The Coping With Stress Course

ADOLESCENT WORKBOOK

For the TEAMS and POD study, 2003-2005

Revision of June 15, 2009 – based on text of Sept 27 2004
Road Map of this Course

Session 1
Get-acquainted activity, stress and depression, personal goals, measuring your mood, sharing activity

Session 2
Guidelines for this group, identifying negative thoughts, sharing activity

Session 3
Identifying situations that make you feel sad or stressed, increasing positive thinking, sharing activity

Session 4
Practice identifying unrealistic thoughts, changing these to realistic thoughts, sharing activity

Session 5
Unrealistic thoughts about someone else may really be about yourself, sharing exercise

Session 6
A-B-C practice or sources of unrealistic beliefs, problem solving, sharing activity

Session 7
Interrupting unrealistic thoughts, using these skills in your life, prompts or reminders, sharing activity

Session 8
Emergency planning, maintaining your gains, questionnaires, sharing activity

Start of Monthly Meetings
I. GET-ACQUAINTED ACTIVITY
In this section we’ll introduce each other, and get to know the people you’ll be meeting with other the next few months.

II. WHAT IS STRESS?
We’ll review stressful situations, how they make you feel, and what stress can lead to if it isn’t dealt with.

III. WHAT IS DEPRESSION?
One of the most common effects of long-term stress can be depression. We’ll review how everyday depression is different from serious depression, and possible causes for depression. We’ll also introduce the Depression Spiral and a triangle figure showing how your mood and feelings are related to what you think and what you do.

IV. PERSONAL GOALS
What are your personal goals for this group?

V. MOOD DIARY
You’ll learn how to keep track of your mood every day, in order to better understand what helps you feel better, and what leads to stress and/or sadness.

VI. PRACTICE ASSIGNMENT
Each session will involve some practice of the new skills at home, between group meetings.

V. SHARING ACTIVITY
Your therapist will share something about him or herself (a skill, hobby, talent, or interest). Each session, a different group member will do the same thing. This will help everyone get to know one another better, as well as learn what is important for each of us.

Session 1 Agenda & Summary
### Page 1.1: MOOD DIARY

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Use the mood rating scale below. Enter your daily mood in the boxes above. Circle and connect the appropriate numbers to see how your mood is changing over time.

<table>
<thead>
<tr>
<th>Worst Mood</th>
<th>Normal Mood</th>
<th>Best Mood</th>
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Worst Mood Example: ___________________________ Best Mood Example: ___________________________
Use the mood rating scale below. Enter your daily mood in the boxes above. Circle and connect the appropriate numbers to see how your mood is changing over time.

**Worst Mood**  
1 - 2 - 3 - 4 - 5 - 6 - 7  

**Best Mood**  

Worst Mood Example:  
Best Mood Example:
Questions for Interviewing Your Partner:

1. Where are you from?

2. What are your hobbies? What do you like to do for fun in your spare time?

3. What do you do well? What are you good at?

4. Who are the important people in your life? Parents, sisters, brothers, friends, pets?

5. What’s your favorite music? Books? Movies?
Signs of Serious Depression

1. Sadness or irritability lasts more than two weeks (and typically longer)
2. Sadness or irritability is the most common feeling, most days
3. Changes in sleep, eating and energy level about the same time, usually too much or too little of each of these
**CLINICAL DEPRESSION**

**Downward Spiral**
- Normal Mood
  - Does fewer fun things
  - Think s “No one likes me”
  - Stops caring about appearance

- Moody
  - Poor grades
  - Feels sad
  - Feels worse
  - Avoids friends
  - Cries all the time
  - Thinks of harming self

**CLINICAL DEPRESSION**

**Positive Spiral**
- Normal Mood
  - Almost no depression
  - Thinks “Maybe I can be happy?”
  - Laughs for first time in months
  - Gets out of bed

- Begins working again
  - Invites friends over for dinner
  - Enjoys a movie
  - Feels less sad
  - Takes a call from a friend
  - Gets out of bed

**We work on both Feelings and Actions in the later monthly meetings**

**We work on this part in the first 8 sessions**

**Each part affects the others**

**Feelings, Emotions**

**Actions, Behavior**

**Thinking**

**We work on both Feelings and Actions in the later monthly meetings**

**Each part affects the others**

**Feelings, Emotions**

**Actions, Behavior**

**Thinking**
Practice Assignment: Session 1

Your assignment for this session is to do the following:

1. Keep track of how you feel by filling out your Mood Diary (page 1.1).

2. Also, remember to write down any stressful situations that happened that day that seemed to “trigger” a worsening or improving of your mood.
Session 2 Agenda & Summary

I. REVIEW
We’ll review topics we discussed in Session 1, and the associated home practice.

II. GUIDELINES FOR THIS GROUP
We’ll review rules that we'd like everyone to follow in this group, so the group runs smoothly, and we can help each other out. If the group has other rules that everyone agrees on, we’ll add those to the list, too.

II. IDENTIFYING NEGATIVE THOUGHTS
Our main approach to controlling stress and sadness is to examine our beliefs and thoughts. Sometimes, we may “make things worse in our own head” by thinking really negatively and unrealistically. Together, we will learn skills for challenging unrealistic thoughts and forming realistic beliefs. Before we can test the accuracy of our thoughts and beliefs, we must first become aware of them. We’ll identify both positive and negative thoughts each of us has about ourselves and our life situation.

III. FEELINGS ABOUT THE GROUP
All group members will be asked to complete a questionnaire about how they feel about the other group members and the therapist. All of your answers are confidential!

IV. MOOD QUESTIONNAIRE
You’ll be asked to complete a questionnaire about how you feel. This is similar to one you’ve already filled out at your in-person interview. All of your answers are confidential!

