

PEOPLE 2 -INTERPERSONAL RELATIONSHIP PROBLEMS AND FEELINGS, THOUGHTS, AND BEHAVIORS

SESSION OUTLINE

- I. Announcements and Agenda
- II. Review
- III. Personal Project Review
- IV. New Material: The Connection
Between Interpersonal Relationship
Problems and Feelings, Thoughts, and
Behaviors
- V. Take Home Message
- VI. Personal Project

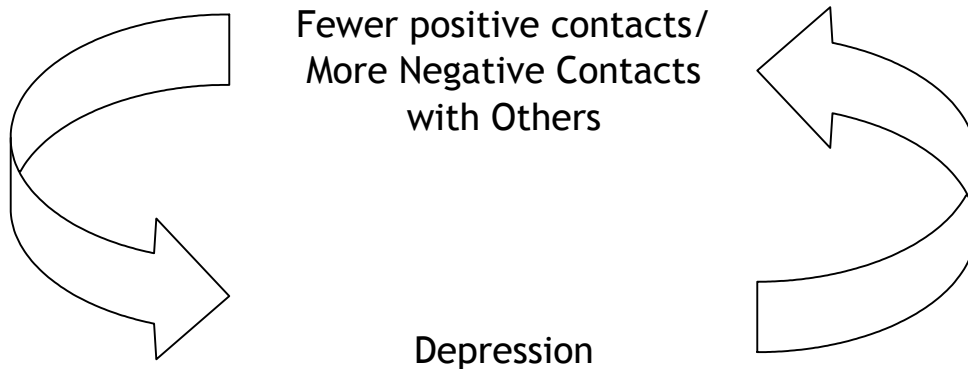
The purpose of today's meeting:

- To review the relationship between our mood and contacts with people.
- To explore the interpersonal problem areas that can cause depression.
- To practice communication skills that could improve our relationships and improve our mood.
- To talk about managing our mood by making choices about the people we spend time with.

Review: Contacts with People

- What do you remember most from last week?

Depression can cause people to have fewer contacts with others, and fewer positive contacts with people can cause people to be depressed.

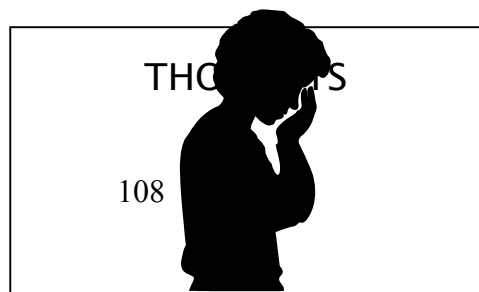


Which interpersonal relationship problem did you identify as the focus of therapy?

INTERPERSONAL RELATIONSHIP PROBLEM	YES please check √
1. Grief or loss	
2. Role change or transition	
3. Role disagreements or disputes	
4. Improve my people skills	

