NAME: \_\_\_\_\_\_ PER \_\_\_\_\_ DATE \_\_\_\_\_

## MOOD CONTROL Worksheet 26

Instructions: Read and answer the following questions.

- Which negative emotions tend to get the better of you personally 1. (overpower you)? (like fear, anger, aggression, etc.)
- 2. Describe in detail the circumstances in which these emotions usually take control of you.

3. Describe any elements of Mood Control that you have already used, whether you realized it at the time or not.

4. Describe which elements of Mood Control look like they will help you the most.

5. Explain your commitment to take control of your own emotions. How committed are you? Why? What are you going to do *before* a competitive situation to prepare to control your mood? What are you going to do *during* a competitive situation to control your mood? Etc.