V. PRACTICE ASSIGNMENT
You’ll review your home practice for the next week. This includes keeping track of negative thoughts happening in the next week.

VI. SHARING ACTIVITY
One of the group members will share something personally interesting – a hobby, musical or artistic talents, or something else interesting to them.
GUIDELINES FOR THIS GROUP

The following are some rules that we'd like everyone to follow in this group so we can help each other:

1. **FOCUS ON POSITIVE.** Use the group for support, but focus on positive changes you want to make. Try not to use the group as a place to complain about how many bad things may be going on.

2. **ALLOW EACH PERSON TO HAVE EQUAL TIME.** Each of you should have an equal opportunity to share ideas, ask questions, and discuss any difficulties you have in using the techniques.

3. **THE PERSONAL THINGS WE TALK ABOUT IN CLASS SHOULD NOT BE SHARED OUTSIDE THIS GROUP.**
   a. Any information discussed in your interviews will remain confidential and will not be shared with the group.
   b. Everyone is expected to honor the confidentiality rule by not discussing personal material from their group sessions with people who aren't part of the group. Of course, there is always the possibility that someone will break this rule; if any of you has concerns about confidentiality, please talk to the group leader about it.

4. Running the group smoothly:
   a. Friends cannot attend group.
   b. Arrive no earlier than 30 minutes before group begins.
   c. Arrange to be picked up soon after the group ends.
   d. Please turn off your cell phone during the group.

5. Other rules? If everyone agrees on other proposed rules, write them here:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
1. What is the first step in examining your thoughts?

2. People seem happiest when they have at least ___ realistic/positive thoughts for every negative one.
EXAMPLES OF COMMON NEGATIVE THOUGHTS

check the ones that you’ve had in the past month

___ I'm confused.
___ There is no love in the world.
___ I am wasting my life.
___ I'm scared.
___ Nobody loves me.
___ I'll end up living all alone.
___ People don't consider friendship important anymore.
___ I don't have any patience.
___ What's the use?
___ That was a dumb thing for me to do (or say).
___ I'll probably have to be placed in a mental institution some day.
___ Anybody who thinks I'm nice doesn't know the real me.
___ Life has no meaning.
___ I'm ugly.
___ I can't express my feelings.
___ I'll never find what I really want.
___ I'm not capable of loving anyone.
___ I am worthless.
___ It's all my fault.
___ Why do so many bad things happen to me?
___ I can't think of anything that would be fun.
___ I don't have what it takes to be successful.
___ I'll never get over this depression.
EXAMPLES OF COMMON NEGATIVE THOUGHTS (continued)

check the ones that you’ve had in the past month

___ Things are so messed up that doing anything about them is useless.
___ I don't have enough willpower.
___ Why should I even bother getting up in the morning?
___ I wish I had never been born.
___ I wonder if they are talking about me.
___ Things are just going to get worse and worse.
___ I have a bad temper.
___ No matter how hard I try, people aren't satisfied.
___ Life is unfair.
___ I'll never make any good friends.
___ I'm afraid to imagine what my life will be like in ten years.
___ There is something wrong with me.
___ I am selfish.
___ My memory is lousy.
___ I am not as good as ________________________.
___ I get my feelings hurt easily.
___ I can’t do anything right.
___ I will never have a boyfriend/girlfriend.
___ Things will never work out for me.
___ My life is a mess.

___ ____________________________________________
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EXAMPLES OF POSITIVE THOUGHTS

check the ones that you’ve had in the past month

___ Life is interesting.
___ I really feel great.
___ I'm having fun.
___ I have great hopes for the future.
___ I think I can do a good job at this.
___ I have good self-control.
___ I have enough time to accomplish the things I want to do in life.
___ I like people.
___ People like me.
___ I have a good sense of humor.
___ There are some things that I'm very good at.
___ I'm pretty lucky.
___ I deserve to have good things happen.
___ I have some very good friends.
___ I can learn new skills to gain control of my mood.
___ I can find a solution to most of the problems that come up.
___ Other people think that I'm fun to be with.
___ I'm a good listener.
___ I'm OK the way I am.
___ Even if things don't always go my way, I'll live through it.
___ I have some skills (sports, reading, art, etc.) that I'm good at.
___ I'm doing all right.
___ Even if it's a rainy day, I can keep myself busy.
___ I often receive compliments for doing something well.
___ I know how to deal with problems.
___ I’m optimistic about overcoming depression.
EXAMPLES OF COMMON POSITIVE THOUGHTS (continued)

check the ones that you’ve had in the past month

____ I’m a nice person.
____ My friends care about me.
____ My family cares about me.
____ I’m attractive.
____ People can count on me because I’m reliable.
____ I’m a good friend.
____ I think my life will turn out OK.
____ I’m a generous person.
____ I make friends easily.
____ I care about people and the world.
____ I have a good memory.
____ I can learn to have control over my thoughts and actions.
____ I know how to make my friends laugh.
____ People value my opinion.
____ I’m as good as ___________________ (another person).
____ Even if things are bad, I know how to take care of myself.
____ Good things can happen, if you work at them.

