

## EXERCISE

List the last three times you experienced a very bad mood or a mood that seemed inexplicable, unjustifiable, or extreme. Again, note what was happening in your life at the time this occurred.

Bad-mood setting No. 1: \_\_\_\_\_

\_\_\_\_\_

Bad-mood setting No. 2: \_\_\_\_\_

\_\_\_\_\_

Bad-mood setting No. 3: \_\_\_\_\_

\_\_\_\_\_

Circle the situation that brought out your worst mood.