

**Class #6:
HOW TO GIVE MYSELF GOOD ADVICE**

CLASS OUTLINE

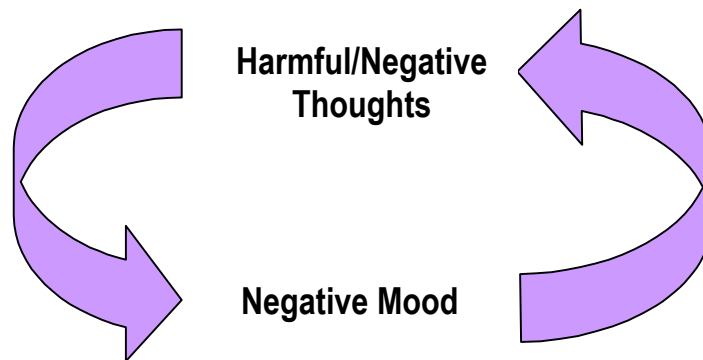
- I. Announcements & Agenda
- II. General Review
- III. Personal Project Review
- IV. Relaxation Exercise
- V. New Material
- VI. Personal Project

I. Any Announcements?

II. GENERAL REVIEW

What do you remember most from the last class?

- Your thoughts affect your mood.
- This means that our negative thoughts make us feel bad. This turns into a vicious circle:



- If we can learn to identify when we are having certain types of thoughts, we can learn to manage our moods better.
- There are several different types of harmful thoughts. Did you go through the list and see if you use any of these?

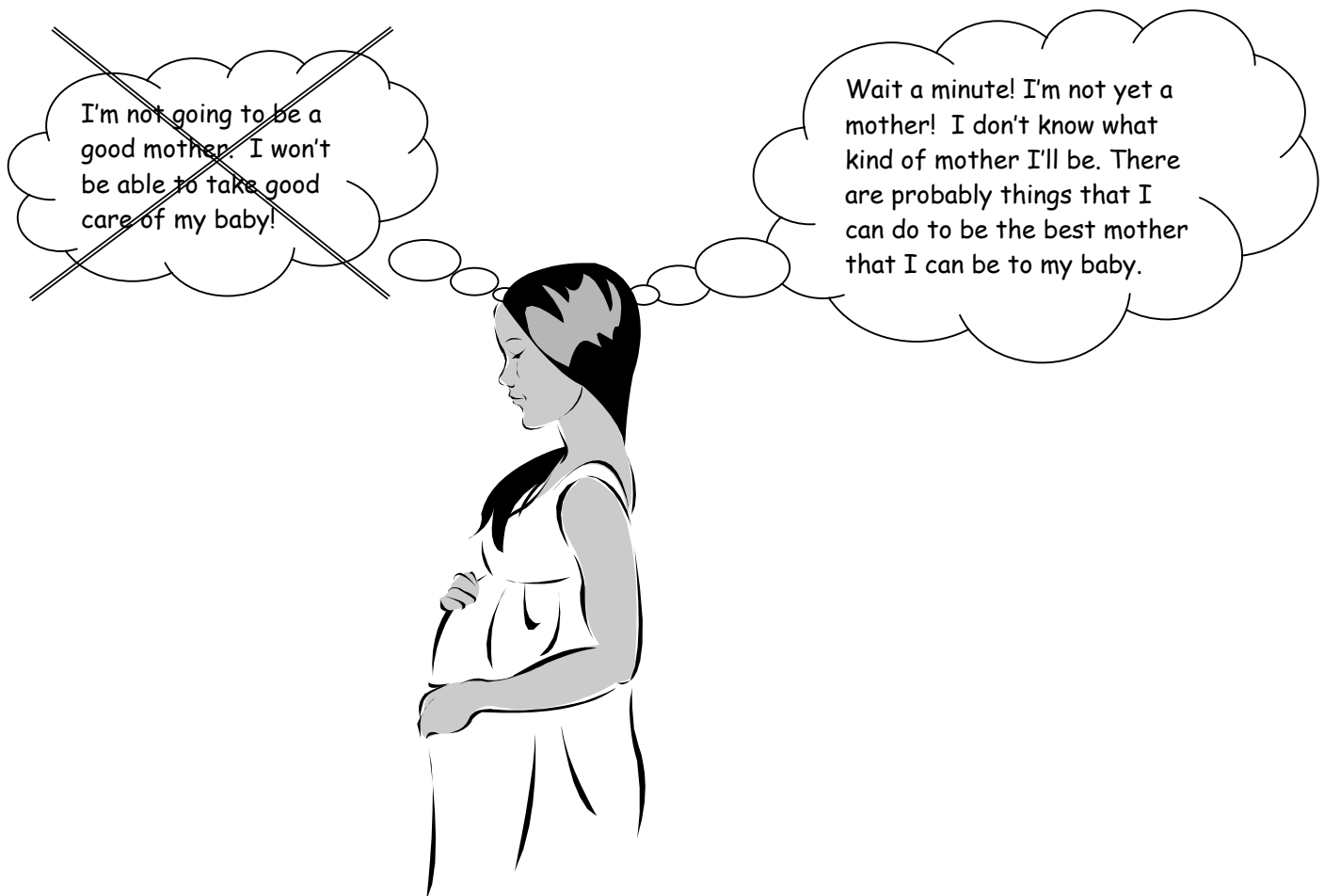
III. PERSONAL PROJECT REVIEW

1. Did you complete your quick mood scale?
2. Did you keep track of your helpful and harmful thoughts on the cards?
3. Did you talk to someone about what you learned about thoughts?