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THOUGHTS AND ACTIVATING EVENTS

1. Do you have more negative thoughts or positive thoughts?

   Total number of positive thoughts = _______ (page 2.5 + 2.6)
   Total number of negative thoughts = _______ (pages 2.3 + 2.4)
## NEGATIVE THOUGHTS BASELINE

Starting Date: _____________________________

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<thead>
<tr>
<th>Day</th>
<th>Activating Event</th>
<th>Negative Thought</th>
<th># of times I caught myself</th>
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NEGATIVE THOUGHTS BASELINE

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Practice Assignment: Session 2

Your assignment for this session is to do the following:

1. Continue to fill out your Mood Diary on page 1.1

2. Keep track of your negative thoughts, using pages 2.8 and 2.9
   Write down your worst negative thought for the day. Try using the 3" x 5" card to take notes right after the thought occurs, then transfer the notes to page 2.8

3. Please REMEMBER TO BRING YOUR WORKBOOK TO EVERY SESSION!
Session 3 Agenda & Summary

I. REVIEW
   We’ll review topics we discussed in Session 2, and the home practice.

II. IDENTIFYING ACTIVATING EVENTS
   When you discover that you are thinking negatively, you will also need to figure out what situation or event triggered the negative thoughts. We call these situations ACTIVATING EVENTS, because they “activate” or trigger the negative thoughts. We’ll spend time trying to identify the most important activating events for each group member.

III. INCREASING POSITIVE THINKING
   It's good practice to think realistic and positive thoughts about others and about ourselves. In this exercise, each group member will come up with 1 or 2 positive statements about the other group members, and share these. You’ll take these statements home so you can read them again later.

IV. PERSONAL GOALS, REVISITED
   We’ll check in with each group member: what personal goals do you have for this group?

V. PRACTICE ASSIGNMENT
   You’ll review your home practice for the next week. This includes keeping track of your daily mood, and your negative thoughts happening in the next week.

VI. SHARING ACTIVITY
   One of the group members will share something personally interesting – a hobby, musical or artistic talents, or something else interesting to them.
1. What is the Activating Event? ________________________________

(The Activating Event is what happens before the negative thought.)

2. Circle the negative thought(s) in the following cartoon.

---

Bloom County: © 1987, Washington Post Writers Group. All rights reserved. Reprinted by permission.
IDENTIFYING ACTIVATING EVENTS

Circle the negative thought in the following cartoon.

What is the Activating Event? ____________________________________________

Garfield: © 1986, United Feature Syndicate, Inc. All rights reserved. Reprinted by permission of UFS, Inc.
**Practice Assignment: Session 3**

Your assignment for this session is to do the following:

1. Continue to fill out your Mood Diary on page 1.1.

2. Keep track of your negative thoughts, using pages 2.8 and 2.9. Write down your worst negative thought for the day, and the related Activating Event. Try using the 3” x 5” card to take notes right after the thought occurs, then transfer the notes to pages 2.8 and 2.9.

---

**Success Activity**

1. Write down at least one of the worst negative thoughts you have had today on pages 2.8 or 2.9, plus the related activating event.

2. Fill out your Mood Diary for today.
Session 4 Agenda & Summary

I. REVIEW
We’ll review topics we discussed last session, and the home practice.

II. PRACTICE IDENTIFYING UNREALISTIC THOUGHTS
We’ll spend time looking for unrealistic thinking in example cartoons, and in our real lives. We’ll talk about exaggerations: noticing one wrong thing and then believing that EVERYTHING is wrong. We’ll also practice uncovering the WHOLE belief, or UNDERLYING belief. It often requires more “digging” and thinking about the underlying MEANING of your thoughts.

III. CHANGING UNREALISTIC THINKING to REALISTIC THINKING
Once you have identified unrealistic automatic thoughts and the underlying beliefs, you now can begin to examine their accuracy and come up with more realistic alternatives, or counterthoughts. The basic approach is to EXAMINE YOUR OWN THOUGHTS—and put them to a sort of test. Instead of blindly accepting that all your thoughts are true, you “check-out” just HOW TRUE your thoughts really are—examine the evidence. If they aren't true, or possibly aren’t true ALL THE TIME, then they may be unrealistic. We have a list of 6 Helpful Questions to ask (see page 4.3) to uncover whether a belief is realistic or unrealistic.

We’ll then practice coming up with more realistic alternative thoughts and beliefs to challenge the unrealistic thoughts that lead us to feel sad, irritable, angry or tense. Your workbook refers to them as Counterthoughts.

IV. PRACTICE ASSIGNMENT
You’ll review your home practice for the next week. This includes keeping track of your daily mood, and your negative thoughts happening in the next week. Use the 6 Helpful Questions to test whether the beliefs are realistic or unrealistic.

V. SHARING ACTIVITY
One of the group members will share something personally interesting – a hobby, musical or artistic talents, or something else interesting to them.
VI. Page 4.1

The Garfield cartoon below contains an example of common negative beliefs involving **EXAGGERATIONS** (when one thing is wrong, everything is wrong). Write the negative belief. For example, “My stomach is big, so I’m a totally disgusting person.”

---

**Garfield**

**Jim Davis**

---

Garfield: © 1986, United Feature Syndicate, Inc. All rights reserved. Reprinted by permission of UFS, Inc.

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<tr>
<th>Activating Event</th>
<th>Beliefs</th>
<th>Consequences</th>
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<td>Depression, fear, other bad feelings</td>
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<td>Positive Counterthoughts</td>
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<td>Good Feelings</td>
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The Cathy cartoon below contains an example of unrealistic beliefs involving \textit{EXPECTATIONS} (I expect someone else to do something - it's just awful if they don't). Write the specific unrealistic belief.

CATHY

\begin{verbatim}
I CAN'T BELIEVE IT.

HOW CAN HE THINK LIKE THAT?
HOW CAN ANYONE THINK LIKE THAT??

HOW CAN THE HUMAN BRAIN EVEN WORK LIKE THAT??

HOW CAN THE THOUGHT PROCESS REQUIRED TO THOUGHT SIMPLE FACTS LIKE THAT EVEN OCCUR WITHIN THE ANIMAL SPECIES??

