

WEEK 3

REFLECTION/ HOMEWORK



10 MINUTES

As we come to the end of group today, I would like us all to take a minute to reflect on the topics we have discussed today.

- What things helped you today? What things would you like to explore more?
- For a homework assignment, I would like you to keep an emotional journal.

Provide participants with the Mood Log handout (found in handout section).

- For homework this week, I would like you to use this Mood Log worksheet to help you note every time you notice your mood changing.

Facilitator may want to write these instructions on the board, noting that instructions are also contained on the handout itself.

- When you feel yourself going through a mood swing, write down on this worksheet what day and time it is, what you are feeling at that moment and what you are doing at the time of the mood change.

Facilitator should pass out the "Take-Home Impressions" handout.

- I would also like you to take with you this Take-Home Impressions Handout and complete it, asking your Support Person for help completing it if necessary. Please use it to help you reflect back on what you learned in group today and to help you identify any questions you might still have. Please bring this sheet back with you to the next meeting of this group.



DISCUSSION PROMPT

Do you have any questions?