

Mindful Mood Records: Summary

-Practice Mindful Breathing. *

-“Situation” column: Visualize a Situation, then identify and record who, where, when and what of the Situation. *

-Body & Mood column: Practice Mindful Body Awareness while visualizing the Situation, then record one or two **body sensations** and their intensities. *

-Body & Mood column: Practice Mindful Mood Awareness while visualizing the Situation, then record two or three **emotions** and their intensities. *

-Mind: Automatic Thoughts column: Practice Mindful Awareness of Thinking while visualizing the situation, then record thoughts, images or memories. Use “Uncovering Automatic Thoughts”, page 9.8 of the *Mindful Mood Workbook*.

-Choose a the Most Troubling Thought: Use “Choosing the Most Troubling Thought”, page 9.9 of the *Mindful Mood Workbook*. Circle all your troubling thoughts and then choose the Most Troubling Thought by practicing mindful body and mood awareness.

-Evidence: For and Against columns: Record evidence for and against the Most Troubling Thought. Use Awareness of Thinking and “Discovering Evidence Against the Most Troubling Thought, page 9.10 of the *Mindful Mood Workbook*.

-New Thoughts column: Create and record New Thoughts based on both columns of evidence. Use “Creating New Thoughts”, page 9.11 of the *Mindful Mood Workbook*. Record the believability of each. *

-Body & Mood column: Practice Mindful Body and Mood Awareness, and re-rate and record the body sensations and emotions from above plus any new ones. *

-Next Actions column: Use “Choosing Next Actions”, page 9.12 of the *Mindful Mood Workbook*. Record. Track your progress on actions.

*** Practice Mindful Breathing between steps.**