HOW DOES THE MIND HAVE THE NERVE TO KEEP CREATING ITS OWN BIZARRE VERSION OF THE UNIVERSE??

AND HOW CAN HE SIT THERE AND CALMLY EXPLAIN THAT HE'S THE NORMAL ONE??!

AFTER ALL THIS TIME, HE STILL FASCINATES ME.
\end{verbatim}

Cathy: © 1987, Universal Press Syndicate, Inc. All rights reserved. Reprinted by permission.

\begin{tikzpicture}

\node (a) {Activating Event};
\node (b) [right of=a] {Beliefs};
\node (c) [right of=b] {Consequences};
\node (d) [below of=b] {Positive Counterthoughts};

\draw[-latex] (a) -- (b);
\draw[-latex] (b) -- (c);
\draw[-latex] (b) -- (d);
\draw[-latex] (d) -- (c);

\node at (b) {Depression, fear, other bad feelings};
\node at (d) {Good Feelings};
\end{tikzpicture}
SIX HELPFUL QUESTIONS

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?

2. Are there other possible interpretations of, or explanations for, this situation?

3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?

4. What are the odds? How likely is it that this (awful thing I'm anticipating) will really happen?

5. What would happen if I didn’t believe this anymore? What would change?

6. How useful is it for me to think this? Is this getting me what I want?
Write a more realistic thought for each of the unrealistic, negative thoughts below.

1. “All the important people in my life (especially my parents and/or my friends) must always approve of what I do.”

2. “I have to be popular or smart (the smartest) all the time in everything I do in order to feel like I'm worth something.”

3. “People (including me) who do even one thing that I disapprove of should feel guilty, and should be punished severely.”

4. “My unhappiness is someone else's fault. I can't help feeling the way I do.”

5. “It's terrible when things aren't the way I'd like them to be.”

6. “When something seems dangerous or something could go wrong, I must constantly worry about it.”

7. “There must be a perfect solution to human problems (including mine). I can't settle for less than the perfect solution.”
Practice Assignment: Session 4

1. Continue to keep track of negative thoughts and activating events, using pages 4.6 and 4.7. If you can, try creating a realistic, positive counterthought for each one and write it in the right-hand column.

2. Continue to fill out your Mood Diary on page 1.1.

Success Activity

1. Write down at least one of the worst negative thoughts you have had today on page 4.6. Describe the situation or Activating event that made you think this way. Then try to think of some realistic counterthoughts and write this in the right column on page 4.6.

2. Fill out your Mood Diary for today.
Starting Date: __________________________

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<th>Activating Event</th>
<th>Negative Belief</th>
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Session 5 Agenda & Summary

I. REVIEW
We’ll review topics we discussed last session, and the home practice.

II. DISCOVERING UNDERLYING NEGATIVE BELIEFS
It’s often easier to recognize unrealistic thinking when we can identify the whole thought. The whole thought is called the BELIEF. These are the beliefs that are below the surface (like the tip of the iceberg, or the inner layer of an onion). In this section we will practice finding the whole belief that is behind the immediate thought that occurs to us.

III. IS IT REALLY ABOUT ME?
Sometimes when we react to a particular Activating event, we have a negative thought that involves someone or something else, but not ourselves. If nonpersonal thoughts make us feel down, they may be PERSONAL THOUGHTS IN DISGUISE – personal beliefs underlying the nonpersonal thoughts. In this section we’re going to look at nonpersonal negative thoughts to see why they might make us feel negative or down.

IV. PRACTICE ASSIGNMENT
Continue to record your negative thoughts, activating events, and realistic, positive counterthoughts.

V. SHARING EXERCISE
One of the group members will share something personally interesting – a hobby, musical or artistic talents, or something else interesting to them.
The Cathy cartoon below contains an example of a common negative belief. Write the negative belief (the whole thought). Then write a realistic counterthought.

**CATHY**

**Activating Event**  
**Beliefs**  
(automatic thought)  
**Consequences**

**Ask yourself the 6 Helpful Questions:**

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I'm anticipating) will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic thought?  
**No**  
**Yes**

**Positive Counterthoughts**
The Garfield cartoon below contains an example of an unrealistic belief involving **JUMPING TO CONCLUSIONS**. The conclusion here has to do with being popular and liked.

**GARFIELD**

![Cartoon Image]

Garfield: © 1986, United Feature Syndicate, Inc. All rights reserved. Reprinted by permission of UFS, Inc.

**Activating Event**

**Beliefs**

(automatic thought)

(underlying belief)

**Consequences**

---

**Ask yourself the 6 Helpful Questions:**

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I’m anticipating) will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

---

**Is this an unrealistic thought?**

- No
- Yes

---

**Positive Counterthoughts**
The Spiderman cartoon below contains another example of an unrealistic belief involving **JUMPING TO CONCLUSIONS**. See if you can find the unrealistic belief and replace it with a more realistic, positive counterthought.

**THE AMAZING Spiderman**

![Spiderman cartoon image](image)

The Amazing Spiderman: TM & © 1986, Marvel Entertainment Group, Inc. All rights reserved. Reprinted by permission.

---

**Activating Event**

**Beliefs**

(automatic thought)

(underlying belief)

**Consequences**

---

**Ask yourself the 6 Helpful Questions:**

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I'm anticipating) will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

---

**Is this an unrealistic thought?**

No

Yes

**Positive Counterthoughts**
Dear Realistic Thinker:

I don't know what to do. I just started high school and nobody likes me. Everybody except me seems to have friends already. One girl from my old school is in my math class, and she sat next to me and tried to be friendly, but she seems kind of boring and I remember at my old school she hung out with the geeks. I’m afraid if I talk to her people will think I’m a geek.

