FORM 6.5

Mood and Decision Making

Sometimes when we make decisions, we base our thinking on our mood or emotions at the time. For example, when we are sad or anxious, we might make decisions based on a pessimistic view. When we are feeling secure and happy, we might make decisions based on our positive mood. In the left-hand column, write down some current or past decisions that you have considered. In the middle column, write out how you would approach this decision if you were feeling down or anxious. Then, in the right-hand column, write how you might think about this if you were feeling happy or secure. What differences do you notice?

Decision I would consider	How I would think of this if I were in a negative mood	How I would think of this if I were in a positive mood

From *Cognitive Therapy Techniques: A Practitioner's Guide, Second Edition*, by Robert L. Leahy. Copyright © 2017 The Guilford Press. Permission to photocopy this material is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).