



The Search for an Emotional Compass

introducing

Mood Mapping

By Teresa Prendes, M.A./Ed.S, LPCT

Welcome...



How are you feeling?

Now ask the person next to you?

Exercise One

How many emotions can you name?

EMOTIONAL VOCABULARY CHECKLIST

Date:

<input type="checkbox"/> Abandoned	<input type="checkbox"/> Careful	<input type="checkbox"/> Distrustful	<input type="checkbox"/> Honest	<input type="checkbox"/> Nervous	<input type="checkbox"/> Restless	<input type="checkbox"/> Sympathetic
<input type="checkbox"/> Abused	<input type="checkbox"/> Caring	<input type="checkbox"/> Dominated	<input type="checkbox"/> Hurt	<input type="checkbox"/> Numb	<input type="checkbox"/> Righteous	<input type="checkbox"/> Tearful
<input type="checkbox"/> Accepting	<input type="checkbox"/> Challenged	<input type="checkbox"/> Drained	<input type="checkbox"/> Inappropriate	<input type="checkbox"/> Offended	<input type="checkbox"/> Ruminative	<input type="checkbox"/> Tempted
<input type="checkbox"/> Accused	<input type="checkbox"/> Childish	<input type="checkbox"/> Embarrassed	<input type="checkbox"/> Indifferent	<input type="checkbox"/> Open	<input type="checkbox"/> Rushed	<input type="checkbox"/> Tense
<input type="checkbox"/> Aggressive	<input type="checkbox"/> Cold	<input type="checkbox"/> Empty	<input type="checkbox"/> Indignant	<input type="checkbox"/> Overwhelmed	<input type="checkbox"/> Sad	<input type="checkbox"/> Thoughtful
<input type="checkbox"/> Agreeable	<input type="checkbox"/> Comfortable	<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Innocent	<input type="checkbox"/> Panicked	<input type="checkbox"/> Sane	<input type="checkbox"/> Tired
<input type="checkbox"/> Alert	<input type="checkbox"/> Compassionate	<input type="checkbox"/> Envy	<input type="checkbox"/> Insecure	<input type="checkbox"/> Passionate	<input type="checkbox"/> Sarcastic	<input type="checkbox"/> Torn
<input type="checkbox"/> Alienated	<input type="checkbox"/> Complete	<input type="checkbox"/> Escape	<input type="checkbox"/> Inspired	<input type="checkbox"/> Patient	<input type="checkbox"/> Satisfied	<input type="checkbox"/> Trapped
<input type="checkbox"/> Alive	<input type="checkbox"/> Complex	<input type="checkbox"/> Evil	<input type="checkbox"/> Intelligent	<input type="checkbox"/> Peaceful	<input type="checkbox"/> Scared	<input type="checkbox"/> Trusting
<input type="checkbox"/> Angry	<input type="checkbox"/> Confident	<input type="checkbox"/> Excessive	<input type="checkbox"/> Interesting	<input type="checkbox"/> Perceptive	<input type="checkbox"/> Secretive	<input type="checkbox"/> Ugly
<input type="checkbox"/> Annoyed	<input type="checkbox"/> Confused	<input type="checkbox"/> Excited	<input type="checkbox"/> Intimidated	<input type="checkbox"/> Perfect	<input type="checkbox"/> Secure	<input type="checkbox"/> Unappreciated
<input type="checkbox"/> Anxious	<input type="checkbox"/> Controlled	<input type="checkbox"/> Exhausted	<input type="checkbox"/> Invisible	<input type="checkbox"/> Phony	<input type="checkbox"/> Seductive	<input type="checkbox"/> Unappreciative
<input type="checkbox"/> Apathetic	<input type="checkbox"/> Controlling	<input type="checkbox"/> Exposed	<input type="checkbox"/> Jealous	<input type="checkbox"/> Picky	<input type="checkbox"/> Selfish	<input type="checkbox"/> Unattractive
<input type="checkbox"/> Appreciative	<input type="checkbox"/> Crazy	<input type="checkbox"/> Fat	<input type="checkbox"/> Justified	<input type="checkbox"/> Popular	<input type="checkbox"/> Sensitive	<input type="checkbox"/> Uncomfortable
<input type="checkbox"/> Arrogant	<input type="checkbox"/> Creative	<input type="checkbox"/> Focused	<input type="checkbox"/> Lazy	<input type="checkbox"/> Positive	<input type="checkbox"/> Shy	<input type="checkbox"/> Understanding
<input type="checkbox"/> Ashamed	<input type="checkbox"/> Curious	<input type="checkbox"/> Forced	<input type="checkbox"/> Less-than	<input type="checkbox"/> Possessive	<input type="checkbox"/> Sick	<input type="checkbox"/> Ungrateful
<input type="checkbox"/> Assertive	<input type="checkbox"/> Daring	<input type="checkbox"/> Foreign	<input type="checkbox"/> Likeable	<input type="checkbox"/> Powerful	<input type="checkbox"/> Silly	<input type="checkbox"/> Unsafe
<input type="checkbox"/> Attractive	<input type="checkbox"/> Dark	<input type="checkbox"/> Found	<input type="checkbox"/> Little	<input type="checkbox"/> Powerless	<input type="checkbox"/> Simple	<input type="checkbox"/> Unstable
<input type="checkbox"/> Average	<input type="checkbox"/> Defensive	<input type="checkbox"/> Fried	<input type="checkbox"/> Longing	<input type="checkbox"/> Present	<input type="checkbox"/> Sinful	<input type="checkbox"/> Unsure
<input type="checkbox"/> Avoidant	<input type="checkbox"/> Defiant	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Loss	<input type="checkbox"/> Pretty	<input type="checkbox"/> Small	<input type="checkbox"/> Used
<input type="checkbox"/> Awkward	<input type="checkbox"/> Dependent	<input type="checkbox"/> Fulfilled	<input type="checkbox"/> Lost	<input type="checkbox"/> Protective	<input type="checkbox"/> Smart	<input type="checkbox"/> Valuable
<input type="checkbox"/> Bad	<input type="checkbox"/> Depleted	<input type="checkbox"/> Full	<input type="checkbox"/> Love	<input type="checkbox"/> Proud	<input type="checkbox"/> Smug	<input type="checkbox"/> Valued
<input type="checkbox"/> Balanced	<input type="checkbox"/> Depressed	<input type="checkbox"/> Funny	<input type="checkbox"/> Loved	<input type="checkbox"/> Punished	<input type="checkbox"/> Sorry	<input type="checkbox"/> Warm
<input type="checkbox"/> Beautiful	<input type="checkbox"/> Desperate	<input type="checkbox"/> Generous	<input type="checkbox"/> Loving	<input type="checkbox"/> Pure	<input type="checkbox"/> Stable	<input type="checkbox"/> Wasteful
<input type="checkbox"/> Betrayed	<input type="checkbox"/> Destructive	<input type="checkbox"/> Gracious	<input type="checkbox"/> Lust	<input type="checkbox"/> Quirky	<input type="checkbox"/> Stained	<input type="checkbox"/> Weak
<input type="checkbox"/> Bitter	<input type="checkbox"/> Determined	<input type="checkbox"/> Grateful	<input type="checkbox"/> Mad	<input type="checkbox"/> Ready	<input type="checkbox"/> Stigmatized	<input type="checkbox"/> Wired
<input type="checkbox"/> Blamed	<input type="checkbox"/> Different	<input type="checkbox"/> Greedy	<input type="checkbox"/> Manipulative	<input type="checkbox"/> Rebellious	<input type="checkbox"/> Stinging	<input type="checkbox"/> Withdrawn
<input type="checkbox"/> Bold	<input type="checkbox"/> Diminished	<input type="checkbox"/> Grief	<input type="checkbox"/> Mature	<input type="checkbox"/> Regret	<input type="checkbox"/> Stressed	<input type="checkbox"/> Worn
<input type="checkbox"/> Bored	<input type="checkbox"/> Dirty	<input type="checkbox"/> Guarded	<input type="checkbox"/> Minimized	<input type="checkbox"/> Rejected	<input type="checkbox"/> Strong	<input type="checkbox"/> Worried
<input type="checkbox"/> Braced	<input type="checkbox"/> Disappointed	<input type="checkbox"/> Guilty	<input type="checkbox"/> Misunderstood	<input type="checkbox"/> Relaxed	<input type="checkbox"/> Stubborn	<input type="checkbox"/> Worth
<input type="checkbox"/> Brave	<input type="checkbox"/> Discouraged	<input type="checkbox"/> Happy	<input type="checkbox"/> Mute	<input type="checkbox"/> Relieved	<input type="checkbox"/> Stuck	<input type="checkbox"/>
<input type="checkbox"/> Broken	<input type="checkbox"/> Disgusted	<input type="checkbox"/> Hate	<input type="checkbox"/> Naked	<input type="checkbox"/> Remorse	<input type="checkbox"/> Successful	<input type="checkbox"/>
<input type="checkbox"/> Callous	<input type="checkbox"/> Dishonest	<input type="checkbox"/> Healthy	<input type="checkbox"/> Needy	<input type="checkbox"/> Resentful	<input type="checkbox"/> Surprised	<input type="checkbox"/>
<input type="checkbox"/> Calm	<input type="checkbox"/> Distant	<input type="checkbox"/> Helpless	<input type="checkbox"/> Negative	<input type="checkbox"/> Resigned	<input type="checkbox"/> Suspicious	<input type="checkbox"/>



