTROY SOMETHING

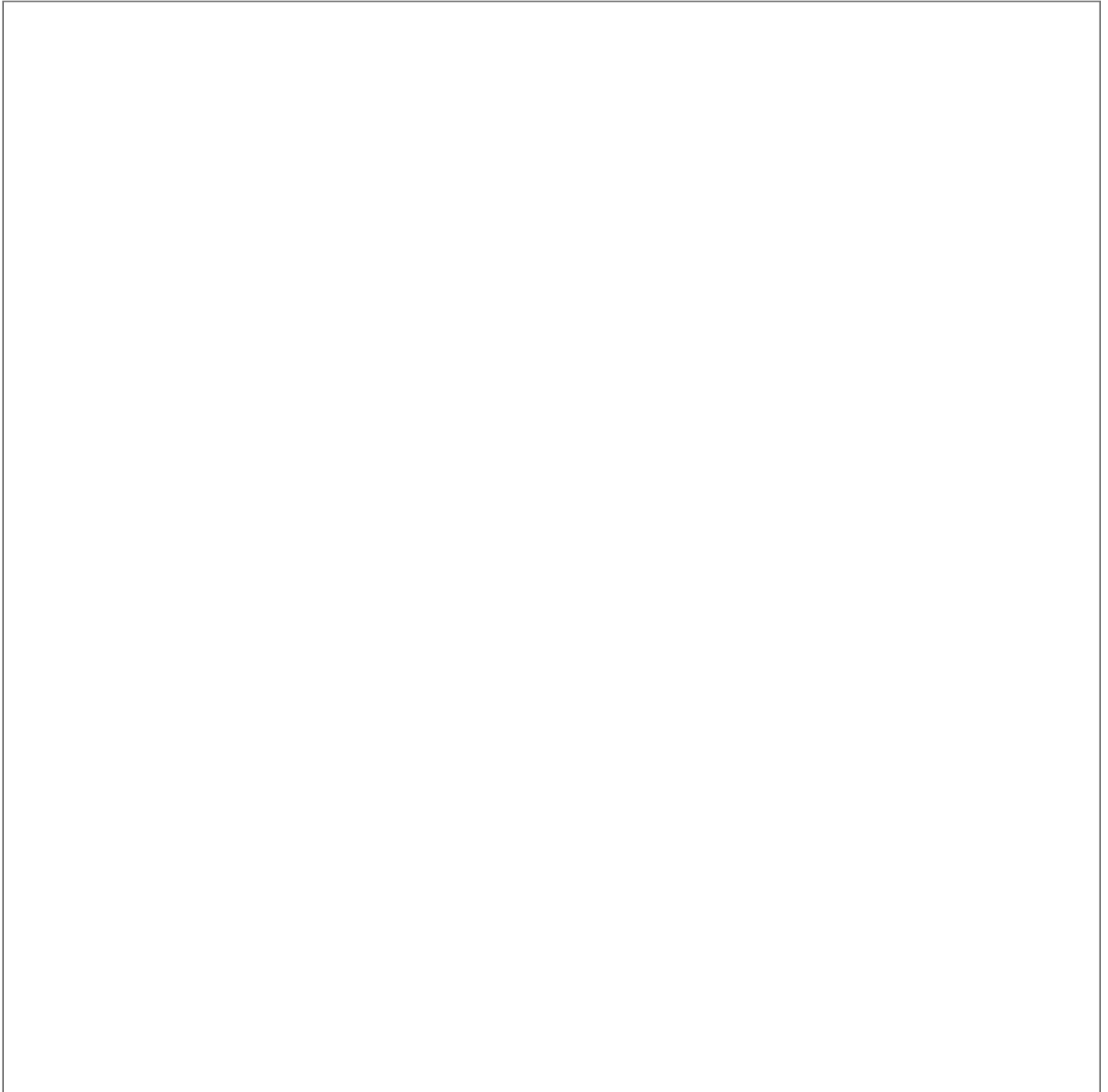
STEP TWO

Become aware of your thoughts. Set a timer for 3 minutes and write down every thought that comes up for you during that time.

A large, empty rectangular box with a thin black border, intended for the user to write down their thoughts during the 3-minute timer exercise.

STEP THREE

Read through all the thoughts you've just written down. Note the ones that could cause or further feed your unpleasant feelings.

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write down their thoughts and observations during Step Three of the mood shift worksheet.

STEP FOUR

Now try to challenge each of these thoughts with the following questions:

YOUR THOUGHT
What is the story that my thought is trying to tell?
Is it true? Can I be 100% sure that it's true?
Can I find any evidence that the thought is not true or that it means something else?
If I really can't find any evidence that the thought might not be 100% true - is it helpful?
What does holding on to this thought (or believe) do for me?
How could letting it go serve me better?
Am I going to allow this thought (or believe) to dictate my mood for the rest of the day?
Am I willing to give it more time and energy?
What else could I do with my time and energy instead that would be more fun or serve me better?
Will this matter in 3 years from now? If so, why would it matter? If not, why would it matter now?
Is there any deeper meaning behind this? If yes, what can I do to realign my life with my overall vision and core values?