

**PEOPLE 4 -- MORE TOOLS TO IMPROVE YOUR
RELATIONSHIPS AND YOUR MOOD**

SESSION OUTLINE

- I. Agenda and Announcements
- II. Review
- III. Personal Project Review
- IV. New Material: Overcoming Obstacles to Solving Relationship Problems and Relationship Rules
- V. Take Home Message
- VI. Feedback and Goodbye to Graduating Group Members
- VI. Personal Project

The purpose of today's meeting:

- To identify obstacles that keep you from improving your relationships with others and begin talking about how to overcome them.
- To identify the rules you have about relationships that may help or get in the way of adapting to life changes and/or solving relationship problems.
- To review that you can choose how you relate to others. Some choices are better than others at improving relationships and improving your mood.

Review: Contacts with People

What do you remember most from last week?

- Assertive communication is different from passive and aggressive communication styles.
- Assertiveness means expressing a feeling, thought or opinion in an honest, calm, respectful way. Usually assertiveness means using “I statements...”

Personal Project Review

1. Review your mood scale.
2. What activity did you do with a supportive person over the past week?
3. Was there a time this past week when you were assertive?
 - a) How did the listener respond when you were assertive?
 - b) What may have happened if you had not been assertive?
 - c) What were your thoughts and feelings about yourself or the situation after you were assertive?

IDENTIFYING AND DEALING WITH OBSTACLES THAT PREVENT YOU FROM IMPROVING RELATIONSHIPS

***FEAR* - continued**

- 5) Ask another person how likely they think it is that what you fear will happen (check it out with a group member).

Think about what might realistically happen if you are assertive (pluses and minuses).

Situation	Bad things that could happen if I am assertive	Good things that could happen if I am assertive

- 6) What do you think about being more assertive in order to improve your relationships and your mood?

- 7) What change would you like to make?

- 8) Practice your desired behavior with another group member.

A Reality Management Approach

Fear of change can imprison us in an unhealthy reality.

By clearly imagining a more healthy reality, we can begin to make changes that can change our life for the better.

IDENTIFYING AND DEALING WITH OBSTACLES THAT PREVENT YOU FROM IMPROVING RELATIONSHIPS

RELATIONSHIP RULES

People often have rules about relationships that guide the way that they interact with others. Some rules are helpful, some rules are rigid.

Examples of Inflexible Relationship Rules

“You can’t trust anyone.”

“People will always disappoint you.”

“My feelings come last.”

“If you make a mistake, then you are bad.”

“I have to be responsible for everything.”

Your relationship rules: What rules do you go by when you interact with others?

Rule#1 _____

Rule#2 _____

- 1) Do these rules affect whether you believe you can express your thoughts and feelings to others?

- 2) How do these rules affect how you behave in relationships now?

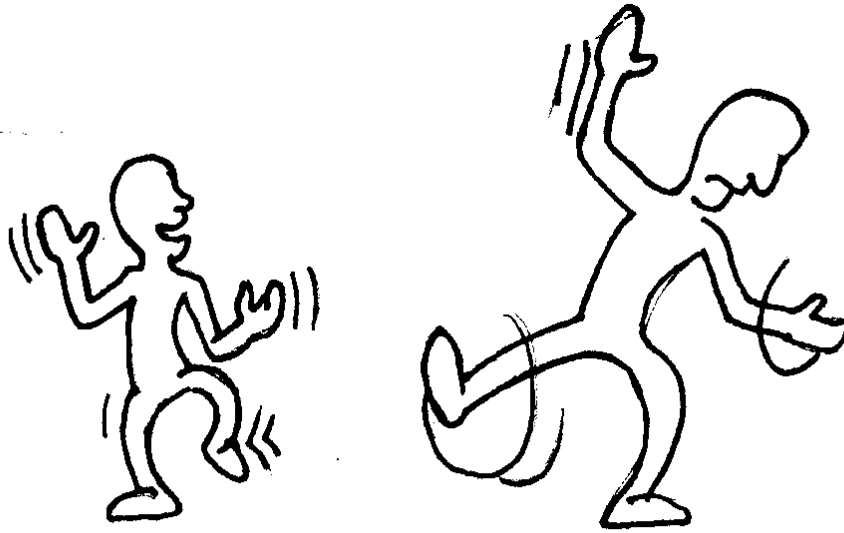
IDENTIFYING AND DEALING WITH OBSTACLES THAT PREVENT YOU FROM IMPROVING RELATIONSHIPS

Relationship Rules (continued)

Origins of relationship rules:

- We develop relationship rules when we are children.
- Our environment, our lives, the way people treat us all affect the type of rules we develop.
- Many rules make sense, and when we are young they helped us.
- When we grow older, our environment changes, we have more control over our lives and over the types of people who are in our lives.
- The rules we developed then may not be as useful to us now and may even keep us trapped in an old role.

- 3) Where did your relationship rules come from?
(what things in your life made you create these rules?)
- 4) How have these rules helped you?
- 5) How have these rules not helped you?
- 6) How is your life different now from when you first learned this relationship rule?
- 7) How can you change the rules to be more flexible, better fit your current reality, and improve your relationships and your mood?



Being in a relationship is like learning how to dance. When we are younger, we learn to do one particular kind of dance. As we grow older, we continue to do that dance. It is familiar. But the music begins to change. We find that our dance may not work as well with different music. We may need to learn some new steps to add to our dance, or we may need to learn a new style of dancing. Learning new steps is hard at first, but it gets easier with practice!

A Reality Management Approach

Relationship rules create our social environment.

By deciding which rules are good for us and which are not,

we can build a new, healthier social reality for ourselves.

COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

Participant Notes: People Module: Session 4

Version 2000: May, 2000

EXERCISE:

Old Rule (Thought) Your “old” relationship rule	Old Behavior How did you act with others with this “old” rule?	Feeling with Old Rule How did you feel with this “old” relationship rule?”	New Rule (Thought) What might be a “new” relationship rule?	Change in Feeling? How might you feel with this “new” relationship rule?
“Others’ feelings come first.”	Never say no	“bad”	“My feelings can come first sometimes”	less depressed
<u>Your example:</u>				

1. What are the COSTS AND BENEFITS of examining relationship rules and considering more flexible rules?

COSTS

BENEFITS

How would it feel to share your new rules with important people in your life?

MORE RELATIONSHIP TOOLS

Setting Limits

In the past, when was it important to say no?

What would have happened in the past if you had not said no?

What are different ways you can set limits now:

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What are the costs and benefits of setting limits now:

COSTS

BENEFITS

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MORE RELATIONSHIP TOOLS

Planning How You want to Be With Others

Old Relationship Rule:

New Relationship Rule:

Before being with others

- a. Decide ahead of time what kind of thoughts you would like to have.
- b. Decide ahead of time how you would like to act around others.
- c. How can you set things up so that the situation will be better for you.

After being with others

- a. Think about the feelings you had when you were with people
- b. What happened that made you feel good?
- c. What happened that made you feel bad?
- d. Learn from your experience so you can make future choices about what you want to do with others and with whom.

A Reality Management Approach

How we react to others affects how they react to us.

So how we react to others affects our social reality.

To mold our social reality, we can begin by thinking about our style and molding it so that our social reality improves.

Take Home Message:

You have choices about how you behave with others.

You can change how you behave with others.

Review of the Module

Over the past 4 sessions, we have been focusing on our relationships with others and making changes in specific interpersonal problem areas.

1. How have you made changes related to your relationships since beginning the group?
2. What did you learn about relationships or relationship problems 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 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) 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.