**ARISTOTLE ONCE WROTE THAT THOSE WHO ARE
“ANGRY WITH THE RIGHT PERSON, TO THE RIGHT
DEGREE, AT THE RIGHT TIME, FOR THE RIGHT
PURPOSE, AND THE RIGHT WAY ARE AT AN
ADVANTAGE IN ANY DOMAIN OF LIFE”.**

(Nicomachean Ethics)





e·mo·tion

ə'mōSH(ə)n/

noun

1. a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.
2. instinctive or intuitive feeling as distinguished from reasoning or knowledge.
3. a conscious mental reaction subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body
4. A psychological state that arises spontaneously rather than through conscious effort and is sometimes accompanied by physiological changes.

Definitions... 





feel·ing

/'fēliŋ/

noun

1. the one of the basic physical senses of which the skin contains the chief end organs and of which the sensations of touch and temperature are characteristic : TOUCH a sensation experienced through this sense
2. the overall quality of one's awareness
3. conscious recognition

Definitions 





mood

/mōod/

noun

1. a state or quality of feeling at a particular time.
2. a distinctive emotional quality or character.
3. a prevailing emotional tone or general attitude.
4. frame of mind disposed or receptive, as to some activity or thing:

Definitions... 



Emotional Intelligence...

The ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thoughts and actions.

Therapeutic Goal:

Improve Emotional Intelligence: client's capacity to utilize emotional information.

Objectives:

1. Help clients discover patterns, differentiate between feeling states, and life experiences.
2. Utilize this information in problem-solving, decision-making, interpersonal relationships, communication, body healing.