IV. RELAXATION EXERCISE

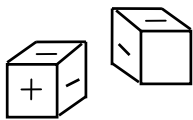
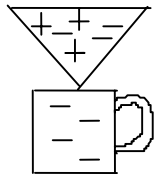
V. New Material: HOW TO GIVE MYSELF GOOD ADVICE

- You can learn ways to decrease harmful thoughts throughout your day.
- You can learn to talk back to harmful thoughts to improve your mood.



HARMFUL THOUGHT PATTERNS AND THEIR ANTIDOTES

Symbol:



Harmful Thought Pattern:

All or Nothing Thinking:

Thinking in extremes (can only be at one end of the scale, top or bottom). Not balanced. All good or all bad. The best or worst. Perfect or a failure.

Negative Filter (Ignoring the Positive):

Only remembers and notices negative events. Filters out positive events. Your cup of life ends up very bitter and negative.

Pessimism:

Believing negative things are always or more likely to happen and positive things are never or hardly ever going to happen

Exaggerating:

Exaggerating problems and the possible harm they could cause. This undermines your capacity to deal with them.

“Mountain out of a mole hill”

Antidote:

Try to engage in more balanced thinking.
What's in the middle?
Are there shades of gray?

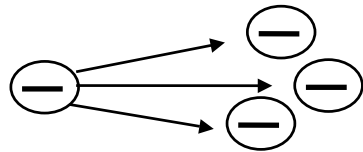
Try to catch the positive.
For every negative thing you think of, try to also focus on a positive thing.
Write down positive things on cards. Carry the cards with you and look at them throughout the day.

Am I ignoring positive things?
Am I really giving positive and negative things an equal chance?

How big is this problem really?
Where is it likely to really lead?
How might I deal with this problem?

HARMFUL THOUGHT PATTERNS AND THEIR ANTIDOTES (continued)

Symbol:



Harmful Thought Pattern:

Overgeneralization:

Taking one negative characteristic or event and seeing it as a never-ending pattern.
Somebody betrayed me => I don't trust anybody.
I couldn't do this one thing. => I can't do anything.

Antidote:

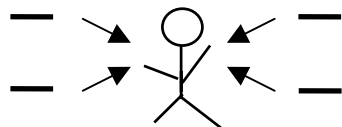
Ask yourself: Am I assuming that every situation and every person are the same?
This is just one situation, one person.
Can I remember other situations and people that were different?



Labeling (either yourself or others):

Attaching a negative label, instead of seeing an error or problem. Labels can become self-fulfilling prophecies. For example, calling yourself "stupid" make a mistake.

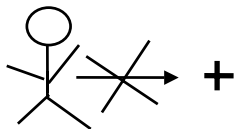
What is it specifically that I can't do or that I am upset about. What did I do vs. what kind of person am I? What did my baby do instead of how is my baby. Example: "My baby doesn't like doing that" instead of "My baby is stubborn."



Blaming Oneself:

Thinking that when negative things happen, they are always entirely your fault.

Am I to blame for everything that turns out badly?
Do only bad things happen to me?
Remember the good that has happened to me and that I have achieved.



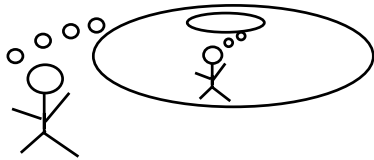
Not Giving Oneself Credit:

Thinking positive things that happen are either just luck or somebody else's doing and never the result of one's effort.

Am I overlooking my strengths and accomplishments? It would be good to pat myself on the back for what just happened. I contributed in some way.

HARMFUL THOUGHT PATTERNS AND THEIR ANTIDOTES (continued)

Symbol:



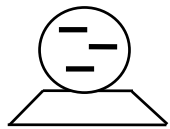
Harmful Thought Pattern:

Mind Reading:

Thinking that you know what others are thinking, and they are usually thinking negatively about you.

Antidote:

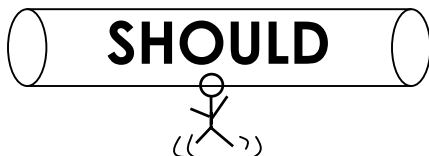
Can we really know what others are thinking?
What are possible alternatives to why they might be behaving the way they are behaving?
Most people are probably more focused on their own problems than on you.



Negative Fortune Telling:

Thinking that you can see how things will be in the future and they are sure to turn out badly.

Can I really predict the future? Why not find out how it will turn out rather than just imagine the worst? Things could change.



“Should”ing yourself:

Telling yourself you should, ought, and must do something. This makes you feel overwhelmed and obligated to do things. This creates resentment because you are not in control of your life.

I do not have to do anything and things do not have to turn out the way I want.
It would be nice if things were perfect. You don't have to be perfect, or have a perfect life, to have a healthy, happy life.

Activity: ANTIDOTES TO HARMFUL THOUGHTS

INSTRUCTIONS: Think about some harmful thoughts that you sometimes have and write them in the small bubbles. Then write your antidotes to the thoughts in the big bubbles. These antidotes can be a method you use now or would like to try in the future.

My Harmful Thoughts	My Antidotes
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Three rows of empty thought bubbles for writing harmful thoughts and antidotes. Each row consists of a small bubble on the left, a green arrow pointing right, and a large bubble on the right.

VI. Personal Project: QUICK MOOD SCALE

INSTRUCTIONS: Circle the number that best represents how you feel each day. Also try to keep track of your pleasant activities, healthy thoughts and harmful thoughts, using the lines at the bottom of the scale. See if there is a relationship between how you feel each day and these three things.

	DATE:						
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
Number of healthy thoughts							
Number of harmful thoughts							
Number of pleasant activities							

OPTIONAL PROJECTS (pick one of the following):

- 1) Use the cards to keep track of your helpful and harmful thoughts this week. Write your helpful thoughts on one side of the card and your harmful thoughts on the other side.
- 2) Choose two of the methods to dispute negative thoughts and practice them.

