*Stress Management Training S6.a*

*Session Six*

*Negative/Positive Mood Log – Example*

Negative Beliefs, Feelings and Behaviour

Situation Beliefs about Feelings about Probable

 Situation Situation Actions

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Neighbour She's avoiding me, Shame and Ignore

passes me she must dislike me. anger. her in the

without saying the future

hello.

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Anticipated They'll see I'm Increased Avoid the

fear of a job nervous and think fear. interview

interview. I'm a fool. - no job.

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*Stress Management Training S6.a*

*Session Six*

*Negative/Positive Mood Log - Example*

Positive Beliefs, Feelings and Behaviour

Situation Beliefs about Feelings about Probable

 Situation Situation Actions

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Neighbour She hasn't seen Neutral. Look out

passes me me. for her,

without saying wave.

hello.

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Anticipated It's normal to Lessened fear, Attend

fear of a job be nervous at job concentrate on the

interview. interviews. coping. inter-

 view. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_

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*Stress Management Training S6.a*

*Session Six*

*Negative/Positive Mood Log*

Negative Beliefs, Feelings and Behaviour

Situation Beliefs about Feelings about Probable

 Situation Situation Actions

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*Stress Management Training S6.a*

*Session Six*

*Negative/Positive Mood Log*

Positive Beliefs, Feelings and Behaviour

Situation Beliefs about Feelings about Probable

 Situation Situation Actions

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