Visit #1

Let’s talk about seeing things clearly, things we see, people we meet, and things that happen around us.

Sometimes we need help to see things clearly because we don’t just use our eyes to understand the world. Our minds can help us to figure out what is good and what is bad.

How does our minds help us?

- Past memories
- Past fears
- Past feelings
If you are dealing with something in your life that your mind or thoughts tells you is bad or unpleasant than you are most likely going to feel bad or unpleasant.

Action          Thoughts          Feelings

I’ll be late!!  Nervous

What we think causes our moods and feelings.

You are in control of your feelings. You can’t change what has happened but you can change the way you think about it and this will change how you feel about it.

When you begin to change you think you begin to change the way you feel

Let’s look at the way your thinking is sometimes
We would like to teach you how to change your thoughts so that you can see things in a way that will make you feel happier.

Would you like to learn how to do this?

____________________________________

We will have a visit every Friday at ____ to do this!!

Visit #2

Last week we learned.....
You are in control of your feelings.
You can’t change what has happened but you can change the way you think about it and this will change how you feel about it.
Sometimes when we feel crummy we can get worried or sad. Let's look at how you have been feeling by doing a quick quiz...

Complete Depression and anxiety Quiz now

What is self talk?
Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful.

What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind.

Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

• NOTE: explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper....what do I want to eat.....what will I cook.
• Getting the paper...what time is it...I need to get my coat on....i need my house key....
What we think causes our moods and feelings.
Action ------------ Thoughts ----------- Feelings

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How you Think = How you ACT
Your thoughts control how you react or behave.
Your dog Heidi bites you. You think she’s mean. You stay away from her.
Positive:_________________________________

You miss the bus. You think you are stupid. You get angry and shout.
Positive:_________________________________

Therapist Note

• Homework this week-Staff to complete thought journal during visit
• Goal: Identify Actions=thoughts=feelings can be positive or negative (slide 12). Staff could relate it to the visit they are doing i.e groceries or coffee outings.
Visit #3

Last week we learned.....
Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things as good or bad, safe or dangerous, pleasure or painful.

Painful Thoughts

Painful thoughts may feel crummy but they have no power to make you do things you don’t want to do!!

Remember even if you believe they are true they aren’t real.

• They are not people
• They don’t have houses
• They don’t have jobs
• They can not hurt people

Painful thoughts are ideas or beliefs that you have and only you can change

Let’s look at some of your painful thoughts

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Everyone has painful thoughts sometimes. It is part of life and being human. It is how you deal with the painful thought that counts!

When was the last time you felt crummy?
Do you remember what you were thinking or what was happening?

Everyone has GREAT thoughts sometimes. It is part of life and being human. It is how you deal with the GREAT thought that counts!

When was the last time you felt GREAT?
Do you remember what you were thinking or what was happening?

**Therapist Note**

Homework this week: Staff to complete thought journal during visit

**Goal:** Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts. Walk through each day of week with them to look for times they were upset and thoughts they had during these times. 2) Ask client to do one nice thing for themselves this week…i.e. listen to music for 10 min (outside of time with team).
Let’s look at some of your painful thoughts

Homework Sheet

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Visit # 4

Last week we learned...

Everyone has painful thoughts sometimes. It is part of life and being human. It is how you deal with the painful thought that counts!

Beliefs

- Review sheets brought back by Staff and see if they believe true or not true
Is it True or Not True?
How much do you believe the painful thought?
Eg: _______________________

Not true  Maybe true  True

Dealing with Painful Thoughts
The best way to deal with painful thoughts is when you say a positive, supportive thought. It is important to practice this skill.

Practice Practice Practice
You can start by asking your painful thoughts these questions:
1. Is this true?
2. Was this always true?
3. What is the worst that can happen?
4. Are my "glasses dirty"?
5. What could I do if the worst happens?

How you Think = How you ACT
Your painful thoughts control how you react or behave.
Your dog Heidi bites you. You think Heidi is mean.
1. Is this true?
2. Is this always true?
3. Are my "glasses dirty"?
4. What is the worst that can happen?
5. What could I do if the worst happens?
How you Think = How you ACT

Your painful thoughts control how you react or behave.
You miss the bus. You tell yourself that you are stupid.

1. Is this true?
2. Is this always true?
3. Are my "glasses dirty"?
4. What is the worst that can happen?
5. What could I do if the worst happens?

