

## Calming the Storm – Anxiety Management

### Thought-Mood Connection

Whenever we experience a mood (depression, jealousy, frustration,

- it's generally CAUSED by a THOUGHT.

If we want to change how we FEEL – easiest way is to change what we are thinking!

Example:

You are at a party and meet an old friend. He/she begins talking to you, but never looks at you; in fact, throughout your brief conversation, he/she looks over your shoulder across the room. Based on how you THINK about this, you will probably experience the following feelings:

THOUGHT: He/She is rude; he/she is insulting me by ignoring me.  
Possible FEELINGS: Irritated - Sad - Nervous- Caring - Angry

THOUGHT: He/She doesn't find me interesting.  
Possible FEELINGS: Irritated - Sad - Nervous- Caring - Angry

THOUGHT: He/She seems shy. He/She is probably too uncomfortable to look at me.  
Possible FEELINGS: Irritated - Sad - Nervous- Caring - Angry

How we THINK about things determines how we FEEL about things.

Once a mood or FEELING is present, more thoughts are generated that support and strengthen the feeling.

The more intense our feeling the more DISTORTED our thoughts. When our thoughts become distorted the following likely occurs:

- We disregard other points of view.
- We discount other possibilities or facts.
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