

# Moods and Relationships

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Think of a relationship that is important to you or one that you would like to work on making better. Explore how your mood and behaviors are preventing you from being the person you would like to be in this relationship. Describe how you would like to contribute to this relationship.

The Relationship

How Your Mood and Behaviors Get in the Way



Why is this relationship significant to you?



How has your mood prevented you from contributing to this relationship the way you would like?

How does the other person respond to your mood and behaviors?

Describe the contributions you would like to make to this relationship.

The Way You Would Like it to Be