

THOUGHT-MOOD CONNECTION

The way we think about things – or what we tell ourselves about a situation or event – impacts how we feel about it. By thinking about things in a different way, we can often improve our moods. First, though, we need to recognize “negative” (unpleasant and upsetting) thoughts when we’re having them.

Read through the negative thoughts people sometimes have below in the left column. In the right column, identify whether you think each thought would trigger someone to feel sad, anxiety/worry, anger, guilt or shame. These five unpleasant feelings (i.e., sadness, anxiety, anger, guilt and shame) are some of the most common unpleasant emotions that we **all** sometimes feel.

Note that guilt and shame are similar but guilt is feeling bad about something you have done while shame is feeling bad about who you are. Depending on the person, there might be more than one right answer.

The first one is done for you.

Thought	Sadness? Anxiety? Anger? Guilt? Shame?
No matter how hard I study, I’m never going to be able to do well on the test.	<i>Anxiety</i>
My teacher is so unfair!	
I wish I hadn’t done that.	
I might as well just give up.	
If people knew this about me, they wouldn’t like me.	
Everyone else understands what we’re doing...I’m the only one who doesn’t get it.	
My best friend didn’t even look at me in the hall today – she must be mad at me.	
When I give my speech, people will laugh at me and talk behind my back.	
If I don’t do well in this class, I’ll never get into university.	
I shouldn’t have said anything...	
He’s looking at my exam and cheating off of me!	
No one ever wants to hang out with me.	