

THOUGHTS 1 --THOUGHTS AND YOUR MOOD

SESSION OUTLINE

- I. Welcome
- II. Agenda
- III. Group Rules
- IV. Introductions
- V. Go Over Symptoms of Depression
- VI. Review of Treatment Model
- VII. New Material: The Relationship Between Thoughts and Mood
- VIII. Take Home Message
- XI. Personal Project

The purpose of today's meeting:

- Explain the purpose of group meetings and talk about the treatment model.
- To introduce ourselves to each other.
- To learn what depression is.
- To learn a helpful way to think about depression.
- To learn how thoughts influence how we feel.

WHAT ARE THOUGHTS?

- Thoughts are “sentences we tell ourselves.” (“Self talk”)
- At any point in time, we may have several thoughts
 - some of which we are aware of
 - and many of which we are probably not aware of
- Thoughts can be helpful or harmful to us.
- Thoughts can affect your body.
- Thoughts can affect your actions (the way you behave or react to situations).
- Thoughts can affect your mood.
- We can learn to change our thoughts (decide what we focus on).
- Our thoughts are always with us, so we can use them to feel better.
- Because our thoughts are ours alone, no one else can make us think in ways that are bad for us.
- Because other people do not know what we are thinking, we need to share our thoughts with others if we want to check if our thoughts are accurate or if we want help.

Remember:

Thoughts are things we say to ourselves.

Some are accurate. Some are wrong.

Some are even just opinion.

Pick what you say to yourself carefully.

*By talking with others we can also see whether others see things the way we do,
or whether they have a different point of view.*

EXTERNAL AND INTERNAL REALITY ARE BOTH IMPORTANT

External/Objective Reality - The facts: parts of your reality that are observable and measurable.

- the things you do
- illnesses you have experienced
- how much money you have
- how many people live with you
- your physical surroundings

Key point: although your external reality may seem fixed, parts of it are changeable. For example, you can decide where you spend your time. You decide whether you stay inside or go for a walk. There are parts of your external reality that you can manage. You can choose to be in those parts of your external reality that are helpful and healthy for you.

Internal/Subjective Reality - The world of your mind, which is yours: not observable by others.

- thoughts
- memories
- beliefs
- expectations
- the way we understand what has happened to us.

Key point: You can change and manage your internal reality. You decide which aspects of your reality you focus on. Changes in your external reality will affect your internal reality. By changing a part of your external reality, you can change future memories, beliefs, and expectations.

You cannot completely control either your external or internal reality. Both your external and internal reality are real. Both are important and both affect each other constantly. But it is important to remember that some part of each one can be changed.

Depression is not all in your head.

**Depression is affected by what you do, how you think,
and what happens to you**

And how you react to what happens to you.

HOW DO THOUGHTS AFFECT HOW WE FEEL?

ACTIVITY A: How do I feel after I think about doing a pleasant activity?

ACTIVITY B: Same Situation Different Thoughts



- Each character was faced with the same external reality: it is raining.
- Each character had a different mood because it is raining.
- Why do they have different moods?

MY HELPFUL AND HARMFUL THOUGHTS

HARMFUL/NEGATIVE THOUGHTS

What kind of thoughts lead you to feel depressed?

Which thoughts are most likely to trigger depression?

Which thoughts are most likely to keep the depression going once it starts?

Which thoughts drain you?

Which thoughts make you feel bad about yourself?

HELPFUL/POSITIVE THOUGHTS (that are realistic)

What kind of thoughts help you to feel better?

Which thoughts can make you less depressed?

Which thoughts can keep you feeling good when you are not depressed?

Which thoughts give you strength?

Which thoughts help you feel good about yourself?