This Friday is a freshman party but I can't go because I told my mother I’d babysit my little brother. If I don’t go to the party I’ll never meet anyone. My mother thinks I should meet people by joining the soccer team but her ideas are never any good, so I’m definitely not doing that.

Do you think I’ll ever have friends here? What should I do?

Frustrated and Lonely
Dear Realistic Thinker:

I don't know what to do. My mother won't stop nagging me about my grades. I'm getting B's and a few C's, which is fine, but I think my mom expects me to get all A's. When I get home from school, all I feel like doing is hanging out in my room listening to music, but my mom follows me around the house bugging me about homework, homework, homework!!

Now she's really gone too far. We had a big fight about grades and she said I can't go to the movies all month unless I get an A on the history test tomorrow. It seems like there's nothing I can do, I'll never get an A!

Why do so many bad things always happen to me?
The Calvin & Hobbes cartoon below contains a *DISGUISED PERSONAL BELIEF*. See if you can identify it and replace it with a more realistic positive counterthought.

**Ask yourself the 6 Helpful Questions:**

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I’m anticipating) will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic thought?

- No
- Yes

**Positive Counterthoughts**
A-B-C Form

Step 1: It is often helpful to start here

Step 2: Fill this in after writing down your feelings (box C)

A — The Situation (Activating Event)

B — Your Thoughts (Beliefs)

1.

2.

3.

C — Your Feelings (Emotional Consequence)

X.

Y.

Z.

- Are there other ways (interpretations or explanations) to think about this situation?

- What is the EVIDENCE for and against my beliefs? Am I exaggerating?

  Evidence FOR

  Evidence AGAINST

- Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?

- How likely is it that this (awful thing I’m anticipating) will really happen?

- What would happen if I didn’t believe this anymore? What would change?

- How useful is it for me to think this? Is this getting me what I want?

- What is a PLAN OF ATTACK that I can use to help with this situation?

Write any POSITIVE COUNTERTHOUGHTS Here:
### A-B-C Form

<table>
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<td>X.</td>
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<td>Y.</td>
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<tr>
<td>Step 1: It is often helpful to start here</td>
<td>3.</td>
<td>Z.</td>
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- **Are there other ways (interpretations or explanations) to think about this situation?**

- **What is the EVIDENCE for and against my beliefs? Am I exaggerating?**
  - Evidence FOR
  - Evidence AGAINST

- **Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?**

- **How likely is it that this (awful thing I'm anticipating) will really happen?**

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- **What is a PLAN OF ATTACK that I can use to help with this situation?**

**Write any POSITIVE COUNTERTHOUGHTS Here:**
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7. What is a PLAN OF ATTACK that I can use to help with this situation?

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Write any POSITIVE COUNTERTHOUGHTS Here:
A-B-C Form

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Write any POSITIVE COUNTERTHOUGHTS Here:
### A-B-C Form

**Step 1**: It is often helpful to start here

- **A** – The Situation
  (Activating Event)

- **B** – Your Thoughts
  (Beliefs)
  1.  
  2.  
  3.  

- **C** – Your Feelings
  (Emotional Consequence)
  X.  
  Y.  
  Z.  

**Step 2**: Fill this in after writing down your feelings (box C)

**Step 3**: Finally, try and list all the thoughts, self-talk and beliefs you were having in this situation

- Are there other ways (interpretations or explanations) to think about this situation?

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  **Evidence AGAINST**

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**Step 2:** Fill this in after writing down your feelings (box C)

**Step 3:** Finally, try and list all the thoughts, self-talk and beliefs you were having in this situation

- **Are there other ways (interpretations or explanations) to think about this situation?**

- **What is the EVIDENCE for and against my beliefs? Am I exaggerating?**
  
  Evidence FOR
  
  Evidence AGAINST

- **Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?**

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- **What would happen if I didn’t believe this anymore? What would change?**

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- **What is a PLAN OF ATTACK that I can use to help with this situation?**

**Write any POSITIVE COUNTERTHOUGHTS Here:**
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1. **Are there other ways (interpretations or explanations) to think about this situation?**

2. **What is the EVIDENCE for and against my beliefs? Am I exaggerating?**
   - Evidence FOR
   - Evidence AGAINST

3. **Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?**

4. **How likely is it that this (awful thing I’m anticipating) will really happen?**

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7. **What is a PLAN OF ATTACK that I can use to help with this situation?**

8. **Write any POSITIVE COUNTERTHOUGHTS Here:**
**A-B-C Form**

A - The Situation (Activating Event)

B - Your Thoughts (Beliefs)

1.

2.

3.

C - Your Feelings (Emotional Consequence)

X.

Y.

Z.

Step 1: It is often helpful to start here

Step 2: Fill this in after writing down your feelings (Box C)

Step 3: Finally, try and list all the thoughts, self-talk and beliefs you were having in this situation

- Are there other ways (interpretations or explanations) to think about this situation?

- What is the EVIDENCE for and against my beliefs? Am I exaggerating?

  Evidence FOR

  Evidence AGAINST

- Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?

- How likely is it that this (awful thing I’m anticipating) will really happen?

- What would happen if I didn’t believe this anymore? What would change?

- How useful is it for me to think this? Is this getting me what I want?

- What is a PLAN OF ATTACK that I can use to help with this situation?

Write any POSITIVE COUNTERTHOUGHTS Here:
Practice Assignment: Session 5

1. Continue to use the tracking forms 4.6 and 4.7 to record negative thoughts, activating events, and realistic, positive counterthoughts.

2. Optional: if you want you can use the A-B-C forms on pages 5.7 through 5.14 to help write out your beliefs and counterthoughts.

