

# Meme Triad: Consequences (Solution-Focused)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

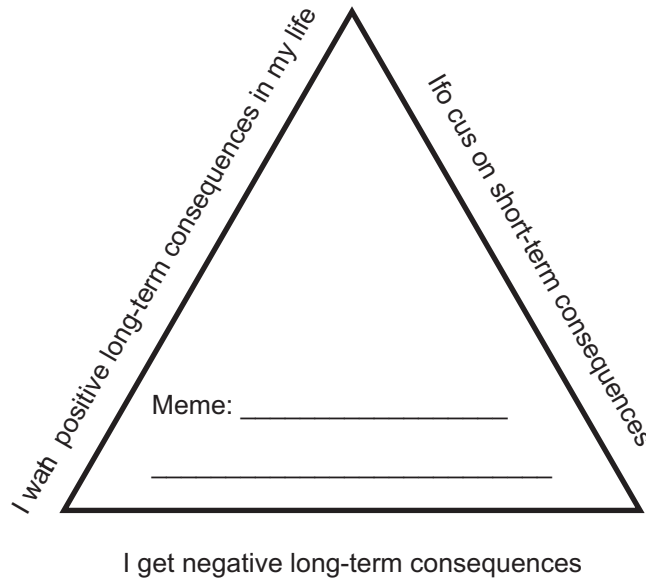
As you become more practiced with Mindful Mood Management skills, it becomes easier to focus on long-term gratification than on the short-term consequences and 'quick fixes.' By mindfully taking the time to consider long-term consequences, we learn to manage our moods in the short term as well.

In the 'Meme' space below, write a meme that has led to positive consequences in your life. In the 'What' space below, write down the positive consequences that you feel this meme led you to experience.

In the 'Why' space below, list some of the long-term consequences you've focused on as a result (for example, "I let go of the need to be right, right now in order for me to have a happy relationship in the long run").

In the 'How' space, write down how positive consequences manifested as a result of your focusing on the long-term.

How can you continue to focus on the long-term consequences in the future?



What: \_\_\_\_\_

\_\_\_\_\_

Why: \_\_\_\_\_

\_\_\_\_\_

How: \_\_\_\_\_

\_\_\_\_\_