EXAMPLES OF HELPFUL/POSITIVE THOUGHTS

- 1. It will be fun doing such-and such today.
- 2. I've gotten good things in life.
- 3. The weather is great today
- 4. I can do better than that.
- 5. Even though things are bad right now, they are bound to get better.
- 6. I'll learn to be happier as I live longer.
- 7. That was probably a reasonable solution to a tough problem.
- 8. Life is interesting.
- 9. I deserve credit for trying hard.
- 10. That was a nice thing for me to do.
- 11. I really feel great.
- 12. This is fun.
- 13. I'm a good person.
- 14. I can do just about anything if I set my mind to do.
- 15. I have great hopes for the future.
- 16. I have good self-control.
- 17. That's interesting.
- 18. I really handled that situation well.
- 19. People are OK once you get to know them.
- 20. I like to read.
- 21. I'm easy to get along with.
- 22. If I can just hold on until such-and-such a date, I'll be OK.
- 23. A nice, relaxing evening can sure be enjoyable.
- 24. I have worked long enough --now it's time to have fun.
- 25. I'm considerate of others.
- 26. I have time to accomplish most things I want to do.
- 27. Someday I'll look back on today and smile.
- 28. I like people.
- 29. I always find the strength to handle whatever comes up.
- 30. I'm a good parent/friend/spouse etc.
- 31. I'm a sensitive person.
- 32. I'm honest.
- 33. I could probably handle a crisis as well as anyone else.
- 34. I'm pretty lucky.
- 35. I'm responsible.
- 36. My experiences have prepared me well for the future.
- 37. That's funny.
- 38. I'm pretty smart.
- 39. I'm physically attractive.
- 40. I am looking forward to that event.
- 41. I am doing the best I can.

EXAMPLES OF HARMFUL/NEGATIVE THOUGHTS

- 1. I will never be physically healthy.
- 2. I am confused.
- 3. There is no love in the world.
- 4. I have wasted my life.
- 5. I am a coward
- 6. Nobody loves me.
- 7. I'll end up living all alone.
- 8. People don't consider friendship important anymore.
- 9. I don't have any patience.
- 10. What's the use?
- 11. That was a dumb thing for me to do.
- 12. I'll will be a burden to others.
- 13. Anybody who thinks I'm nice doesn't know the real me.
- 14. Life has no meaning.
- 15. I am ugly.
- 16. I can't express my feelings.
- 17. I'll never find what I really want.
- 18. I am not capable of loving.
- 19. I am worthless.
- 20. It's all my fault.
- 21. Why do so many bad things happen to me?
- 22. I can't think of anything that would be fun.
- 23. I don't have what it takes.
- 24. Bringing kids into the world is cruel because life isn't worth living.
- 25. I'll never get over this depression.
- 26. Things are so messed up that doing anything about them is pointless.
- 27. I don't have enough willpower.
- 28. Why even bother getting up?
- 29. I wish I were dead.
- 30. I wonder if they are talking about me?
- 31. Things are just going to get worse.
- 32. I have a bad temper.
- 33. No matter how hard I try, people aren't satisfied.
- 34. Life is unfair.
- 35. I'll never make good money.
- 36. I don't dare imagine what my life will be like in ten years.
- 37. There is something wrong with me.
- 38. I am selfish.
- 39. My memory is lousy.
- 40. I am too sensitive.

Take Home Message:

Some thoughts make my mood worse.
Some thoughts make my mood better.
If I can find out which they are,
I can use my thoughts to improve my mood.

My mind is my internal reality.
Harmful thoughts are like pollution in my internal world.
I can try to keep my internal world healthy.

PERSONAL PROJECT

WEEKLY PROJECT

- 1) Continue tracking mood using the quick mood scale (see next page).
- 2) Track your thoughts using the index cards.
 - Use one card each day.
 - Write down negative thoughts on the side marked (-).
 - Write down positive thoughts on the side marked (+).
 - Bring your card in next week.

OPTIONAL PROJECT (select one of the following activities if you want)

- 1) Go through the list of “Helpful and Harmful Thoughts” on page 14 and 15 of your books and mark thoughts (circle the number) in each category that could apply to you. Share the most powerful ones with the group next session.
- 2) Talk to someone about what you have learned today.

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
# harmful thoughts	_____	_____	_____	_____	_____	_____	_____
# helpful thoughts	_____	_____	_____	_____	_____	_____	_____

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- Try to use the whole range, not just 1 , 5 , or 9.
 - We find that it is easiest to keep the scale by the bed. That way, before you go to bed, you can think about your day and rate your mood for the day.
 - It will feel more natural as you practice it.
 - There is no right answer . Only you know how you have felt each day.
 - If you want to track your mood over a period of time, mark your daily mood on the calendar.