Personal Project Review

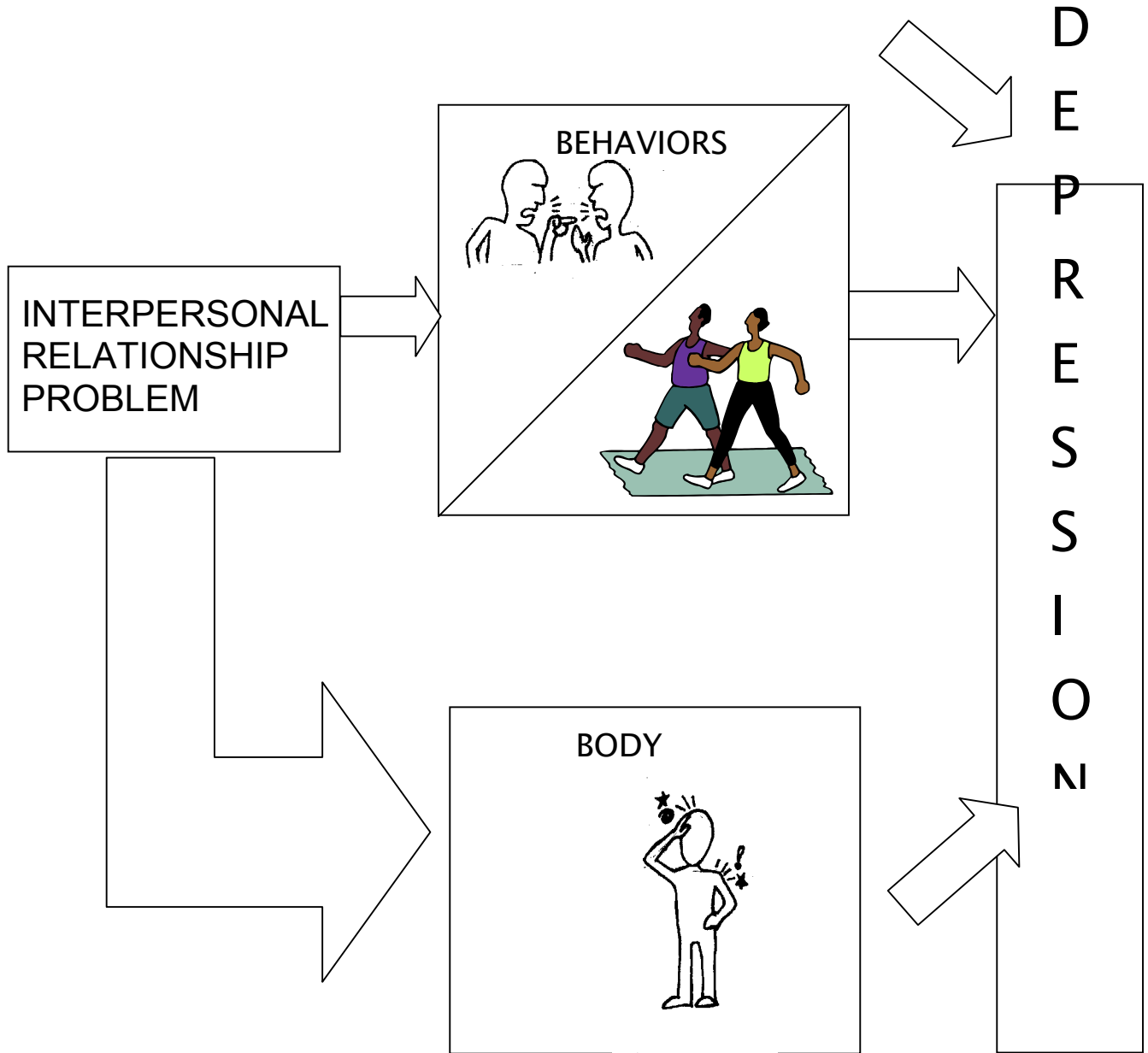
1. Review your quick mood scale.
2. What positive contact did you have with people this past week?
3. What stressful contact did you have with people this past week?
4. What did you do during the past week to make your support system stronger?



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INTERPERSONAL RELATIONSHIPS AND DEPRESSION: LOSS AND GRIEF

1. Thoughts: What are your personal memories of the important person you have lost?

pleasant memories:

unpleasant memories:

Are there specific thoughts about the loss of the significant person that cause you to feel depressed?

THOUGHTS	FEELINGS
example: "I should have done more for him/her."	regret
"I could have prevented his/her death." Or "It is my fault."	guilt
Your example:	

2. Behaviors:

How have you changed what you do after losing this person?

What can you **DO** this week to help manage the sadness?

(This does not mean forgetting the person. It means feeling the grief deeply but continuing to live life without clinical depression.)

INTERPERSONAL RELATIONSHIPS AND DEPRESSION: LOSS AND GRIEF (continued)

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3. People:

How have your relationships with others changed since you experienced this loss?

Who do you think you could reach out to for support?

4. Health:

How has your health changed since you experienced this loss?

How do you think you might better manage your health even while grieving?

EXERCISE:

Talk with others, including other group members, about how they have managed grief and intense sadness. Talk about how they managed to take care of their emotional and physical health even while grieving.

(Examples of ways to manage grief include: using support of family or friends, going through rituals or cultural customs.)

A Reality Management Approach: How could you mold your new reality, now that your loved one is no longer in your life so that you could live a healthy, fulfilling life?