3. Continue to fill out your Mood Diary on page 1.1.

Success Activity

1. Pick one negative thought on page 4.6 or page 4.7 and come up with a realistic counterthought.

2. Fill out your Mood Diary for today.
Session 6 Agenda & Summary

I. REVIEW
We’ll review topics we discussed last session, and the home practice.

II. MORE A-B-C PRACTICE or SOURCES OF BELIEFS
In this section the group will either:
   a. Practice using the A-B-C method to identify and test unrealistic thoughts, and create counterthoughts, or
   b. Identify the sources of unrealistic beliefs: from TV, radio, movies, friends, parents, and other places. Does this make it harder to challenge unrealistic beliefs when many other important people in your life believe the same thing? Which approaches work best when trying to change to a new, more realistic way of thinking that is different from the beliefs of people around you?

III. USING PROBLEM SOLVING TO COPE WITH ACTIVATING EVENTS
Sometimes our reaction and beliefs about a problem situation are realistic. We aren’t making things any worse by how we think about them. In these situations, it can be helpful to use problem solving skills to try to change out circumstances. We’ll practice the three problem solving steps:

1. Brainstorm. Think of as many solutions as you can, even silly ones.
2. Pros and cons. Evaluate which solution is the “best.” Make a list of the advantages and disadvantages of each solution.
3. Try and try again. Try it out and decide if it worked. If not, go back to brainstorming.

IV. PRACTICE ASSIGNMENT
You’ll review your home practice for the next week. This includes keeping track of your daily mood, and your negative thoughts happening in the next week.

V. SHARING ACTIVITY
One of the group members will share something personally interesting – a hobby, musical or artistic talents, or something else interesting to them.
Use the A-B-C method to analyze one of Garfield's feeling reactions in the cartoon below.

**Activating Event**

**Beliefs**

(automatic thought)

(underlying belief)

**Consequences**

Amusement at Odie’s expense, making fun of him
Use the A-B-C method to analyze Garfield's second feeling reaction in the cartoon below.

**Activating Event**

**Beliefs**

- (automatic thought)
- (underlying belief)

**Consequences**

Embarrassed, humiliated about his own appearance

Garfield: © 1987, United Feature Syndicate, Inc. All rights reserved. Reprinted by permission of UFS, Inc.
Step 1: It is often helpful to start here

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Step 2: fill this in after writing down your feelings (box C)

Step 3: Finally, try and list all the thoughts, self-talk and beliefs you were having in this situation

- Are there other ways (interpretations or explanations) to think about this situation?

- What is the EVIDENCE for and against my beliefs? Am I exaggerating?
  - Evidence FOR
  - Evidence AGAINST

- Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?

- How likely is it that this (awful thing I'm anticipating) will really happen?

- What would happen if I didn't believe this anymore? What would change?

- How useful is it for me to think this? Is this getting me what I want?

- What is a PLAN OF ATTACK that I can use to help with this situation?

Write any POSITIVE COUNTERTHOUGHTS Here:
## A-B-C Form

**Step 1:** It is often helpful to start here

**A — The Situation**

*(Activating Event)*

**B — Your Thoughts**

*(Beliefs)*

1. 
2. 
3. 

**C — Your Feelings**

*(Emotional Consequence)*

X. 
Y. 
Z. 

---

- **Are there other ways (interpretations or explanations) to think about this situation?**

---

- **What is the EVIDENCE for and against my beliefs? Am I exaggerating?**

  **Evidence FOR**

  **Evidence AGAINST**

---

- **Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?**

---

- **How likely is it that this (awful thing I’m anticipating) will really happen?**

---

- **What would happen if I didn’t believe this anymore? What would change?**

---

- **How useful is it for me to think this? Is this getting me what I want?**

---

- **What is a PLAN OF ATTACK that I can use to help with this situation?**

---

**Write any POSITIVE COUNTERTHOUGHTS Here:**
1. Name four ways to deal with activating events.
   a. 
   b. 
   c. 
   d. 

2. What do you think of the way the characters in the Shoe cartoon below deal with the activating events? Are there any other ways of dealing with this situation that you would recommend?

![Shoe Cartoon](Shoe_Cartoon.jpg)

Shoe: © 1987, Tribune Media Services. All rights reserved. Reprinted by permission: Tribune Media Services.
Four ways of Dealing with Stressful Situations:

1. **Don't respond, or change the way you respond** to the Activating Event
2. **Predict and prevent** the Activating Event.
3. **Change** the Activating Event.
4. **Accept** both the Activating Event and the Consequence (emotions)

What course(s) of action would you suggest in the following situations?

**EXAMPLE 1.** You find that you have many put-down thoughts about yourself when you are around Joe, who is perfect; he's good looking, popular, and girls are always standing all around him.

Recommended course of action _____________________________________________
_______________________________________________________________________

**EXAMPLE 2.** You find that you often have put-down thoughts about yourself when you are alone. When you are busy, you don't seem to have many negative thoughts about yourself.

Recommended course of action _____________________________________________
_______________________________________________________________________

**EXAMPLE 3.** You feel anxious and upset every time you're around Christy. She always tells you that the clothes you're wearing are out of fashion, or makes suggestions for improving your appearance. She also thinks of herself as your best friend.

Recommended course of action _____________________________________________
_______________________________________________________________________

**EXAMPLE 4.** You're usually upset when your boyfriend or girlfriend spends time with (or gives attention to) other people.

Recommended course of action _____________________________________________
_______________________________________________________________________
Personal situation

A-B-C Form

Activating Event → Beliefs (automatic thought) → Consequences

(underlying belief)

Ask yourself the 6 Helpful Questions

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I'm anticipating) will really happen?
5. What would happen if I didn't believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic belief?

