



Therapy Unit 7: Empathizing

Worksheet 7.2 The impact of external factors on mental states and thoughts

Factors	Impact? Do I become aggressive, sad, nervous, cheerful, etc.? Other possible reactions...? (e.g.: "When I don't sleep enough I'm often agitated or nervous the next day")
Stress	
Alcohol	
Drugs	
Weather/light	
Medication	
Sleep deprivation	
Other	