Remember that the loved one you have lost would not want you to live a depressed life. How can you help their good wishes become a reality?

INTERPERSONAL RELATIONSHIPS AND DEPRESSION: ROLE CHANGE OR TRANSITION

1. What current role change or role transition is linked to your feeling depressed?

2. Feelings: What are your feelings about these changes?

- Write down or draw how you feel about these changes.
- Common feelings include being glad, mad, sad, anxious, and afraid.
- We often have many feelings at the same time.



GLAD



MAD



SAD



ANXIOUS



AFRAID

INTERPERSONAL RELATIONSHIPS AND DEPRESSION:

ROLE CHANGE OR TRANSITION (Continued)

A Reality Management Approach:

How could you mold your reality now that your role has changed? To build a healthy new reality, you can use your thoughts, behaviors, and contacts with others.

3. Thoughts: What are your thoughts about these changes? (positive and negative)

What is sad, mad or scary about these changes that cause you to be depressed?

4. Behaviors: What can you do to adapt to these life changes?

5. People: Who can help you adapt to these life changes?

EXERCISE:

Talk with others, including other group members, about how they have managed big changes in their lives.

What kinds of thoughts have helped them manage the changes?

What did they do to better manage the changes?

How did they get help from other people?

Think about your own situation.

What would be the best outcome for you in this situation?

How could you increase the chance that things will turn out this way?

INTERPERSONAL RELATIONSHIPS AND DEPRESSION: ROLE DISAGREEMENTS OR DISPUTES

Describe a problem/conflict/dispute that you have had with another person that contributes to your depression.

Safety in relationships is #1 priority

As you think about the conflict(s) you had, please evaluate your safety during the conflict.

- 1) Did you feel afraid or worried about your safety this past week?
Yes No
- 2) Did you or someone say something that was humiliating, intimidating or threatening?
Yes No
- 3) Did someone push, shove, kick, or hit you?
Yes No
- 4) Did you push, shove, kick, or hit someone?
Yes No

1. Thoughts:

Think about the conflict(s) you had with this person over the past week?

- How does the conflict affect the way you view yourself?

- How does the conflict affect how you view the other person?

- How does the conflict affect the way you view the world?

INTERPERSONAL RELATIONSHIPS AND DEPRESSION: ROLE DISAGREEMENTS OR DISPUTES (Continued)

What are your values and expectations regarding the problem?

What are the other person's values and expectations regarding the problem?

What are your values and expectations regarding your role in this relationship?

What are the other person's values and expectations regarding his or her role in the relationship?

2. People:

Think about the person you are having problems with.

- What are his/her good points?

- What are his/her bad points?

How do you think he/she sees the problem? (try to understand his/her point of view. even though you don't agree with it.)

Is there a solution to the problem where you both get something important that you want?

INTERPERSONAL RELATIONSHIPS AND DEPRESSION: ROLE DISAGREEMENTS OR DISPUTES (Continued)

3. Behaviors:

When you have a problem with this person, how do you behave?

- Is this how you generally behave when you have problems with other people?

When you have problems with this person, how does he/she behave?

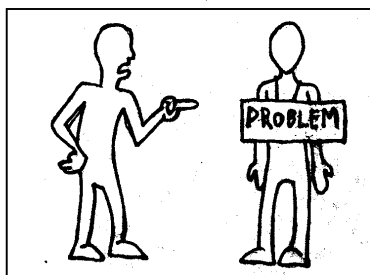
Are there things that you could do that would help shape the situation into one that is healthier for you?

WHAT CAN YOU DO ABOUT THE PROBLEM?. . . **ITCH** (See page 69)

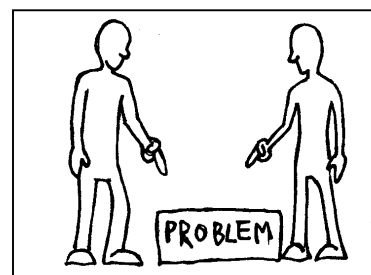
STEP 1: Identify the problem

Try and think of the problem as outside both of you instead of a problem that is inside either of you.

