



*Feeling  
stuck*

MOOD SHIFT WORKSHEET

*a worksheet from*

The Rural Women's Counsellor

# STEP #1

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 #2

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



## STEP #3

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



# STEP #4

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?

