

Reflecting on How My Moods Affect My Children

Use the following questions to reflect on your behavior and how your moods and actions may have influenced your children and family environment.

Name: _____ Phone: _____

Email: _____

Self-Reflection Questions:

How Have I Allowed My Moods to Affect My Kids?

What specific behaviors or actions have I shown when in a negative mood?

How have I reacted toward my children when I'm feeling down, angry, or frustrated?

Have I Been Too Focused on Myself?

How often do I find myself lost in my own thoughts or emotions?

When was the last time I truly engaged with my children without being distracted by my own feelings?

How Have I Taken My Moods Out on My Kids?

Can I recall times when I snapped, yelled, or was impatient with my kids because of my own feelings?

What situations seem to trigger me most around my children?

What Have I Role-Modeled to My Kids?

What messages have my actions and words sent to my children about handling emotions?

Have I taught them healthy coping mechanisms, or have I demonstrated unhealthy ways of managing stress?

What Have I Told My Kids About My Moods?

Have I explained my moods to my children in a way they can understand, or have I left them guessing?

Have I apologized or taken responsibility for my behavior when I've taken my emotions out on them?

How Have I Made Excuses About My Moods?

How often do I justify my behavior because of feeling stressed, overwhelmed, or depressed?

What excuses have I made to myself or others for my actions?

How Have I Made My Issues My Kids' Issues?

Have I shared too much about my personal struggles, making my children feel burdened or responsible?

In what ways might I have expected my children to comfort me or take care of my emotional needs?

How Have I Allowed My Ex or My Child's Other Parent to Influence What I Do with Our Kids?

Have I changed my actions or decisions with my children because of what my ex or their other parent has said or done?

How often do I let conflict with the other parent affect my parenting decisions?

What Have I Done to "Feed the Fire" with the Other Parent?

Have I said or done things to provoke or escalate conflict with my child's other parent?

How have I contributed to or worsened the distance or hostility between us?

How Have I Allowed My Issues or Feelings About the Other Parent to Influence My Kids?

Have I spoken negatively about their other parent in front of them?

How might my feelings about the other parent have affected my child's view of them?

How Has My Childhood Affected Me in Regards to Being Depressed?

Who in my life growing up was depressed or struggled with mental health?

What was role-modeled to me about depression or mental health?

How did I feel about this as a child? How do I feel about it now?

How Do I View Depression Now?

What was I told growing up about depression?

Did I observe depression, or was I told about it? How did it affect me and my family?

How did this affect me negatively, and how do I feel about it now compared to how I felt as a child?

Are There Mental Health Issues in My Family of Origin?

Were there mental health issues in my family of origin?

How were these issues viewed in my family, and how do I feel about this now?

What Are My Regrets in This?

Are there specific instances where I wish I had acted differently toward my kids?

What moments stand out where I feel I could have handled things better?

How Can I Stop Doing This?

What steps can I take to prevent my moods from affecting my children negatively in the future?

What new habits or coping strategies can I introduce into my daily life?

What Do I Feel Guilty About Regarding My Moods and My Kids?

Are there specific situations where I feel I hurt my children emotionally?

How can I address these feelings of guilt constructively?

How Have My Depression or Mood Swings Affected My Family and Friends?

What impact have my mood swings or depression had on my relationship with my partner, family members, or friends?

How have my emotional ups and downs affected my children's relationships with others?

What Can I Do Differently?

What are the changes I can make today to improve my emotional well-being and create a more positive environment for my children?

Are there resources or support systems I can lean on to help me change my patterns?

What Do I See as My Underlying Sadness or Depression?

Have I identified the root causes of my sadness or depression?

What unresolved issues or feelings might be contributing to my current state?

Personal History and Treatment:

Have I Been Diagnosed with Depression or Another Mood Disorder?

What were my symptoms?

Who diagnosed me and when?

What Treatment Have I Tried?

Have I tried therapy? If so, what kind (e.g., cognitive-behavioral therapy, psychotherapy)?

Have I been prescribed medication? If so, which ones?

What Has Seemed to Work and What Hasn't?

Are there specific treatments or coping strategies that have been helpful?

What hasn't worked, and why do I think it didn't?

Moving Forward:

What Steps Can I Take to Improve?

Consider setting small, achievable goals for yourself.

Reach out to a mental health professional, support group, or trusted friend.

How Can I Rebuild My Relationship with My Children?

Identify ways to repair any harm and create positive, healthy interactions moving forward.

Remember, reflection is the first step toward positive change. Be honest with yourself, and don't be afraid to seek support if needed. Your willingness to grow and heal benefits not just you, but your entire family.