

ACTIVITIES 4-SETTING GOALS AND SHAPING YOUR REALITY

SESSION OUTLINE

- I. Agenda and Announcements
- II. Review
- III. Personal Project Review
- IV. New Material: Setting Goals and Shaping Your Future
- V. Take Home Message
- VI. Feedback and Goodbye to Group Members Who Are Graduating
- VII. Personal Project

The purpose of today's meeting:

- To talk about setting reachable goals.
- To set short term and long term goals.
 - To say goodbye to group members who are graduating.

REVIEW: IDENTIFYING AND OVERCOMING ROADBLOCKS

- What do you remember most from last session?
- Name one roadblock that you identified.
- What can you do when you don't feel like anything?
- How can you change your future?

PERSONAL PROJECT REVIEW

1. Review your quick mood scale.
2. What are things that you have to do, and what are things that you want to do?
3. What did you do last week when you found a roadblock to doing a pleasant activity?

SETTING A REACHABLE GOAL

**Step 1: Figure out what you want to do.
It has to be something that's important to you.**

- It is helpful to do something you want to do instead of something you don't want to do (e.g. "I want to eat more vegetables" instead of "I don't want to eat junk.")
- Reaching goals is hard work. It's important that the goal is important to you, so it's worth the work.

**Step 2: If your dream is big, pick a manageable part.
This will help you to make a good start.**

**Step 3: Pick your goal and nail it down,
Stating when, what, how much, where, and how.**

Which is more specific?

1. a. I am going to start exercising more.
or
b. Starting Monday, I will exercise 3 times a week.
2. a. I want to do more pleasant activities.
or
b. I want to do at least one pleasant activity a day, even a small one that takes less than five minutes.

Step 4: Make sure your goal is something you can manage.

I can do what I say I'm going to do.
I can also ask, beg, plead, or yell,
but I can't make others do anything.

- There are many things in life that we can't control. We can't control what other people do.
- Make sure your goal is under your control. For example, you can ask other people or talk to other people, but you can't control their actions.

COGNITIVE-BEHAVIORAL TREATMENT OF DEPRESSION

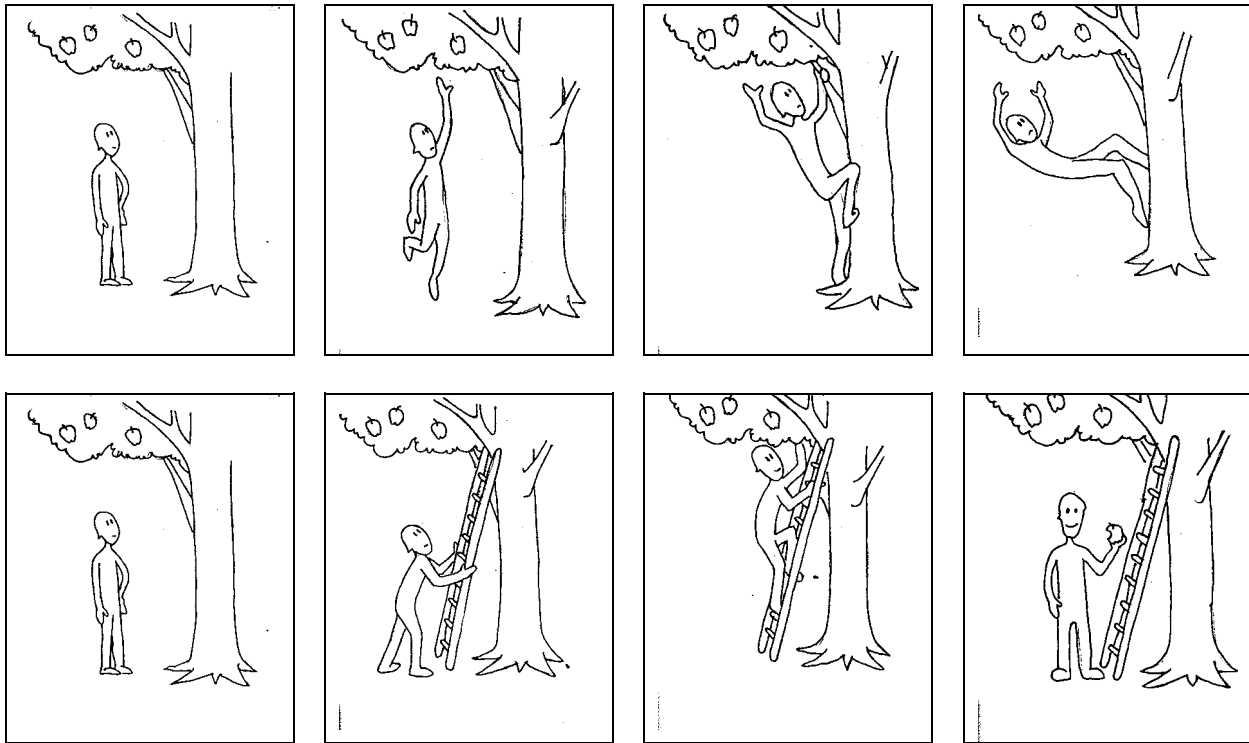
Part III: Participant Notes: Activities Module: Session 4

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- If you do what you set out to do, you have reached your goal.
However, other people may not behave the way you want them to.

Step 5: Break your goal into steps.

You can't get to the top of the roof by jumping, but it's easy if you use a ladder.



Step 6: When you reach your goal or a step toward your goal, celebrate and reward yourself.

Note: This exercise was adapted from the Going for the Goal Program written by Steven J. Danish, et al., Virginia Commonwealth University, Department of Psychology, 1992.

COGNITIVE-BEHAVIORAL TREATMENT OF DEPRESSION

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MY GOAL

Step 1

What I want to do

Short Term (within 6 months)

Long Term (at some point in the next 5 years)

Step 3

Nail it down

(when, what, how much, where, how)

Specifically, for my short term goal I will:

I will begin:

I will do:

I will do this much:

I will do it in this place:

I will do it in this way:

Specifically, for my long term goal I will:

I will begin:

I will do:

I will do this much:

I will do it in this place:

I will do it in this way:

MY GOAL

Step 4

Make sure my goal is under my control

Every part of my goal, is something that I can do:

For my short term goal:

For my long term goal

MY GOAL

Step 5

Steps to reach my short term goal

<i>My goal</i>	
#5	
#4	
#3	
#2	
#1	

MY GOAL

Step 5

Steps to reach my long term goal

<i>My goal</i>	
#5	
#4	
#3	
#2	
#1	

MY GOAL

Step 6

And my reward will be

For my short term goal:

For my long term goal:

Review of the Module

Over the past 4 sessions, we have been focusing on what we do, and we have been learning about how what we do affects how we feel. We have learned to make changes in our activities to positively affect the way we feel.

1. How have you made changes in what you do since beginning the group?
2. What did you learn about activities that was most helpful, in terms of improving your mood?
3. What did you find least helpful?
4. What message will you take from this module?

COGNITIVE-BEHAVIORAL TREATMENT OF DEPRESSION

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PERSONAL PROJECT

QUICK MOOD SCALE

DAY

BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
OK/AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1

pleasant activities _____

WEEKLY PROJECT

Continue tracking mood using the mood scale and track the number of positive events you do each day (see page 51 for more instructions).

OPTIONAL PROJECTS (pick one of the following)

- 1) Set a goal, fill out the "Goal" sheet, and bring it in next week.
- 2) Try to do a step on your goal ladder and then reward yourself.
- 3) Do a new pleasant activity.
- 4) Talk to someone about what you learned today.
- 5) Practice the relaxation exercise.