



# How is my mood affecting me?

Changes in our mood can affect how we feel physically, what we do, and what we think. These three areas are also linked, which means that a change in one can cause changes in the other two. This worksheet will help you identify how your mood is affecting you.

## Feeling Differently?

Have you noticed any changes or sensations in your body?

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## Acting Differently?

Have you noticed that you are doing anything less often?  
How about anything more often?

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## Thinking Differently?

Have you noticed having any negative thoughts or worries?

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