

Guidelines for Transforming Moods

The following are some guidelines for designing and/or transforming moods. They are modified from The Newfield Network Ontological Coaching body of work.

1. Become an observer of moods. Make the distinction that moods are just moods and not "just how things are." It is only in this observation place that we can intervene and change our moods.

2. We are not the moods we are in. When a mood is upon us, acknowledge it. Look at where it might have come from, and why. Feel it. Acknowledging that we are not our moods allows us to intervene more easily, in a lighter way. By doing this we can consciously redesign our moods. We may not always understand why some moods come upon us, but we are fully responsible for staying in them.

3. Be aware of stories you build around your moods. We tend to make our moods right and we can give ourselves infinite reasons why it makes a lot of sense to be in the mood we are in. Remember that often it is not what the story says that produced the mood, it is the mood that produced the story.

4. Once the mood is identified ask yourself:

How am I assessing the world?

How am I assessing the people around me?

What assessments do I have about myself?

What assessments do I have about the future?

These questions should be enough to specify the mood we are in.

5. Recruit an outside observer. Examine whether these assessments are true or false or grounded in reality by posing these questions to someone else.

6. Do not allow the mood from blocking you from acting - this is what moods normally do. Engage in conversation with another person to examine possible actions that might be implemented to shift the undesirable mood.

7. Create strategies. Commit to strategies when you fall into a less than resourceful mood - do physical exercise, go outside into a natural environment or call a friend who is committed to assisting you.

8. Choose the people around you. One of the actions we can take is to surround ourselves with people who will 'call us' on our bad moods. Remember that moods are contagious – we may transmit our moods to others and they may transmit their moods to us.

9. We should not forget the connection between our body and our moods. If we change our physical posture, i.e., if we do some exercises, standing up from a seated position or uncrossing arms, some moods fade away. Music and dancing is another effective way to intervene and change an undesirable mood.

Examine other possibilities like what you're eating and how your physical environment may be affecting you.

10. Let's not forget that we cannot avoid moods. Whatever we do, we will always be in one mood or another. There is nothing wrong with being in a mood. The purpose here is to give you practical information so that you can consciously alter your moods if you choose. These steps empower you to change the only person you *can* change – you.

FOR HOLISTIC PRACTICE AND LIFESTYLE

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