

Feeling stuch

MOOD SHIFT WORKSHEET

a worksheet from

The Rural Women's Counsellor

Feeling stuck

STEP #1

Explore what emotional zone you are currently in:

GREEN ZONE

BLUE ZONE

CALM
FOCUSED
HAPPY
IN CONTROL
OKAY

BORED SAD SICK SLOW TIRED

YELLOW ZONE

RED ZONE

ANXIOUS
CONFUSED
EXCITED
FRUSTRATED
NERVOUS

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



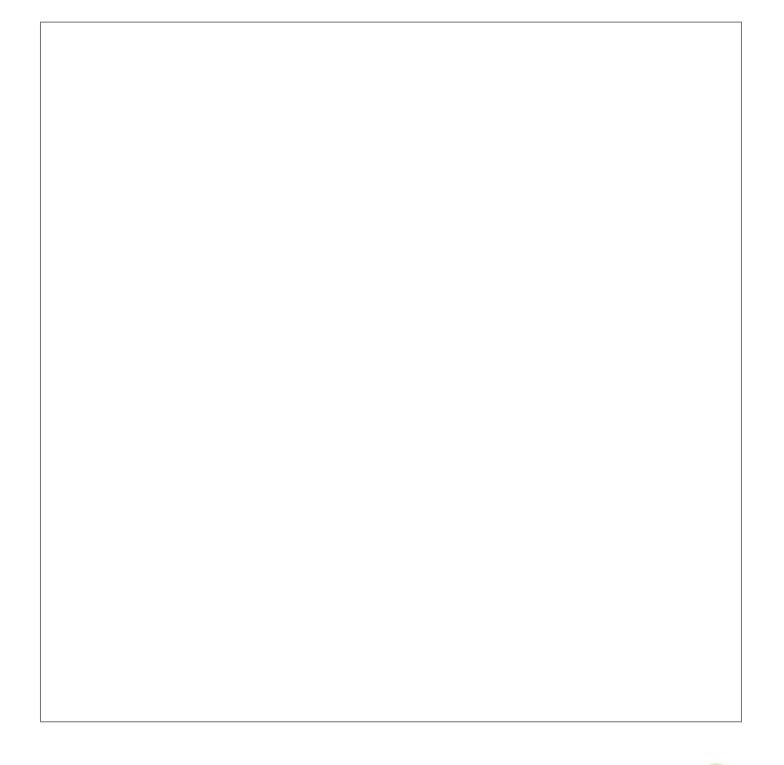
STEP #2

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 ture 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? |