

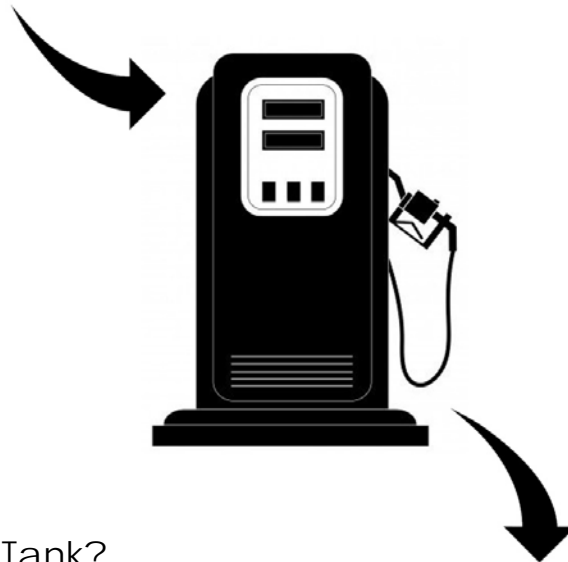
Controlling Your Moods-Full Or Empty Tank?

Certain activities make you feel confident, secure, and full of energy. Other activities make you feel tired, confused, and lost. This worksheet is designed to help you think about the things you commonly do that affect your mood and energy level.

What Fills Your Tank?

List five activities that affect your moods in a positive way:

1. _____
2. _____
3. _____
4. _____
5. _____



What Empties Your Tank?

List five activities that affect you mood in a negative way:

1. _____
2. _____
3. _____
4. _____
5. _____