<u>Problem seen as inside one of you</u>	<u>Problem seen as external</u>
You are lazy	The dishes need to be done
You never help me.	There is a lot of work to do, and we are both very busy
Everything you do annoys me.	My depression is the real problem. It makes me more irritable.



Versus



The problem₁ is. . . . (versus you problem is. . or my problem is. . .)

INTERPERSONAL RELATIONSHIPS AND DEPRESSION:
 ROLE DISAGREEMENTS OR DISPUTES (Continued)

STEP 2: Think about all the possible solutions without evaluating them.
 (This is called “brainstorming”)

I/we could. . . .

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

etc. . .

STEP 3: Chose the best solution or combination of solutions (the ones that are best for you) and try them.

I plan on. . . .

Or if you are making the decision with the other person:

- 1) fill in the solutions
- 2) each of you rate the solutions with a positive or a negative sign.
- 3) choose the solution that both of you rate as positive.

Solution	How I rate it Positive (+) or Negative (-)	How the other person rates it - Positive (+) or Negative (-)
1.		
2.		
3.		
4.		
5.		
6.		
7.		

STEP 4: How well does it work. Try it and find out. Then reevaluate the problem and consider additional options if necessary.

INTERPERSONAL RELATIONSHIPS AND DEPRESSION:

ROLE DISAGREEMENTS OR DISPUTES (Continued)

We cannot avoid all conflicts with others, but we can make choices about how we want to spend our time with others in order to manage our mood.

A Reality Management Approach:

Conflicts will eventually be resolved, one way or another. It is important not to resolve conflicts in ways that are destructive. To avoid this, it is helpful to imagine one or more realistic outcomes that would be good for you. Then focus on what you can do to increase the chance that one of these healthy outcomes will happen.

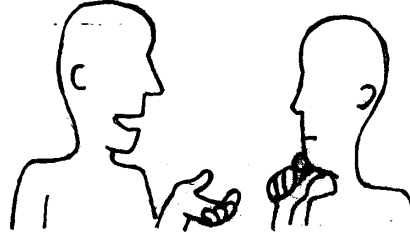
How Else Can You Spend Your Time?

What activity could you do this week with another person that might be helpful, pleasurable, relaxing, or enjoyable?

ACTIVITY	MOOD
example: attend group or call a friend	less depressed
your example:	

INTERPERSONAL RELATIONSHIPS AND DEPRESSION: IMPROVING PEOPLE SKILLS

Communication:



STEP 1: Active Listening: Listening is the key in any relationship.

Get together in pairs.

Each person will have 5 minutes (uninterrupted time) to describe the kind of person he or she is trying to become.

If you are the speaker

- Is your partner listening to you?
- How do you know your partner is listening to you?
- How do you feel?
- What was good about what your partner did?
- What was not so helpful about what they did?

If you are the listener

- Try to make your partner really feel that you are listening to him/her.
- Did you understand what your partner said?
 - Repeat what you heard and ask your partner if you really understood what he or she was trying to say.
- Did you understand how your partner felt?
 - Notice how your partner communicates (verbally and nonverbally).
 - Check out whether you understood how he or she felt by asking your partner about his/her feelings.
- What part of what your partner said about the kind of person he or she is trying to become is most important to your partner?

The Group as Support:

Participating in the group can be a positive contact with people when there is understanding and trust.

- What is OK to talk about in the group?
- What are your fears and concerns about participating in the group?

Take Home Message:

I can understand how relationships with others can affect my thoughts, my behaviors, my body, and my mood.

I can improve my mood by making choices about with whom I spend time and what I with others.

By making healthy choices, I can improve my day-to-day reality.

COGNITIVE-BEHAVIORAL TREATMENT FOR 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

#positive/helpful people contacts

#negative/harmful people contacts

WEEKLY PROJECT

- 1) Continue tracking mood using the quick mood scale (see page 106).
- 2) Count the number of positive contacts you have each day.
- 3) Count the number of negative contacts you have each day.

OPTIONAL PROJECT (do the following activities if you want)

- 1) Pick an activity you could do with someone this week that would improve your mood and do it.
- 2) Identify obstacles that get in the way of doing something pleasant with another person. (Next week we will help each other find ways to deal with these obstacles.)
- 3) Do the worksheets in your book that focus on your interpersonal problem area.