Therapist Note

Homework this week- Staff to complete thought journal during visit. True, maybe, and not true

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts. Walk through each day of week with them to look for times they were upset and thoughts they had during these times. 2) Ask client to do one nice thing for themselves this week... i.e. listen to music for 10 min (outside of time with team).

Let’s look at some of your painful thoughts

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Visit #5

Last week we learned...

The best way to deal with painful thoughts is when you say a positive, supportive thought. It is important to practice this skill.

NEGATIVE PATTERNS OF THINKING AND FEELING CAN SHORT CIRCUIT YOUR ABILITY TO FEEL HAPPY!

Therapist Note

• Take one of the homework examples and work through the visit at challenging this negative thought.

• Highlight which thinking errors the client has made and focus visit on teaching about this error.

• Review what nice thing the client did this week for them self.
Thinking Mistakes

1. Over generalizing
2. Filtering
3. Ignoring the positive
4. Jumping to conclusions
5. Fortune telling
6. The worst possible thing (Catastrophizing)
7. Should statements
8. Labeling
9. Blaming yourself
10. Misattribution

 Therapist Note

Homework this week - Staff to complete thought journal during visit
Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times BST attach ERRORS to HOME WORK SHEET
2) Ask client to do one nice thing for themselves this week...i.e. listen to music for 10 min (outside of time with team).

 Painful thoughts, the thinking error and how to challenge it Homework Sheet

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Last week we learned...

NEGATIVE PATTERNS
OF THINKING
AND FEELING,
CAN SHORT CIRCUIT
YOUR ABILITY
TO FEEL HAPPY

The Worst Possible Thing
Thinking Mistake
When we worry we are usually filled with fear and anxiety. We usually think The Worst will happen. A good way to know you are thinking in this way is if your thoughts start with "What IF"

• What if I can’t do my jobs?
• What if a dog bites me?
• What if I have no money?

Your Turn
Give examples of times you worry and statements you make

• What if__________________
• What if ________________
• What if ________________
Therapist Note

Homework this week: Staff to complete thought journal during visit.

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times.
2) Ask client to do one nice thing for themselves this week... i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it Homework Sheet

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Visit #7

Last week we learned......

We when we think The Worst will happen it fills us with fear and anxiety. Do you remember how to realize you are thinking in this way?

“________ IF”

Do Depression and Anxiety Quiz
Thinking I SHOULD

When we think in a way that is strict we are not allowing any choices to be made. Thinking you SHOULD act or do things in a certain way OR that others SHOULD act or do things in a certain way. This can lead you to FEEL anxious and angry. A good way to know you are thinking in this way is if your thoughts use the word SHOULD or MUST.”

SHOULD EXAMPLES

• I should be able to clean my house by myself
• I must be able to sleep when I want to
• The cashier should have smiled when I paid for my food
• My family should always call me on my Birthday

Your Turn

• Give examples of times you use SHOULD thoughts
  • ___________________
  • ___________________
  • ___________________
Therapist Note

Homework this week: Staff to complete thought journal during visit.

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times: BST add Thinking ERRORS to Homework

2) Ask client to do one nice thing for themselves this week... i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it homework Sheet

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Visit #8

Last week we learned......

Thinking you SHOULD act or do things in a certain way OR that others SHOULD act or do things in a certain way. This can lead you to FEEL anxious and angry.
It's Outta My Control!

When people think that they have no control over their actions or life this can cause anxiety or anger. Thinking other people or things are responsible for your actions can lead to feeling things are Outta your Control. A good way to know you are thinking in this way is if your thoughts sound like "The devil made me do it" or "I am happy if my wife is happy."

Your Turn

- Give examples of times you use Outta My control thinking
  - ________________
  - ________________
  - ________________

Painful Thoughts

Painful thoughts may feel crummy but they have no power to make you do things you don’t want to do!!

Remember even if you believe they are true they aren’t real.
  - They are not people
  - They don’t have houses
  - They don’t have jobs
  - They can not hurt people

Painful thoughts are ideas or beliefs that you have and only you can change.
Therapist Note

Homework this week - Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times BST add ERRORS to HOMEWORK
2) Ask client to do one nice thing for themselves this week... i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it homework Sheet

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Visit #9

Last week we learned....

Thinking other people or things are responsible for your actions can lead to feeling things are Outta your Control.
Bad Outcome Thinking

When one bad thing in our life happens and we think everything related to that is or will be bad this can cause anxiety. Thinking in a way where we believe a bad outcome will happen no matter what we do. A good way to know you are thinking this way is if you use words like: *always, never, nobody."

