

Creating a Music Playlist to Shift Your Mood

Objective

To use music as a tool to navigate and transform your emotions.

What to Know

Music powerfully influences your emotions and mental state. It can lift you up, calm you down, or help you process difficult feelings. Whether you're feeling anxious, sad, angry, or overwhelmed, creating a playlist can be a creative and therapeutic way to move toward a more balanced and positive state of mind.

What to Do

First, reflect on how you feel right now. What emotions are you experiencing? Once you've identified your current emotions, think about how you would like to feel instead. For example, you might be feeling anxious and want to feel calm.

How do you feel right now? _____

How do you want to feel? _____

Now, you will create a playlist of 5 songs. The first song should match how you feel right now. Each subsequent song should gradually move you toward your desired emotional state. By the end of the playlist, the music should reflect the emotion you want to feel.

Current Emotion(s): _____

Song: _____

Why it matches your emotion: _____

Transition Song 1

Song: _____

How it helps shift your mood: _____

Transition Song 2

Song: _____

How it helps shift your mood: _____

Transition Song 3

Song: _____

How it helps shift your mood: _____

Desired Emotion(s): _____

Song: _____

Why it helps you feel calm: _____

After listening to your playlist, take a few minutes to reflect on how it made you feel. Did it help you transition from your current emotion to your desired state? What songs were most effective in helping you shift your mood? Explain.

Share your playlist with a friend, family member, or your therapist. Who will you share it with? _____

How does music help you?

What other strategies can you use in the future to manage intense emotions?

Reflections on This Exercise

Did anything surprise you about this activity? If so, describe.

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
