

How To Do Mindful Mood Records

-**Practice Mindful Breathing.** One to three minutes may be enough.

-**Visualize a situation**, preferably a recent situation, in which you experienced troubling moods. Usually we work on situations in which we experienced unpleasant feelings (see the lists of “Difficult and Unpleasant Moods”, pages 9.1 & 9.2 of the *Mindful Mood Workbook*).

-**Identify** in this situation **who, where, when and what** of the situation. Keep it specific and limited to 30 minutes or less. Do not interpret.

-Briefly **record** on the Mindful Mood Record **who, where, when and what** of this specific situation in the space labeled “**Situation**”. Record just the facts.

-**Return to Mindful Breathing.** Three breaths may be enough.

-Again **visualize the situation**, being as clear as you can about who, where, when and what of the situation. While visualizing, **practice Mindful Body Awareness, attending to your inner body experiences.** This may be tricky at first and will improve with practice. Going back and forth between the visualization and Mindful Body Awareness is fine. Note one or two prominent body sensations and how intense they are, rating them in a way that’s meaningful to you.

-Quickly **record** on the Mindful Mood Record the one or two body sensations you noticed and your rating of the intensity of each under the column labeled “**Body & Mood**”.

-**Return to Mindful Breathing** for at least three breaths.

-Again **visualize the situation**, noting who, where, when and what. While visualizing, **practice Mindful Mood Awareness** noting two or three prominent moods/emotions and their intensities. Rate them using the same method you used for rating your body sensations.

-Quickly **record** on the Mindful Mood Record the moods/emotions you noticed and your rating of the intensity of each under the “**Body & Mood**” column. To help you identify your emotions, you can look at the lists of “Unpleasant and Pleasant Moods”, page 9.1 and 9.2 of the *Mindful Mood Workbook*.

-**Return to Mindful Breathing** for at least three breaths.

-Again **visualize the situation** as you’ve done before. While visualizing, practice **Mindful Awareness of Thinking.** When a **thought, image or memory** about the situation emerges, quickly **record** it in the next column of the Mindful Mood



Record labeled “**Mind/Automatic Thoughts**”, and then return to Mindful Awareness of Thinking while visualizing the situation. Most likely you will do this many times. If you are stuck, you can use “Uncovering Automatic Thoughts” page 9.8 in the *Mindful Mood Workbook* to discover your Automatic Thoughts. Sometimes this step generates awareness of more Body Sensations and Moods. If so, note and record them and their ratings in the “Body & Mood” column.

-Return to Mindful Breathing. One to two minutes may be needed.

-To discover your Most Troubling Thought, do the following: (1) circle your most intense mood; (2) read over your Automatic Thoughts in the “Mind/ Automatic Thoughts” column of the Mindful Mood Record, and put a * beside each thought that feels troubling; (3) then look at “**Choosing the Most Troubling Thought**”, on p. 9.9 of the *Mindful Mood Workbook* to help you select your **Most Troubling Thought**. **Circle your Most Troubling Thought**: it should correspond to the most intense Body Sensations and/or Moods. It’s common to have more than one Troubling Thought. As best you can, **select one Most Troubling Thought to work on**.

-Record the Most Troubling Thought in the space provided on the Mindful Mood Record above the Evidence columns.

-Return to Mindful Breathing for at least three breaths.

-Record evidence for the Most Troubling Thought under the “**Evidence For**” column of the Mindful Mood Record. To discover evidence, it may help to visualize the situation again, and then bring awareness to whatever thoughts emerge.

-Record evidence against the Most Troubling Thought under the “**Evidence Against**” column of the Mindful Mood Record. Again it may help to visualize the situation and bring awareness to whatever thoughts emerge to discover evidence against the Most Troubling Thought. In addition, you may use “**Discovering Evidence Against the Most Troubling Thought**”, page 9.10 of the *Mindful Mood Workbook*.

-Return to Mindful Breathing for at least three breaths.

-Create New Thoughts based on both columns of evidence and record them under the column “**New Thoughts**” on the Mindful Mood Record. You can use the questions from “**Creating New Thoughts**”, page 9.11 of the *Mindful Mood Workbook* to help you.

-Return to Mindful Breathing for at least three breaths.

-Check the believability of each New Thought by holding each New Thought in mind while being aware of your body and moods. Mindful body and mood



awareness should provide you with the information you need to determine how much you believe each New Thought. Next to each New Thought **record** its believability. Believing something is a felt sense for most of us: it comes from the body and emotions, not the mind.

-Return to Mindful Breathing for at least three breaths.

-Practice Mindful Body Awareness. With your new take on the Situation based on the Evidence and some believable New Thoughts, note in your body the sensations you had noticed earlier and determine how their intensity may have changed. Re-rate them **and record your new ratings in the Body & Mood column near the end of the Mindful Mood Record.** Notice and record any *new* body sensations too.

-Practice Mindful Mood Awareness. As above, note and re-rate the emotions you had noticed earlier. **Record your new ratings in the Body & Mood column near the end of the Mindful Mood Record.** Notice and record any *new* emotions too.

-Return to Mindful Breathing for at least three breaths.

-To determine your Next Actions, look at “Choosing Next Actions”, page 9.12 of the *Mindful Mood Workbook*. It can help to gently ask yourself what you need to do next, and then attend to the body, emotions and thoughts as they appear and disappear from your awareness. If you get confused, return to practicing Mindful Breathing, and then try again.

-Record your Next Actions under the column of that name on the Mindful Mood Record.

-Finish with practicing Mindful Breathing to give yourself a rest and appreciate the hard work you’ve done.

-When you’ve done your Next Actions, record when you did them and the Outcomes for each in the columns provided.