No  Yes

Problem solve and choose a Course of Action

1. Don't respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

Positive Counterthoughts

Better Feelings
Practice Assignment: Session 6

1. Try to meet your session goal, which is to analyze a personal situation by using the A-B-C method and filling out a thought diagram once each day (there are seven copies of the thought diagram in your workbook on pages 6.9 through 6.15).

2. Continue to fill out your Mood Diary (page 1.1).

3. Next session we’ll talk about prompts, or reminders, to help us remember to use the A-B-C techniques in everyday life. For some people this might be how they feel, or how other people are reacting to them, or certain reminders like songs. For your practice, please think about what might be good reminders for you. We’ll ask you to share these next session.

Success Activity

1. Fill out your Mood Diary for today.

2. If time permits, fill out page 6.9 with a personal A-B-C situation.
A-B-C Form

Activating Event → Beliefs → Consequences

(automatic thought) → (underlying belief)

Ask yourself the 6 Helpful Questions
1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
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5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic belief?

No → Problem solve and choose a Course of Action

1. Don't respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

Yes → Positive Counterthoughts

Better Feelings
**A-B-C Form**

- **Activating Event**
- **Beliefs**
  - (automatic thought)
  - (underlying belief)
- **Consequences**

**Ask yourself the 6 Helpful Questions**

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
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5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

**Is this an unrealistic belief?**

- **No**
- **Yes**

**Problem solve and choose a Course of Action**

1. Don’t respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

**Positive Counterthoughts**

Better Feelings
A-B-C Form

Activating Event → Beliefs (automatic thought) → Consequences

(automatic thought)
(underlying belief)

Ask yourself the 6 Helpful Questions
1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
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Is this an unrealistic belief?

No

Problem solve and choose a Course of Action

1. Don’t respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

Yes

Positive Counterthoughts

Better Feelings
A-B-C Form

Activating Event → Beliefs (automatic thought) → Consequences

(underlying belief)

Ask yourself the 6 Helpful Questions
1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I’m anticipating) will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic belief?

No → Problem solve and choose a Course of Action

1. Don't respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

Yes → Positive Counterthoughts

Better Feelings
### A-B-C Form

**Activating Event** → **Beliefs** (automatic thought) → **Consequences** (underlying belief)

---

#### Ask yourself the 6 Helpful Questions

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I'm anticipating) will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

---

**Is this an unrealistic belief?**

- **No**
- **Yes**

---

#### Problem solve and choose a Course of Action

1. **Don't respond, or change the way you respond** to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

---

#### Positive Counterthoughts

**Better Feelings**
Personal situation

A-B-C Form

Activating Event → Beliefs (automatic thought) → Consequences

(underlying belief)

Ask yourself the 6 Helpful Questions
1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
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6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic belief?

No → Problem solve and choose a Course of Action

1. Don't respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

Yes → Positive Counterthoughts

Better Feelings
A-B-C Form

**Activating Event** → **Beliefs** → **Consequences**

(automatic thought) → (underlying belief)

**Ask yourself the 6 Helpful Questions**

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
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6. How useful is it for me to think this? Is this getting me what I want?

**Is this an unrealistic belief?**

- **No**
- **Yes**

**Problem solve and choose a Course of Action**

1. Don't respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

**Positive Counterthoughts**

Better Feelings
Session 7 Agenda & Summary

I. REVIEW
We’ll review topics we discussed last session, and the home practice.

II. TECHNIQUES FOR INTERRUPTING UNREALISTIC THOUGHTS
During the last few sessions, we’ve been working on ways to counter or argue with negative and unrealistic thoughts. In this session, we’ll learn some additional techniques we can use to interrupt negative thinking (remember “Don't Respond” as a choice for coping with Activating Events?).

These are very different techniques – not related to challenging unrealistic thinking. However, some people find them useful because they are quick and easy. We like to think of these as additional “tools” in your toolbox of techniques to deal with negative or unrealistic thoughts. They include:

  a. Thought stopping.
  b. The rubber band technique.
  c. Setting aside some “worrying time” for negative thoughts

III. USING A-B-C IN YOUR LIFE
In this section, we review how you can make the A-B-C methods work for you in your everyday life. We will discuss what could go wrong, how negative thoughts might sneak up on you, and what you can do to prevent these problems from getting worse.

IV. PROMPTS or Catch Up
In this section we will either:

  a. Try to identify prompts, or reminders, to use the A-B-C method in everyday life, or
  b. Catch up with any other exercises that were missed earlier

V. PRACTICE ASSIGNMENT
1. You’ll review your home practice for the next week. This includes using at least one of the three Thought-Stopping techniques between now and next session. Each day, try to fill out an A-B-C form when you catch yourself thinking a negative thought or when you start feeling depressed.

VI. SHARING ACTIVITY
One of the group members will share something personally interesting – a hobby, musical or artistic talents, or something else interesting to them.
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<tr>
<th>Time</th>
<th>Monday</th>
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</table>
1. What are three techniques for stopping negative thinking?
   a. ____________________________________________
   b. ____________________________________________
   c. ____________________________________________

2. Which technique(s) would you like to try this week?
   a. ____________________________________________
   b. ____________________________________________
Practice Assignment: Session 7

2. Continue to fill out your Mood Diary (page 1.1).

3. Use at least one of the three Thought-Stopping techniques between now and next session. Choose which one you will use.

4. Fill out a A-B-C form when you catch yourself thinking a negative thought or when you start feeling depressed, anxious, irritable or angry (pages 7.4 through 7.10). Try to do this at least once a day.

