



# Weekly Observation Sheet.

Date:

## What happens in MoodMaster sessions.

**A:** Review your week by filling in boxes 1, 2, and 3, below and overleaf. (The leader will run a discussion, mainly on box 3, but maybe on the others too.)

Then continue to tick a number in the mood thermometer overleaf.

Total time: 20 minutes +.

**B:** The leader asks everyone how they got on with the project - the 'homework' - from the previous week.

Time: up to 20 minutes.

These sessions have absolutely transformed my life."

A group member.

**C:** The leader reads out the information sheet for the week, everyone discusses it, and does the 'In Session' task relating to it, if there is one.

The leader reads out the project for the next week, and you discuss how you are going to succeed in it.

Time: around 20 minutes.

## A: Learning from experience.

**The following three questions will help you reflect on your week and learn from mistakes and, maybe even more important, learn from your successes. Successes tend to be much less noticeable than mistakes, but are sometimes much more relevant for you.**

This part of the session is a very important one, as it helps you continuously learn from your experience. Curiously, people may make the same

mistakes time and again, or maybe do something that works well for them but fail to do it again. That is why the three questions on this page - and your answers to them - may be so interesting and important for you.

(Note: the leader will ask you whether you would like to share what you write with the rest of the group, so make sure you share the things you want to, and don't share the things you don't want to!)



### Learning from 'mistakes'.

Over the past week, what has happened that wasn't good for you? E.g. an argument.

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What if anything can you do to prevent a similar thing happening in future?

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1

2

### Learning from success.

Over the past week, what good things have happened for you?  
E.g. a good social time.

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What could you do to improve the chances of things like that happening again?

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3



### Conclusion.

Considering what you have written in the 2 boxes above, what single thing can you do - or not do - to make your coming week as good as possible?

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### Mood Thermometer.

Out of 10, how would you rate your mood over the last week?

Please tick as appropriate (10 is excellent, 1 is poor).

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

### MoodMaster Modules.

- Talking about your emotions.
- Life-sculpting.
- Sleep.
- Perfecting your life commentary.
- Overcoming depression.
- Understanding your emotions.
- How to stop worry.
- Plan yourself a great life.
- Diet. Eating well.
- What's the best thing to do when...?
- Music: a powerful natural drug.
- Distraction.
- Exercise.
- Diary Keeping.
- Problem Solving.
- Showing Appreciation, giving thanks and expressing gratitude.
- Mindfulness.
- The action jar.
- Breathing and relaxation.
- Activating good schemas.
- Things to do.
- Cooling down hot thoughts.
- Looking forward to things.
- Sex.
- All or nothing thinking.
- Taking control of yourself.
- Developing our friendships.
- Setting goals for yourself.

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### B: How was homework?

The tutor will invite you to say how you got on with the project from last week - the 'homework'.