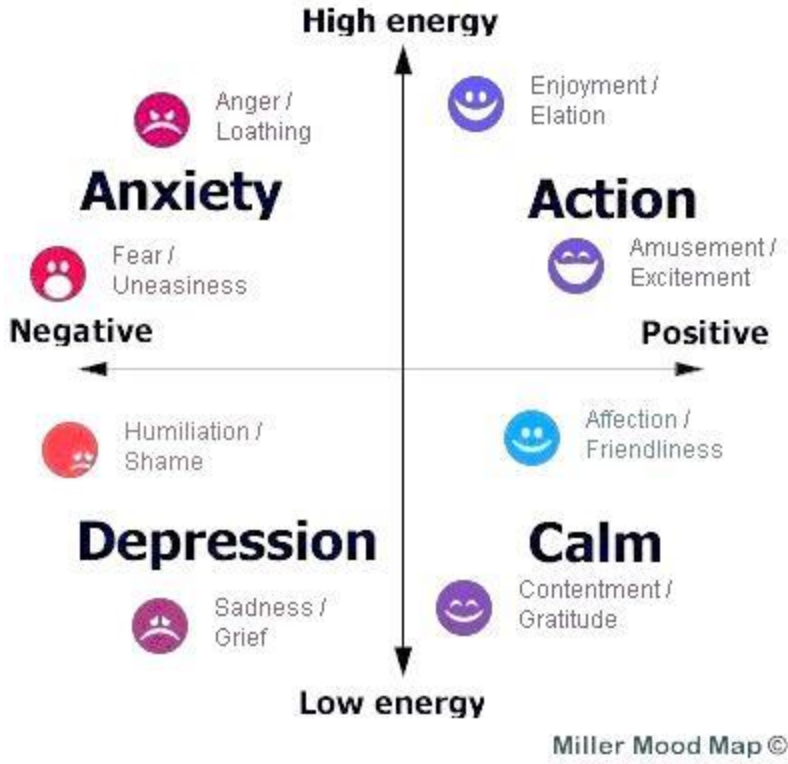


What is Mood-Mapping?

A variety of approaches to mood mapping



Energy Plotting



Other Types of Mood Mapping

CBT Mood Log

Daily Mood Log
Copyright © 1996 by David D. Burns, M.D. Revised 2003

Upsetting Event: _____

Emotions	%	Before	After	Emotions	%	Before	After
Sad, blue, depressed, down, unhappy				Embarrassed, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened				Hopeless, discouraged, pessimistic, despairing			
Guilty, remorseful, bad, ashamed				Frustrated, stuck, thwarted, defeated			
Inferior, worthless, inadequate, defective, incompetent				Angry, mad, resentful, annoyed, irritated, upset, furious			
Lonely, unloved, unwanted, rejected, alone, abandoned				Other (describe):			

Negative Thoughts	%	Before	After	Distortions <small>(check chart below)</small>	Positive Thoughts	%	Belief
1. _____							
2. _____							
3. _____							
4. _____							

Checklist of Cognitive Distortions

1. All or Nothing Thinking. You view things in absolute, black-and-white categories.	5. Magnification and Minimization. You blow things out of proportion or shrink them.
2. Overgeneralization. You view a negative event as a never-ending pattern of defeat. "This always happens!"	7. Emotional Reasoning. You reason from your feelings: "I feel like an idiot, so I must really be one."
3. Mental Filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the positive. You insist that your positive qualities don't count.	9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions. a. Mind-Reading. You assume that people are reacting negatively to you. b. Fortune-telling. You predict that things will turn out badly.	10. Blame. a. Self-Blame. You blame yourself for something you weren't entirely responsible for. b. Other-Blame. You blame others and overlook ways you contributed to the problem.

Burns Bearers Drayton Valley (781) 542-6045
www.burnsbearersdv.com

Mood Diaries

Daily Mood Chart

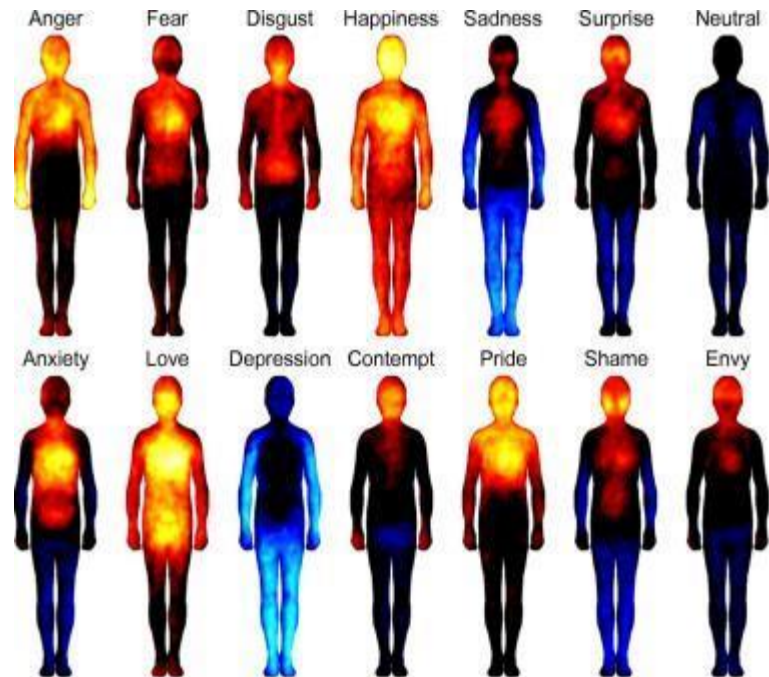
How to use the Mood Chart

- At the end of each day rate your mood--the "Highest" or "Lowest" that you felt that day
- Place a dot in the box that best describes your mood
- If you have had High and Low moods on the same day place two dots
- List the number of hours you slept each day
- Weigh yourself on the 14th & 28th day of each month and record
- Rate any anxiety or irritability that you may have on a scale from 0-3 (3=high) and record daily
- List your medications and place a check mark daily if you took your medicine
- Place an "A" if you drank Alcohol or a "D" if you used any drug that was not prescribed by a doctor