Success Activity

1. Fill out your Mood Diary for today (page 1.1).

2. If you can remember having a negative thought or feeling depressed, anxious or irritable earlier today, fill out a A-B-C form.
A-B-C Form

 activating Event  beliefs  consequences

(automatic thought)  (underlying belief)

Ask yourself the 6 Helpful Questions
1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
2. Are there other possible interpretations of, or explanations for, this situation?
3. Even if this is true (or partly true), will this make a big difference to me in a week, month, year? Will I be okay, even if this is the case?
4. How likely is it that this (awful thing I'm anticipating) will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic belief?

No  Yes

Problem solve and choose a Course of Action  Positive Counterthoughts

1. Don't respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

Better Feelings
**A-B-C Form**

**Activating Event** → **Beliefs** → **Consequences**

1. **Beliefs** (automatic thought)
2. **Beliefs** (underlying belief)

**Ask yourself the 6 Helpful Questions**
1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
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6. How useful is it for me to think this? Is this getting me what I want?

**Is this an unrealistic belief?**

- **No**
- **Yes**

**Problem solve and choose a Course of Action**

1. Don't respond, or change the way you respond to the Activating Event.
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions).

**Positive Counterthoughts**

Better Feelings
A-B-C Form

Activating Event → Beliefs (automatic thought) → Consequences (underlying belief)

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Is this an unrealistic belief?

No

Problem solve and choose a Course of Action
1. Don’t respond, or change the way you respond to the Activating Event
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Positive Counterthoughts

Better Feelings
Personal situation

A-B-C Form

Activating Event → Beliefs (automatic thought) → Consequences

(underlying belief)

Ask yourself the 6 Helpful Questions

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6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic belief?

No

Do not respond, or change the way you respond to the Activating Event

Predict and prevent the Activating Event.

Change the Activating Event.

Accept both the Activating Event and the Consequence (emotions)

Yes

Problem solve and choose a Course of Action

Positive Counterthoughts

Better Feelings
A-B-C Form

**Activating Event**

**Beliefs**
(automatic thought)
(underlying belief)

**Consequences**

Ask yourself the 6 Helpful Questions
1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
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Is this an unrealistic belief?

**No**

Problem solve and choose a Course of Action

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Positive Counterthoughts

Better Feelings
A-B-C Form

Activating Event → Beliefs → Consequences

(automatic thought) → (underlying belief)

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No →

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Positive Counterthoughts

Better Feelings
A-B-C Form

**Activating Event**

**Beliefs**

(automatic thought)

(underlying belief)

**Consequences**

Ask yourself the 6 Helpful Questions

1. Check it out. What is the evidence for or against this belief? Am I exaggerating?
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4. How likely is it that this *awful thing I'm anticipating* will really happen?
5. What would happen if I didn’t believe this anymore? What would change?
6. How useful is it for me to think this? Is this getting me what I want?

Is this an unrealistic belief?

No

Problem solve and choose a Course of Action

1. Don't respond, or change the way you respond to the Activating Event
2. Predict and prevent the Activating Event.
3. Change the Activating Event.
4. Accept both the Activating Event and the Consequence (emotions)

Yes

Positive Counterthoughts

Better Feelings
I. **EMERGENCY PLANNING**
We’ll start this session by working on plans to deal with both big and small stressors. This will involve thinking ahead about how you might use the skills you’ve learned to help yourselves during stressful times. What are the major stressful events that might affect you in the near future? Which ones might set-off negative thoughts for you and lead to feeling down? How will you deal with these?

II. **MAINTAINING YOUR GAINS**
In order to prevent depression, try to build the techniques into your daily life so that you can deal with everyday hassles effectively. What hassles (small, irritating situations) are most likely to happen for you? How you can remind yourself to use these skills on a daily or weekly basis? What kind of reminders work best for you?

III. **QUESTIONNAIRES**
We’ll ask everyone to fill out two questionnaires: one about your mood (similar to the one that you completed before) and another about your satisfaction with our program and other medical care you may have received.

IV. **LAST SHARING ACTIVITY**
One of the group members will share something personally interesting – a hobby, musical or artistic interests, or something else interesting to them.

V. **ENDING THE WEEKLY MEETINGS**
The group is not ending, but we are spreading out the meetings (to once a month) so you have more opportunities to practice what you have learned.

During the monthly meetings, we will review what you have been doing, help you with any challenging situations that you have encountered, and teach you a few additional techniques for coping, problem-solving, and dealing with negative thinking.

This means there will be some review and some new material. It is very important for you to come to these meetings, so you can see how you have been progressing and using what you have learned.
### MAJOR LIFE EVENTS

<table>
<thead>
<tr>
<th>Major Life Events</th>
<th>How Will These Events Affect Your Behavior?</th>
<th>Prevention Plans (Problem solve solutions)</th>
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Some Common Major Life Events:

1. Graduation  
2. Death in the family  
3. Being fired from a job  
4. Getting married  
5. Family member ill  
6. Having a child  
7. Moving far away  
8. Dropping out of school  
9. Serious illness  
10. Being arrested  
11. Auto accident  
12. Breaking up  
13. Parents divorce  
14. Victim of crime  
15. Death of friend

Positive Life Events that can also be stressful:

1. Starting a new job  
2. Starting a new romantic relationship  
3. Graduating from school  
4. Moving into your own apartment or dorm
<table>
<thead>
<tr>
<th>EVERYDAY HASSLES</th>
<th>HOW TO COPE WITH HASSLES?</th>
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<tbody>
<tr>
<td></td>
<td>(Problem solve solutions)</td>
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<td>1. With family:</td>
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<td>6. With money:</td>
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