

Observing Emotions Worksheet

Keep this sheet with you for a week. Pick a topic you need to brainstorm. Pick a time when are feeling negative. List your options. Set the sheet aside. Next time you are feeling positive, pick it up again. List your options.

<u>Positive Mood: Options Noted</u>	<u>Negative Mood: Options Noted</u>

When you were feeling negative, what options did you see? When you were experiencing positive emotions, what options did you see? Was there a difference in the number of options you perceived, the quality of the options, the creativity in the options?