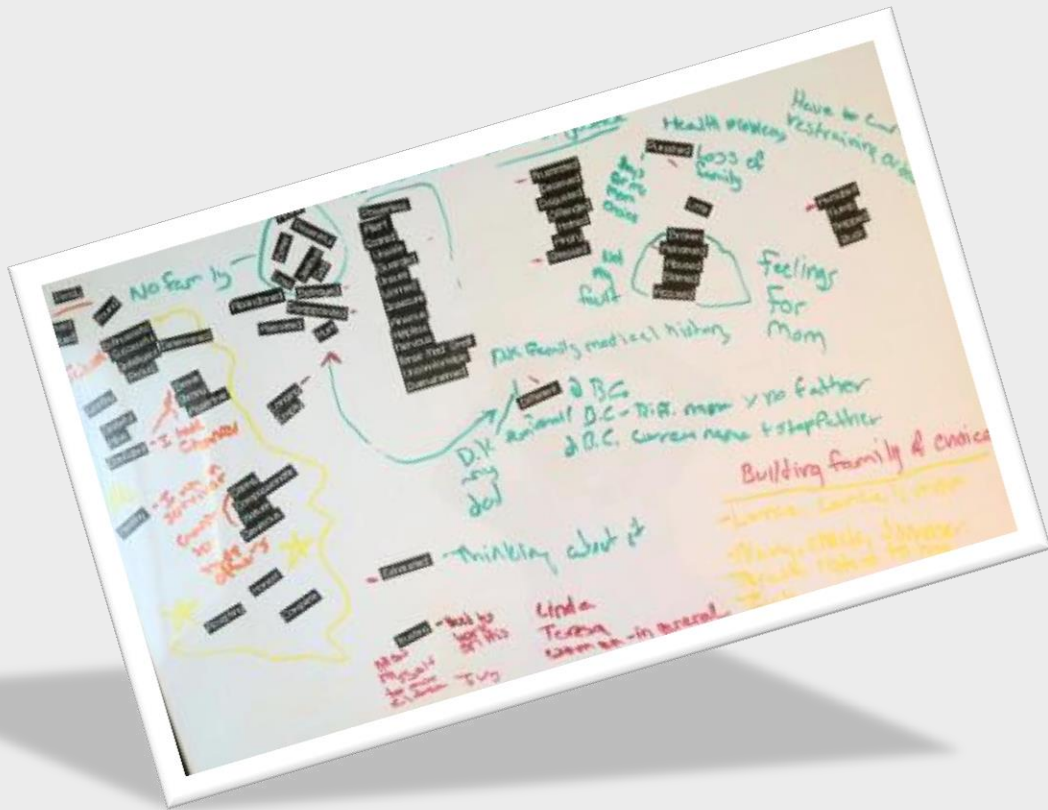
	Mood	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
HIGH MOOD	3																															
	2																															
	1																															
NORMAL	0																															
	-1																															
	-2																															
LOW MOOD	-3																															
	-4																															
DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
HOURS SLEPT																																
WEIGHT ON DAY 14 & 28																																
ANXIETY																																
IRRITABILITY																																
MEDICATION (name/ing)		Place a checkmark if medication was taken each day																														
ALCOHOL/DRUGS																																
Name _____																																
Month/Year _____																																

