

PEOPLE 3-- IMPROVE YOUR RELATIONSHIPS AND MANAGE YOUR MOOD

SESSION OUTLINE

- I. Announcements and Agenda
- II. Review
- III. Personal Project Review
- IV. New Material: Interpersonal Relationships and Communication
- V. Take Home Message
- VI. Personal Project

The purpose of today's meeting:

- To continue to talking about interpersonal relationship problems.
- To talk about communication tools like assertiveness, that can help us improve our relationships and manage our mood.
- To continue looking at positive/healthy choices we can make about our relationships.

Review: Contacts with People

What do you remember most from last week?

How does the relationship problem you are dealing with affect:

- 1) your thoughts?
- 2) your behaviors?
- 3) your relationships with other people?
- 4) how you feel?

- What do you remember about the active listening exercise?
- How could you tell whether you understood what your partner said?
- How could you tell whether you understood how your partner felt?

Personal Project Review

1. Review your mood scale.
2. What did you do this past week with another person that improved your mood?

3. What got in the way of doing a pleasant activity with someone?

COMMUNICATION STYLES

What style do you use and how does it affect your mood?

Good communication is important no matter what interpersonal problem area you are focusing on:

- grief
- role transitions
- role disputes
- improving people skills

Improving and managing your mood begins with identifying and expressing your own feelings, thoughts, and behaviors.

People communicate in different ways.

Here are three basic categories of communication styles.

- **Passive**
 What does being passive mean to you?
 How might being passive affect your relationships?
 How might being passive affect your mood?
- **Aggressive**
 What does being aggressive mean to you?
 How might being aggressive affect your mood?
- **Assertive**
 What does being assertive mean to you?
 How might assertive affect your mood?

Communication Styles		Respects wishes of others	Respects own wishes
Passive	Holding in or withholding how you feel or think.	yes	no
Aggressive	Verbal outbursts of feelings like shouting, yelling, and arguing. Physical behaviors like throwing things or hitting people.	no	yes
Assertive	Express positive or negative feelings and/or thoughts calmly, honestly and respectfully to another person.	yes	yes

Which style do you tend to use?

How do you think using that style affects your mood?

ASSERTIVENESS AND MAKING REQUESTS

Assertiveness means being able to make positive, clear, direct requests.

- You ask for what you need.
- Others will know what you need and can better help you.
- There is a better chance (but no guarantee) that you will get what you want.
 - They (others) may do it.
 - They may refuse.
 - You may need to compromise.
- You can choose to ask for support.

STEPS:

1. Figure out what you want/need?
2. Figure out who can help you?
3. Figure out a way to ask for what you need in a way that is clear and direct.

Examples of positive requests:

I would appreciate it if you would help me wash the dishes.

Could you help me fill out my SSDI application?

4. Acknowledge the person if it is appropriate.
5. Be willing to compromise.
6. Respect the other person's right not to do what you request.

EXERCISE:

Think of something you want or need.

What do I want to ask for? _____

Who will I ask? (friend, family member, doctor) _____

How can I make the request? _____

Ask the group what they think. Is your request aggressive, passive, assertive?

ASSERTIVENESS AND EXPRESSING YOUR FEELINGS

Assertiveness means being able to express positive or negative feelings and/or thoughts calmly, honestly, and respectfully to another person. This includes saying clearly when you do not want to do something.

Recognizing how you feel begins with “I statements.”

“I feel _____.”

“I think _____.”

In the past week, with whom did you share your feelings and thoughts?

How do you think sharing your feelings and thoughts affected your mood?

ASSERTIVENESS AND EXPRESSING YOUR FEELINGS (continued)

Does your family have other effective ways of expressing feelings, thoughts, or wishes without using “I statements”?

YES, WE DO. When we have problems we usually.

NO. How do you think this affects how you communicate?

Assertiveness and Your Mood

- Imagine a situation where you express how you feel or think to another person. (try to imagine it as if it were a movie)
- How does the person react?
- How do you feel after sharing your thoughts and/or feelings?
- How do you think people in the group might react if you share how you think or feel?

Assertiveness increases the chances that you will be able to have your needs met and decreases the chances that you will be forced to do something you do not want to do.

What Keeps You From Being Assertive?

1. Does assertiveness mean danger for you?
 - a) Danger of having your feelings hurt
(e.g. "If I'm assertive, then I'll be rejected.")
 - b) Emotional or physical danger
"If I speak up for myself then, I'll be humiliated or hit."

If you find that you feel as though it is dangerous to speak your thoughts and feelings in a relationship, ask yourself:

- 1) Is there evidence that the relationship is non-reciprocal, not mutually respectful and caring of each other's needs.
 - 2) What would be a good next step to take to ensure your sense of emotional and physical safety?
You have the right to feel safe!**
2. Do you think you have a right to be assertive, to express your own point of view? (If no, why not?)
 3. Do you know how to be assertive? (If no, how could you learn how to be assertive?)
 4. What do you fear will happen if you are assertive?

** Tell your group leaders if you are in a relationship in which you are afraid you may be hurt physically. There are services that specialize in helping people who are in relationships where there is domestic violence.

MY RIGHTS

I have the right to let others know my opinions as long as I do it in a way that is respectful of their opinions and feelings.

I have the right to let others know my feelings as long as I do it in a way that is respectful of their feelings.

I have the right to request that others change their behavior when their behavior affects me.

I have the right to accept or reject anything that others say to me.

I have the right to decide whether or not I will do what others ask of me.

Adapted from: Treating Alcohol Dependence By Peter Monti, David Abrams, Ronald Kadden, & Ned Cooney.

Take Home Message:

Relationships are like cars. They need maintenance, or they begin to have troubles and break down.

By being assertive and expressing what you want and how you feel in a respectful way, you can improve relationships with others.

Being assertive allows you to manage your mood and your life by allowing you to choose when and where to express how you think and feel.

COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

Participant Notes: People Module: Session 3

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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) Plan to get together with a supportive person this week.
- 2) Decide when and with whom you would like to be assertive this week and then try being assertive with them.