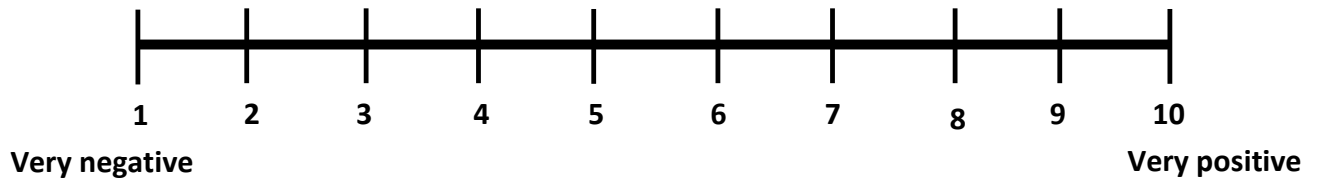


Module 8: Problematic Collecting

Exercise 3 – Part A

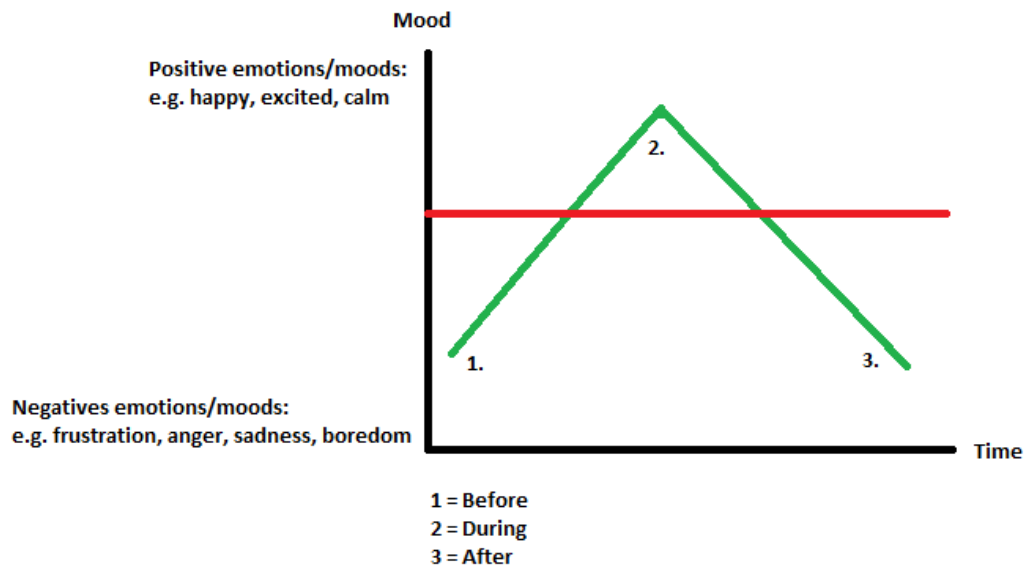
Answer questions 1-4 by rating how positive or negative you feel on a scale of 1-10, with 1 being very negative and 10 being very positive, in each situation.



1. How do I feel before I start working on my collection?
2. How do I feel while I am working on my collection?
3. How do I feel when I have finished my collecting?
4. How do I feel if I haven't collected that day?

Describe these emotions. *Clue: if they are positive, examples include happy, excited or calm; if they are negative, examples include frustrated, angry, sad or bored*

You might find it easier to look at your answers on a graph so that you can see the change in your feelings. Take a look at the example below and then see if you can plot your own.



So, for this person it is clear to see that they feel in a low mood prior to working on their collection. During the collecting, their mood increases. Afterwards, their mood drops again; this may be due to the guilt of what they have been accessing online, but it also may be due to the fact they are simply not collecting at that time.

The red line represents how they tend to feel on a day they are not collecting. So this graph may suggest that this person works on their collection when they feel low and uses it to perk themselves back up; and on the days they feel OK, they tend not to collect.

But why are they feeling low? Only they will know the answer to but the self-help module dealing with emotions may help explore this.