Types of Mood Mapping

CBT Mood Logs



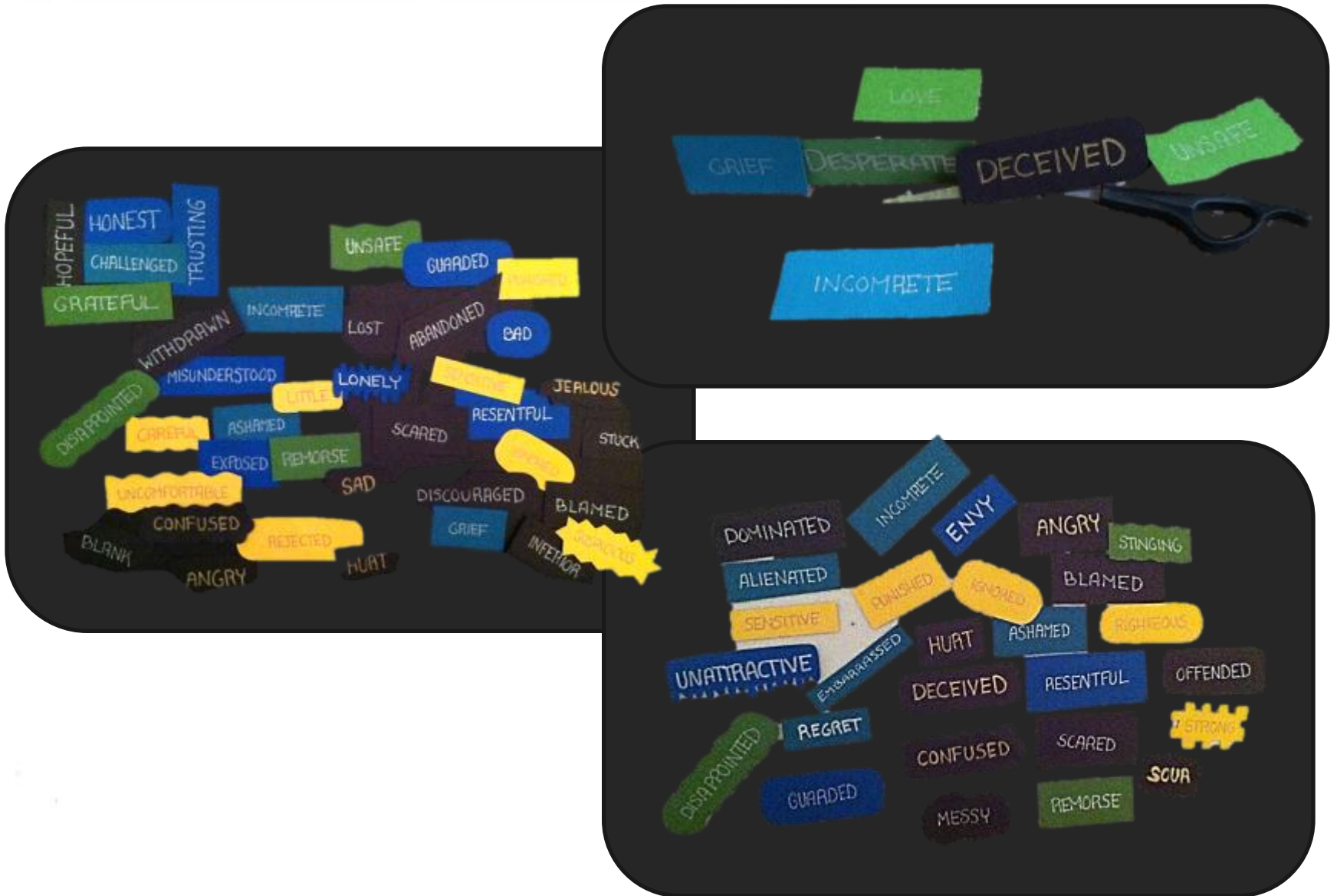
My Method of Mood Mapping



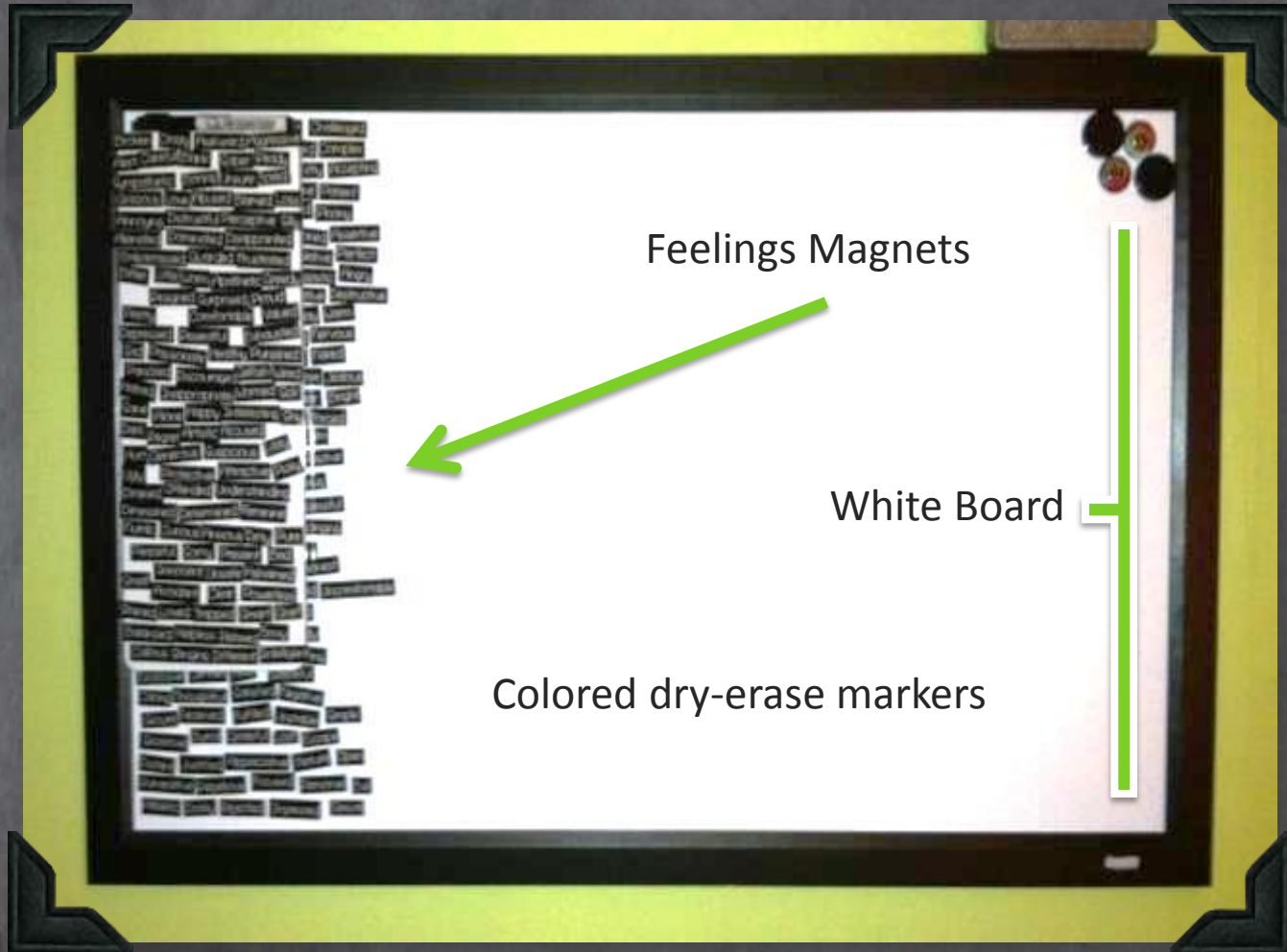
Make a structural diagram of your emotions (using feelings cards, mood magnets, or similar tools) to organize emotional information. Visualize, structure, and classify emotions.



My First Mood Maps



Mood Mapping: The Process



Exercise Two: Your First Mood Map

Take a few deep breaths and redirect your focus to that which is within you

Begin to select any words you are drawn to without too much thought or analysis.

Take a step back and look at your list of emotions with curiosity.

Organize the feelings you've chosen in a way that "make sense" to you.

Use color or add pictures if it helps tell the story.

