

## Ways I Try to Minimize My Moodiness

Many people who are dealing with moodiness will try a variety of ways to minimize the negative affect that the stigma of moodiness has on them. Complete the following table to explore the various ways that you minimize your moodiness, how this makes you feel, and describe some better ways to cope.

Ways I Minimize My Moodiness	The Affect This Has on Me and Others	A Better Way to Cope
<i>Example: I pretend that nothing is wrong with me. I scream at someone and then pretend that I am behaving fine.</i>	<i>I feel sad and ashamed. People think I'm rude and don't want to be around me.</i>	<i>Explain that I get moody at times and I'm working on it.</i>
I pretend that nothing is wrong with me		
I refuse to get help		
I say things like "Nothing can ever help me"		
I will not to talk about my issues		
I laugh and make jokes about my behavior		
I avoid people		
Other		
Other		