Examples of Bad Outcome Thinking

Nobody would stay friends with me if they really knew me

I'll never be able to trust anyone

I'll always be sad

Your Turn

• Give examples of times you use Bad Outcome thinking (always, never, nobody)
  • ______________________
  • ______________________
  • ______________________
Therapist Note

Homework this week: Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times. BST add ERRORS to HOMEWORK SHEET

2) Ask client to do one nice thing for themselves this week...i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it homework Sheet

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Visit #10

Last week you learned.....

When one bad thing in our life happens and we think everything related to that is or will be bad this can cause anxiety.
Summary
When we worry we are usually filled with fear and anxiety. We usually think THE WORST will happen. When we think in a way that is strict we are not allowing any choices to be made. Thinking you SHOULD act or do things in a certain way OR that others SHOULD act or do things in a certain way. When people think that they have NO CONTROL over their actions or life this can cause anxiety or anger. When one BAD THING in our life happens and we think everything related to that is or will be bad this can cause anxiety.

Matching!!
Take from their "Your Turn" examples and give example and have the client match it up to the thinking error.

Painful Thoughts
Painful thoughts may feel crummy but they have no power to make you do things you don’t want to do!!
Remember even if you believe they are true they aren’t real.
• They are not people
• They don’t have houses
• They don't have jobs
• They can not hurt people

Painful thoughts are ideas or beliefs that you have and only you can change
Therapist Note

Homework this week-Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times ADD ERRORS TO HOME WORK sheet

2) Ask client to do one nice thing for themselves this week…..i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it homework Sheet

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Visit #11

Last week you learned…..

Remember even if you believe they are true they aren’t real...

• They are not people
• They don’t have houses
• They don’t have jobs
• They can not hurt people
Now that we know your thoughts, ideas and beliefs can be changed...By you and ONLY YOU.....we have some tools to help you learn how to do this!!

- Looking at the positive side of things
- Talking your way outta the blues

For the last few weeks you have been challenging your painful thoughts during your homework. Let's see if we have used the tools "Looking at the positive side of things" or "Talking your way outta the blues" already.

### Painful thoughts, the thinking error and how to challenge it DO IN VISIT

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What is self talk?
Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful.

What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind.

Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

• NOTE: explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper....what do I want to eat.....what will I cook.
• Getting the paper... what time is it... I need to get my coat on....i need my house key....
• Have client give examples of self talk they use

The TOOLS
Today we learned that we can change our self talk by
Looking at the positive side of things
Talking your way outta the blues
It is important to practice these as much as possible to teach yourself a new way of thinking about the world. ACTT-DD will help you with this during our visits and when we meet on Fridays.
Therapist Note

Homework this week: Staff to complete thought journal during visit.

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times. 
ADD ERRORS TO HOME WORK sheet

2) Ask client to do one nice thing for themselves this week... i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it Homework

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Visit #12

Last week we learned.....

It is important to practice positive thinking as much as possible to teach yourself a new way of thinking about the world. We are going do that now!!

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What is self talk?

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful. What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind. Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

• NOTE: explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper.....what do I want to eat.....what will I cook.
• Getting the paper...what time is it...I need to get my coat on....i need my house key....
• Have client give examples of self talk they use

Painful thoughts, the thinking error and how to challenge it DO IN SESSION

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Therapist Note

Homework this week: Staff to complete thought journal during visit

**Goal:** Identify actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times **ADD ERRORS TO HOME WORK sheet**

2) Ask client to do one nice thing for themselves this week…i.e. listen to music for 10 min (outside of time with team).

---

Visit #13

Last week we learned…..

It is important to practice positive thinking as much as possible to teach yourself a new way of thinking about the world. We are going do that now!!
What is self talk?

Everyone has thoughts about what they see, hear, touch and feel. You then decide if these things are good or bad, safe or dangerous, pleasure or painful. What you think and feel about things is your very own. How you think about things comes from the thought that happen in your mind. Your thoughts may come into your mind as ideas, words, sentences, or pictures. This is called "Self-Talk".

• NOTE: explain self talk.....i.e. we tell ourselves the steps needed to complete a task i.e. making supper...what do I want to eat...what will I cook.
• Getting the paper...what time is it...I need to get my coat on....I need my house key....
• Have client give examples of self talk they use

Painful thoughts, the thinking error and how to challenge it DO IN SESSION

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Homework this week: Staff to complete thought journal during visit.