Mood Mapping: Progress

- Step 1:** Identifying emotions and accepting them without judgment.
- Step 2:** Making meaning out of the identified emotions.
- Step 3:** Understanding patterns, reactions, drives, beliefs, related to our emotions. Connected emotional states to somatic cues and triggers.
- Step 4:** Use this information to assess quality of life (identify consequences, problems, barriers).
- Step 5:** Develop a strategy: distress tolerance, emotional regulation, emotional expression, reframing thoughts/experiences.
- Step 6:** Continue to practice mindful experience of emotions: make a habit of identifying and organizing emotions when faced with difficult situations.



Context-Specific Mood Mapping

Case Studies....

How I feel overall

Fat
Ugly
Jealous
Unattractive
Discouraged
Stuck
Disappointed
Envy

How I feel physically

Fried
Overwhelmed
Tired
Stressed
Anxious
Exhausted

How I feel in relation to other people

Less-than
Insecure
Selfish
Weak
Unstable
Unsure
Unappreciated
Protective
Ungrateful
Needy

How I know I can feel

Intelligent
Loved
Love
Successful
Accepting
Caring
Organized

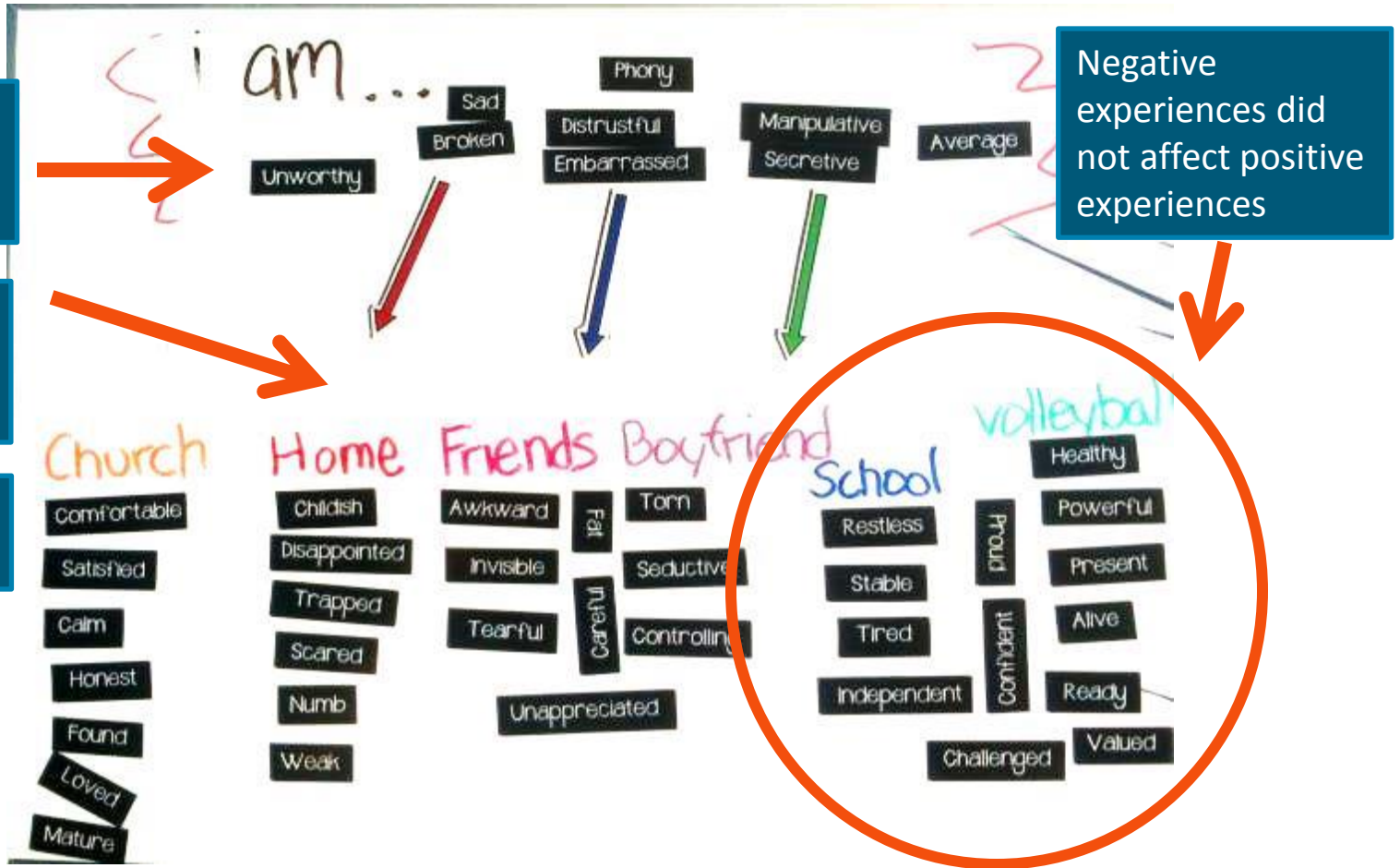
The strengths that will get me there

Mood Map: Explanatory Styles

First Question:
Describe yourself

What are the main parts of your life?

