

The Vicious Cycle of Low Mood

Fill in a diagram like the one below

Situation

Thoughts

What I was thinking:

Behaviours

What I did:

Feelings

What emotions I felt:

Bodily sensations

How my body reacted:

You can download and print out a copy of this from the EMCAVS website: bit.ly/32kGo3t or draw out your own version

Your thoughts, feelings and behaviours are all linked, so doing things differently can help you feel better

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An example

Situation

Lying in bed after waking up in the morning

Thoughts

What I was thinking:

Since being diagnosed with cancer, I'm sad all the time
Everything is such a big effort
I can't be bothered

Behaviours

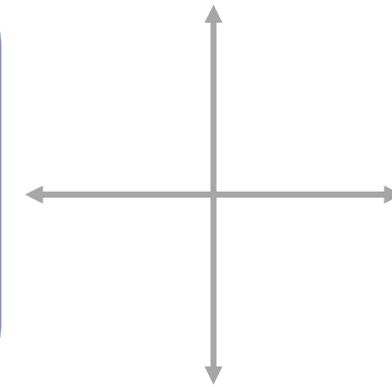
What I did:

Stayed in bed for longer than usual
Didn't talk to my partner

Feelings

What emotions I felt:

Sad
Hopeless
Angry
Deflated



Bodily sensations

How my body reacted:

Heavy feeling in my chest
Lethargic
Tension