

# List of Moods, Behaviors, Situations and Thoughts



Sometimes it is hard to find the right words to describe what is going on. Here is a list of feelings, behaviors, situations and thoughts to help you get started. Feel free to add words to this list.

## Feelings and Moods:

- Afraid
- Aggravated
- Angry
- Anxious
- Ashamed
- Assertive
- Burdened
- Brave
- Calm
- Cautious
- Challenged
- Cheerful
- Cherished
- Comforted
- Contented
- Creative
- Curious
- Depressed
- Embarrassed
- Energized
- Envious
- Excited
- Furious
- Guilty
- Grumpy
- Happy
- Hopeful
- Humiliated
- Hurt
- Indifferent
- Insecure
- Irritated
- Lonely
- Loved
- Mad
- Optimistic
- Overwhelmed
- Panicked
- Peaceful
- Positive
- Pessimistic
- Prepared
- Proud
- Ready for change
- Regretful
- Relieved
- Renewed
- Sad
- Self-confident
- Shameful
- Skeptical
- Sorrowful
- Suicidal
- Worried

### OTHERS:

## Behaviors: actions, things you do

- Thinking
- Singing
- Crying
- Eating
- Sleeping
- Stretching
- Arguing,
- Lying down
- Watching TV
- Reading
- Writing
- Walking
- Relaxing
- Concentrating
- Day-dreaming
- Counting
- Smiling
- Waiting
- Praying
- Talking
- Taking medicine
- Explaining
- Complaining
- Learning
- Cleaning
- Remembering
- Cooking
- Helping
- Listening

## Situations: places or circumstances

- Cooking
- Waiting for a friend at a restaurant
- Walking in the neighborhood
- Drinking tea with friends
- Helping a neighbor
- Reading on the couch
- Shopping at the grocery store
- Making telephone calls
- Sleeping in the bedroom
- Waiting for the bus
- Looking at magazines in the waiting room
- Visiting the bank
- Buying stamps at the post office

## Thoughts: examples of automatic thoughts or self-talk

- I can't do this.
- I'll try.
- There's no use in trying.
- Let me do my best.
- I can deal with this problem one step at a time.
- Everyone will laugh at me.
- I have good ideas.
- I've never been able to succeed.
- I don't deserve to be loved.
- I am worthy of more.
- What's the worst that can happen?
- I have valuable talents.
- So what if I don't live up to my expectations?
- Nobody's perfect.
- I can do some things well, and there are some things I need to work on.