What emotions come up in each

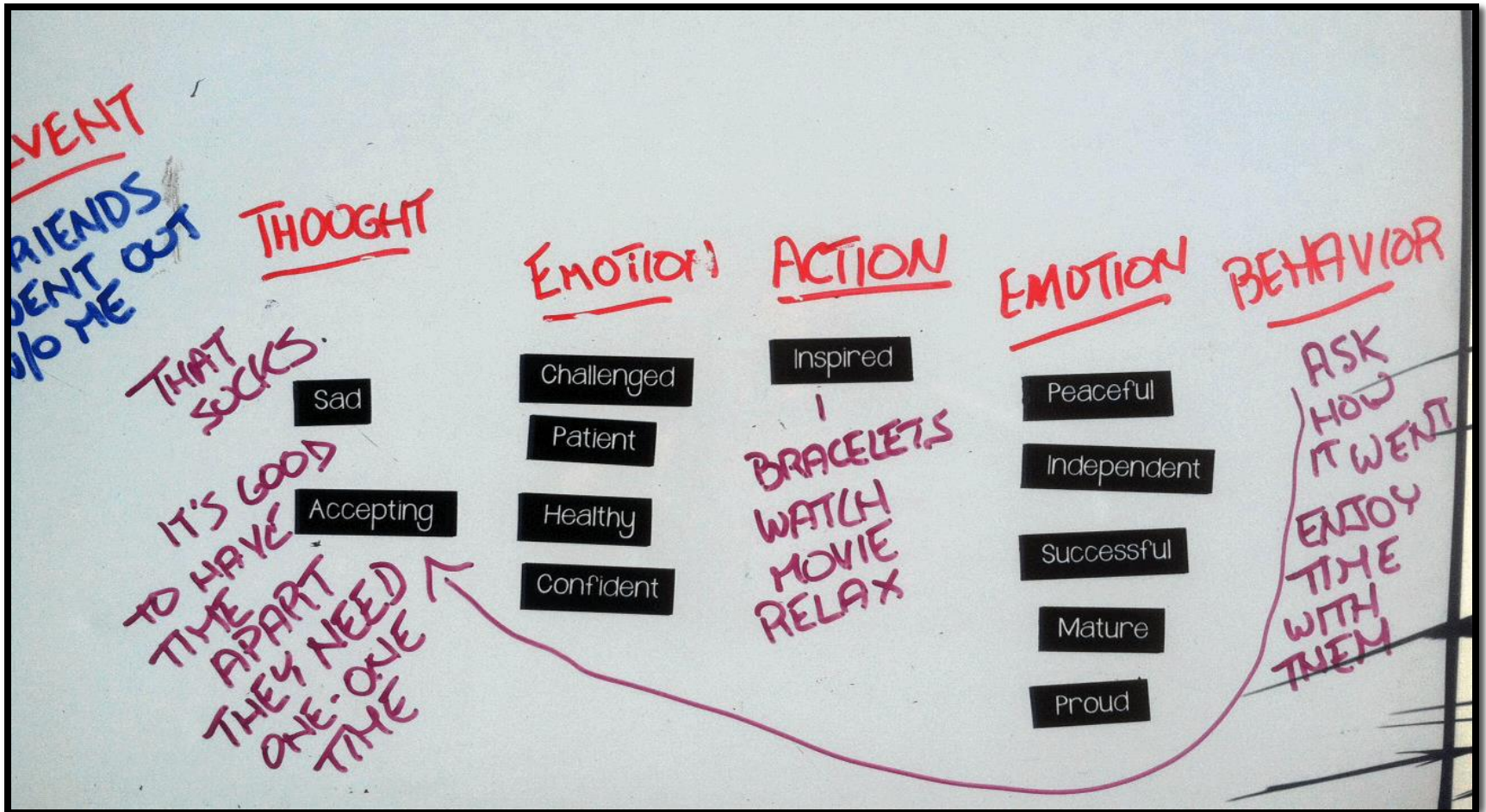


Associated Theories: Learned Optimism (Seligman)



Mood Mapping: Triggers

Case Studies...



Chain Analysis

- They can't take my shit anymore.
- I f***ed up.
- Nobody wants me

- Angry
- I gave them everything and they threw me away
- They lied!

- Self-destructive
- Cutting
- Other relationships affected

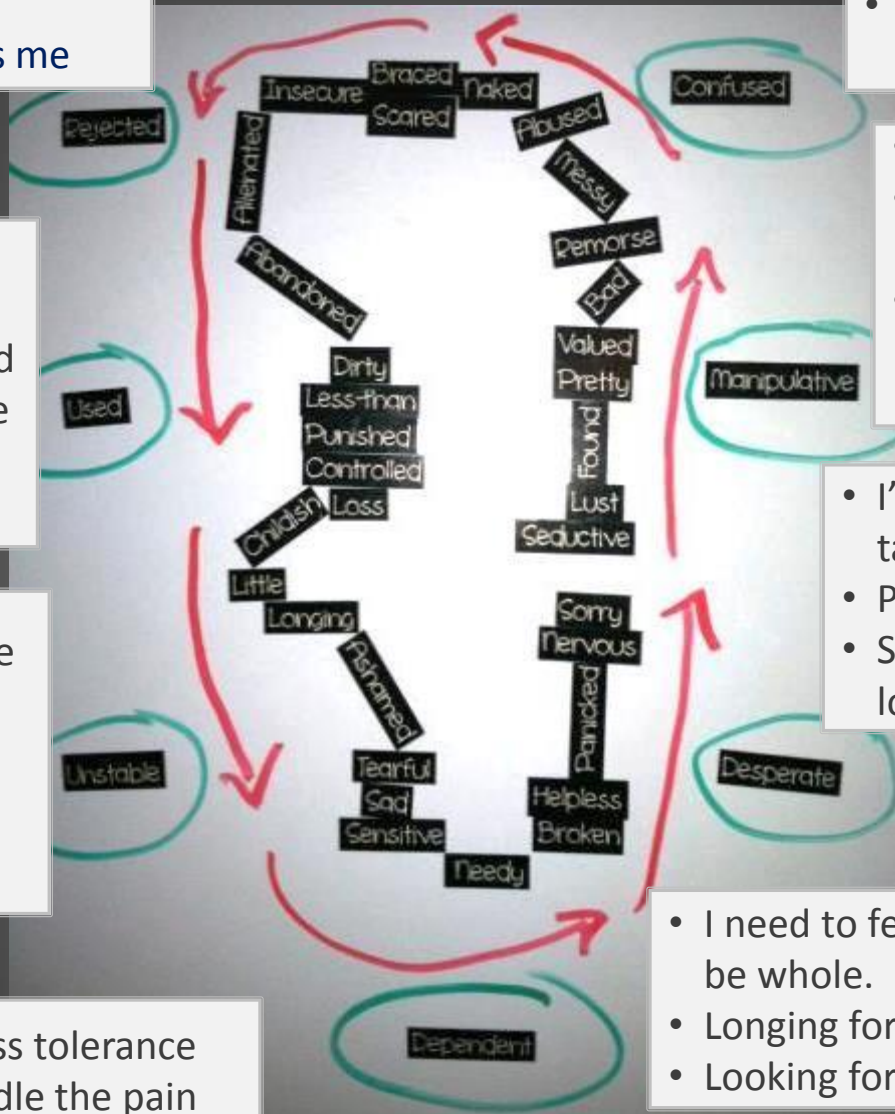
- Low distress tolerance
- I can't handle the pain
- Worthlessness

- I'm sorry
- They hate me
- If they loved me they would ...

