Excerpted from *Managing Moods* by Ester Leutenberg and John Liptak, EdD
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## External Causes of Moodiness

Moodiness develops from a variety of external causes. By becoming more aware of some of the external causes of depressed moods, you can develop a plan to overcome them. For each of the following items in the next two pages, place an X over the spot on the line that you think describes your level of mood alterations.

<table>
<thead>
<tr>
<th>Sunny</th>
<th>Gloomy</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-----</td>
<td>5-----</td>
</tr>
</tbody>
</table>

### 1. Loneliness

Explain_________________________________________________________________________________
_______________________________________________________________________________________

### 2. Lack of social support

Explain_________________________________________________________________________________
_______________________________________________________________________________________

### 3. Recent stressful life experiences

Explain_________________________________________________________________________________
_______________________________________________________________________________________

### 4. Family history of depression

Explain_________________________________________________________________________________
_______________________________________________________________________________________

### 5. Marital or relationship problems

Explain_________________________________________________________________________________
_______________________________________________________________________________________

### 6. Poor self-esteem

Explain_________________________________________________________________________________
_______________________________________________________________________________________
### External Causes of Moodiness

<table>
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<tr>
<th>Sunny</th>
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<tr>
<td>0-----</td>
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<tr>
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</tbody>
</table>

**Financial strain**
Explain ____________________________

**Early childhood trauma or abuse**
Explain ____________________________

**Alcohol or drug abuse**
Explain ____________________________

**Unemployed or not satisfied with job**
Explain ____________________________

**Health problems or chronic pain**
Explain ____________________________

**Loss of loved one(s)**
Explain ____________________________

**Other**
Explain ____________________________

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