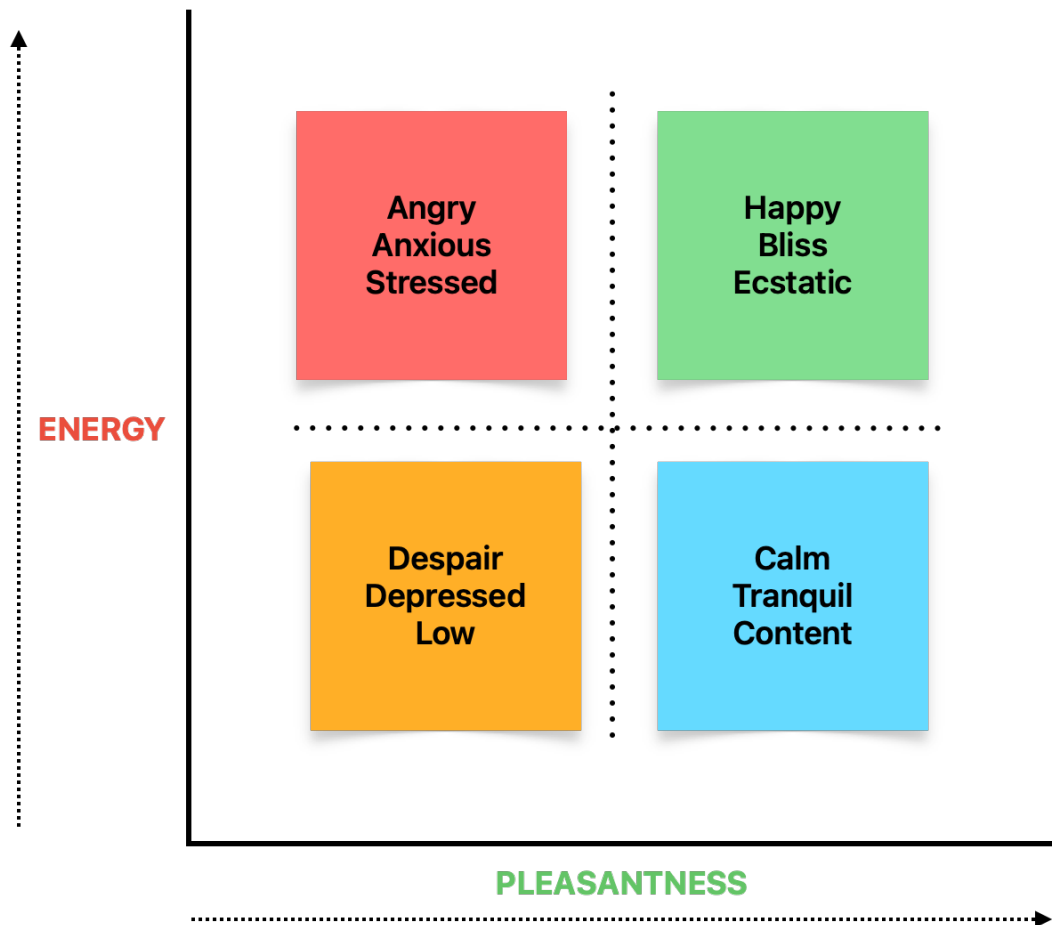


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COUNSELLING

THE MOOD GAUGE



The Mood Gauge shows us that the way in which we feel emotionally is determined by our energy level and how pleasant we feel. This illustration is particularly helpful if you struggle with labelling your emotions or just want a quick way to understand what your emotional state is.

The higher your energy level and state of pleasantness, the more likely it is you are to experience the positive emotions and feel motivated and driven. The lower your energy level and state of pleasantness, the more likely it is you are to experience the emotions that bring you down.