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MIND OVER MOOD, SECOND EDITION
AUTHOR BY DENNIS GREENBERGER.
Release: 15 October 2015; Publisher: Guilford Publications; Pages: 341;

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The publishers link to the worksheets is printed at the bottom of page vi (Contents) in Mind Over Mood, 2nd Edition. We apologize but we are not permitted to post the link here at this time. Once you go to that address, the page asks if you are a clinician or researcher. Please make sure you click NO. Once you do that you will have

access to ...

Mind Over Mood (2ND EDITION) WORKSHEETS

Describe a recent situation in which you had a strong mood. Next, identify what moods you had during or immediately after being in that situation. Do this for five different situations. 1. Situation: Moods: 2. Situation: Moods: 3. Situation: Moods: 4. Situation: Moods 5. Situation: Moods: From Mind Over Mood, Second Edition.

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Think (Paperback) Published October
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Aaron T. Beck (Foreword) ISBN:
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period in which you planned an activity,
write down: (1) Activity. (2) Mood ratings
(0-100). (Mood I am rating:) t ime
Monday tuesday Wednesday thursday
Friday saturday sunday 6-7 a.m. 7-8
a.m. 8-9 a.m. 9-10 a.m. 10-11 a.m. 11
a.m.- 12 noon 12 noon- 1 p.m. 1-2 p.m.
(continued on next page)

Worksheet 13.6. a ctivity schedule -

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El control de tu estado de ánimo,
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professionals, see also <I>The
Clinician"s Guide to CBT Using Mind Over
Mood, Second Edition.</I> About The
Author Dennis Greenberger, PhD, a
clinical psychologist, is founder and
Director of the Anxiety and Depression
Center in Newport Beach, California.

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