

Mind over Mood

Thoughts

Others are threatening or hurtful
Rules have been violated
Others are treating me unfairly

Behaviors

Defend/Resist
Attack/Argue
Withdraw (to punish or protect)

Physical Reactions

Tight Muscles
Increased blood pressure
Increased heart rate

Moods

Irritable
Angry
Enraged

Mind over Mood

| 1. Situation Who? What? When? Where? | 2. Moods a. What did you feel? b. Rate each mood (0-100%) | 3. Automatic Thoughts (Images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle the hot thought |
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Mind over Mood

N – This group is an anger management group. In this session, it began with a brief check-in after the check-in. We talked about Mind over Mood. In the mind over mood, we discussed Thoughts. In thoughts, we discussed others who are threatening or hurtful, rules that have been violated, and others who are treating me unfairly. Physical reactions and how they react by tight muscles, increased blood pressure, and increased heart rate. Behaviors were also discussed. In behavior, we discussed how we defend/resist, attack/argue, and withdraw (to punish or protect). Moods were also discussed. In the moods, we discussed how they may feel irritable, angry, or enraged. They were taught through lecture and handouts. They were given a handout and they were to give a situation where they were angry, then explain how they felt, and to rate their feeling from a 0-100 percent. Then they were asked to explain what was going through their mind before the situation happened, shared any other thoughts or images they had. They then expressed their hot thought. The clients then presented their handout to the class and we discussed each topic.

A – The group processed each topic talked and discussed each of their answers. After the group had shared, the group was allowed time to respond. The group was active in listening and engaged in valuable feedback. The group was taught to learn to value the mind over mood in their new recovery. The group responded well to their peers. The group learned how they respond, believe their emotions behind their anger, and the triggers of their anger situations.

P – To continue to learn new relapse prevention coping strategies and to continue to maintain sobriety.