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times ADD ERRORS TO HOME WORK sheet

2) Ask client to do one nice thing for themselves this week...i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it Homework

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Visit #14

Last week we learned.....

It is important to practice positive thinking as much as possible to teach yourself a new way of thinking about the world. We are going do that now!!
What is self talk?
Everyone has thoughts about what they see, hear, touch and feel.
You then decide if these things are good or bad, safe or dangerous,
pleasure or painful.
What you think and feel about things is your very own. How you
think about things comes from the thought that happen in your
mind.
Your thoughts may come into your mind as ideas, words,
sentences, or pictures. This is called "Self-Talk".

• NOTE: explain self talk.....i.e. we tell ourselves
the steps needed to complete a task i.e. making
supper....what do I want to eat.....what will I
cook.
• Getting the paper...what time is it....I need to get
my coat on....i need my house key....
• Have client give examples of self talk they use

Painful thoughts, the thinking error and
how to challenge it  DO IN SESSION

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<tr>
<th>Action</th>
<th>Thought</th>
<th>Feeling</th>
<th>Error</th>
<th>Challenge the Error ...or thought</th>
<th>TOOL</th>
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Therapist Note

Homework this week: Staff to complete thought journal during visit

Goal: Identify Actions=thoughts=feelings that occurred this week that were PAINFUL thoughts and identify which thinking error client is showing and help them challenge it with alternative thinking.

1) Walk through each day of week with them to look for times they were upset and thoughts they had during these times. ADD ERRORS TO HOME WORK sheet

2) Ask client to do one nice thing for themselves this week...i.e. listen to music for 10 min (outside of time with team).

Painful thoughts, the thinking error and how to challenge it Homework

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Visit #15

Last week we learned.....

For the past few weeks you have been working really hard at challenging your painful thoughts. Today lets see if you are feeling any different about them.
Therapist Note

Assess if any sessions need to be repeated. If not proceed with Learning to Chill Out (relaxation)

Visit #16

- Let's learn how to chill out and relax!

We have spent a lot of time learning how to take care of our self by changing our painful thoughts into more positive thoughts. Another way we can take care of our self is by learning how to relax our bodies and our minds.
How Do You Relax Your Body Now?

Here’s a Tool You Can Use to Relax Your Body

Deep breathing

Why Learn Deep Breathing?

Sometimes when we worry our bodies can respond by taking short shallow breaths. When we breath in this way we can make our bodies feel worse. A simple solution to this is to take long deep breaths. This helps our bodies slow down and calm down.

Therapist note: Have client complete steps 1-4 on page 58 in Thoughts and Feelings Workbook. Modify Step 1 and have client sitting up. Therapist to model and complete with client.
Therapist Note
Homework this week-Staff to complete deep breathing exercise with client during visit. BST make sure staff have a copy of Steps 1-4 (modified to sitting position) and have client complete for 10 minutes in your presence.

Visit # 17
• Lets keep learning how to chill out and relax!

We have spent a lot of time learning how to take care of our self by changing our painful thoughts into more positive thoughts. Another way we can take care of our self is by learning how to relax our bodies and our minds.

Home Work Review
You used deep breathing to help you relax your body. Let’s practice that now for 10 min Steps 1-4 (modified to sitting position) and have client complete for 10 minutes in your presence.
How Do You Relax Your Mind Now?

Here’s a Tool You Can Use to Relax Your Mind

How Can Music Help?

Sometimes when we worry our minds and thoughts can become fast and jump around all over the place! In addition to using your thinking skills we have learned Another solution is to relax your mind with music that makes you feel good. Music can help your thoughts slow down and focus on the words or sounds of the song.
What's Your Beat?

List songs, artists or types of music that you enjoy. Think about: What makes you feel happy? What makes you feel safe and secure? What makes you feel calm?

________________________________________

________________________________________

________________________________________

Therapist Note: Play Music during visit and have client describe how they feel. Bring CD with song "You Are My Sunshine".

Therapist Note

Homework this week: Staff to ask client to listen to CD of happy/calm songs for at least 10 minutes each day.

Visit #18

Wrapping it all Up!! (30-45 minutes)

• Give client certificate of completion
• Complete Depression and Anxiety Quizzes
• Complete Feedback Form for Improving Course
• Schedule 6 week follow-up with client to assess mastery and complete quizzes again