



Strong from Within

Transformation Forum with Ann Strong

Module 8 Awareness Assignment – Inside Out

Day 12

Different People or Different Moods?

Low mood

Hopeless. Self-conscious and condemning. “What’s the point?” “Is this all there is?”

Somewhat low mood

Pre-occupied. Stressed. Judgmental and blaming thoughts. “Life is hard.”

Somewhat high mood

Peaceful. Enjoying self and others. Life seems interesting. “Things tend to work out.”

High mood

Grateful. Light-hearted. Easy to engage with life and others. Insights.

Very high mood

Playful. Twinkling eyes. Loving life. Naturally giving to others. Genius, brilliance.

When we first look at this list, it can look like different people. And yet, we all have been all of these people. Occasionally, even from the lowest to the highest or vice versa in the same day.

And yet, when we’re in a low mood, we tend to make it worse by condemning and judging ourselves. If we’re in a low mood at the same time someone else is in a low mood, then we condemn and judge them, too. Spiraling downward.

Instead, we can name it what it is: a low mood. If we don’t name ourselves a bad person with a bad life, then we’ve created some space. Our mood will naturally shift on it’s own. Maybe not always as quickly as we’d like, but then that’s just more low mood making a judgment, isn’t it?

To remembering our humanness and Brilliance . . .

Questions?

Answers:

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