- Become seductive
- Men can't refuse sex
- If they try to get rid of me I'll make up a lie

- I'll do what ever it takes
- Please just want me
- Scared I'll never be loved again

- I need to feel loved in order to be whole.
- Longing for care
- Looking for object of attachment



Mood Mapping

Empowerment

1. Differentiate what you can/can't control
2. Evaluate the options
3. Recognize your strengths and values
4. Make a choice that fit your values

Planning a visit to an “old friend”

Blacked out to protect client confidentiality



Validate - Clarify - Redirect

Case Studies....

Student with self-injuring behavior

Before

- Destructive
- Abandoned
- Punished
- Restless
- Blank
- Dirty
- Insecure
- Hatred
- Stubborn
- Careful
- Tense
- Rejected
- Defensive
- Angry
- Unstable
- Disgusted
- Less-than

cutting

After

- Empty
- Numb
- Exhausted
- Stigmatized
- Unattractive
- Awkward
- Different
- Sad
- Embarrassed
- Bad
- Needy
- Tearful
- Ashamed
- Dishonest
- Remorse
- Withdrawn
- Messy

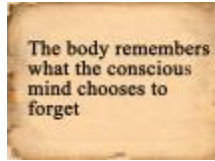
In other words, cutting had little effect on client's feelings



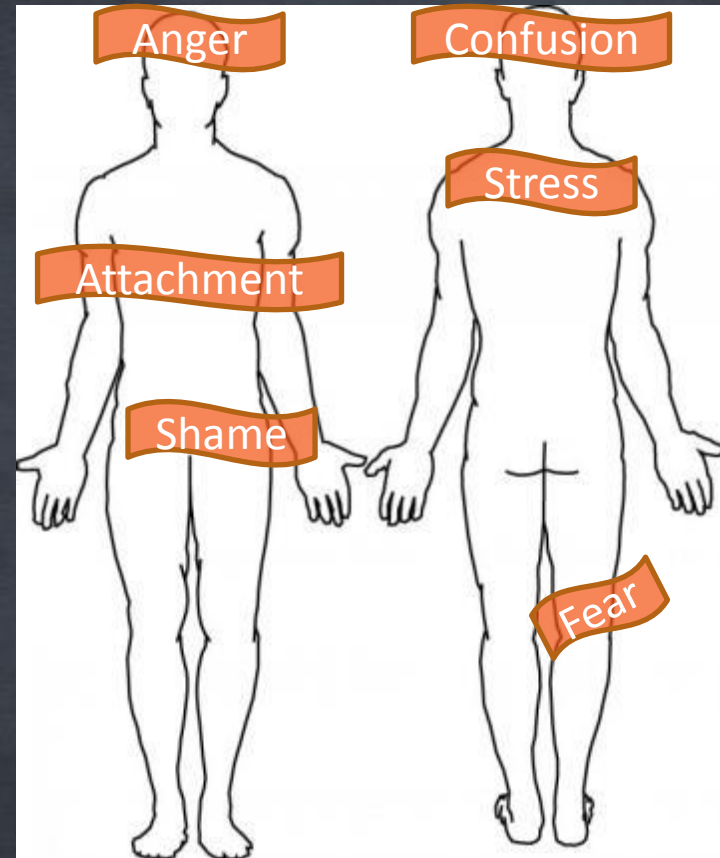
1. What did she want to feel?
2. What are some other ways to accomplish these feelings?

Mind / Body

Awareness



The awakening of the body from within that comes with mindfulness can help us to discover, not only our repressed emotions, but also, more importantly, a greater capacity to respond to the world with healthy emotions and motivations.



Biofeedback supports our emotional self-regulation by connecting emotional states to somatic cues and triggers.

Mapping a Change Plan

How I want to feel

Ways to change those feelings

- Healthy → Eat better, work out
- Organized → Clean
- Confident Powerful Assertive → Be more vocal, speak in class
- Honest → Tell the truth
- Creative → Start (and complete) projects
- Appreciative Grateful → Make a gratitude list
- Sexual → Initiate and enjoy sex
- Relaxed → Breathing exercises, Meditation
- Excited Wild → Go out
- Open → Let people in, Take action
- Accepting → Be aware of judgments and criticism

Resources:

- Apsche, J. A., & Ward Bailey, S. R. (2004). Mode Deactivation Therapy: Cognitive-behavioural therapy for young people with reactive conduct disorders or personality disorders or traits who sexually abuse. *Children and Young People who Sexually Abuse: New Theory, Research and Practice Developments*, 263-287.
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- Linehan, M. M. (1993). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press
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- Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2014). Bodily maps of emotions. *Proceedings of the National Academy of Sciences*, 111(2), 646-651.
- Seal, C., Naumann, S., Scott, A., Royce-Davis, J., (2010). Social emotional development: a new model of student learning in higher education. *Research in Higher Education Journal*
- Seligman, M. (1998). *Learned Optimism*. New York, NY: Pocket Books.

Slides and other handouts are available at
www.teresaprendes.com