**Participant Handouts**



**October, 2023**

*The Blues Program was developed at Oregon Research Institute.*

# Home Exercises – 6 week course

Use this form to help you remember the home exercises each week. Put a check mark next to the assignment when you have completed it.

**Week 1:** Mood Journal (check off as you complete each day):

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

 Having more fun (1 activity):

**Week 2:** Mood Journal

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

 Having more fun (1 activity): (1 physical activity):

**Week 3:** Mood Journal

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

 Having more fun

(spend time with someone you have not seen lately):

 Contract

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

**Week 4:** Mood Journal

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

 Having more fun (2 new fun activities):

 Contract

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

 Use new coping solutions:

**Week 5:** Mood Journal

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

 Having more fun (1 activity):

 Complete the “Steps Towards a Big Future Fun Event!” form

 Contract

 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

 Handle a daily hassle (choose 1 technique):

# Home Exercises – 8-week course

Use this form to help you remember the home exercises each week. Put a check mark next to the assignment when you have completed it.

**Week 1:** Having more fun (1 activity)

**Week 2:** Mood Journal (pg. 7-8)

 Having more fun (1 activity + 1 physical activity)

**Week 3:** Mood Journal (pg. 18-19)

 Having more fun (spend time with someone you have not seen lately)

 Complete handout: You Deserve a Reward

**Week 4:** Mood Journal (pg. 24-25)

 Having more fun (2 new fun activities)

 Contract

**Week 5:** Mood Journal (pg. 28-29)

 Having more fun (1 activity):

 Contract

**Week 6:** Mood Journal (pg. 33-34)

 Having more fun (1 activity):

 Plan to respond differently to a daily hassle

 Try a new coping strategy

 Contract (optional)

**Week 7:** Mood Journal (pg. 35-36)

 Having more fun (1 activity)

 Plan for a bigger, future fun activity

 New ways of coping

 New ways of dealing with daily hassles

 Contract (optional)

# The Triangle of Feeling, Thoughts and Actions

The triangle below illustrates the way in which how we think, feel, and behave all influence one another.

|  |  |
| --- | --- |
| **THOUGHTS INFLUENCE FEELINGS**After studying hard, but doing poorly on atest, you think, “I’ll never succeed at anything,”which leads to feeling hopeless about the future. | **FEELINGS INFLUENCE THOUGHTS**A friend has to cancel their plans with you because they have a family obligation. You feel disappointed, which prompts you to think, “Maybe they just made up that excuse because they don’t want to hang out with me.” |
| **FEELINGS INFLUENCE ACTIONS**You feel hopeless about studying for the next exam, and dwell on your sad feelings. Youthen procrastinate and don’t study hard, because you still feel so discouraged about your last exam. | **THOUGHTS INFLUENCE ACTIONS**You begin to think badly of your friend andrecall times when you haven’t gotten along. When your friend calls to make plans, you get even by telling them that you have other plans (when you really don’t). |
| **ACTIONS INFLUENCE THOUGHTS**Your lack of studying results in another poor grade. You think, “Here we go again.I don’t know why I even try. It’s useless. I’m a failure.” | **ACTIONS INFLUENCE FEELINGS**Your friend accepts your excuse and doesn’t appear to feel bad. You spend the day alone and convince yourself that your friend isprobably having more fun without you. You feel lonely, sad, and disappointed. |

**FEELINGS**

**THOUGHTS ACTIONS**

# The 1+2=3 Method of Analyzing Your Emotions

Negative emotions are the result of both what happens to us (the Trigger) and what we think about the trigger or ourselves (Negative Thoughts). We’ll be using this model throughout the program. By learning more about this model, you will begin to understand your emotions and learn new ways of feeling at least a little better.

##### Icon  Description automatically generatedTRIGGER: The situation or experience that sparks negative feelings or thoughts.

1. **NEGATIVE THOUGHTS: The thoughts we have about ourselves in response to this event.**
2. **FEELINGS: Your feelings, which are the result of those thoughts.**



**TRIGGER:**

**1**

You forgot your book and

can’t study for a big test.

##### Icon  Description automatically generatedNEGATIVE THOUGHTS:

**2**

“I am going to fail my test! I’m such a screw-up!”

##### Icon  Description automatically generatedFEELINGS:

**3**

You feel sad and hopeless about the future.

# Identifying Negative Thoughts

Below is a list of common negative thoughts. Everyone has thoughts like these from time to time, but sometimes we say things like this to ourselves so often that we don’t even notice it anymore. Look at the list below and put a check mark next to all of the thoughts that you’ve had recently.

|  |  |
| --- | --- |
| * I am wasting my life.
 | * I am so stupid.
 |
| * I am always so confused.
 | * Nobody loves me.
 |
| * I am afraid of everything.
 | * What’s the use?
 |
| * I’ll be alone forever.
 | * That was a dumb thing for me to do (or say).
 |
| * Something is wrong with me.
 | * Life has no meaning.
 |
| * I’m ugly.
 | * It’s all my fault.
 |
| * Nobody knows the real me.
 | * I am worthless.
 |
| * I am a failure.
 | * I never do anything right.
 |
| * I don’t have the ability to change.
 | * I hate myself.
 |
| * No matter how hard I try, people aren’t

satisfied. | * Life is unfair.
 |
| * Why do I even bother getting up in the morning?
 | * Things are only going to get worse.
 |
| * I am a loser.
 | * I’ll never have any good friends.
 |
| * I’ll never be as good as .
 | * Bad things always happen to me.
 |
| *
 | *
 |

# Having More Fun

When people feel down, they tend to lose energy and motivation for everything…even things they enjoy. But when you are feeling sad is when you need to have fun to bring your mood up! Make a list of fun activities in the categories below. Try to fill in all of the blanks in every category (you can even add more ideas on the back of this page). Each week, you’ll be picking new activities to complete on your own.

#### Social (being with others):

*Ex. Spend time with a friend you don’t see often; make plans to go to the park.*

1. 2.

3.

5.

4.

6.

**Physical (moving my body):**

*Ex. Go for a walk around the neighborhood; go for a hike; play basketball with a friend.*

1. 2.

3.

5.

4.

6.

**Success (doing something well):**

*Ex. Write a new song or poem (if you do that); complete a difficult project you have wanted to do.*

1.

3.

5.

2.

4.

6.

**Service (doing something nice for others):**

*Ex. Help out a friend; take your dog on a long walk; call your grandmother.*

1.

3.

5.

2.

4.

6.

***Other ideas:***

1.

3.

5.

2.

4.

6.

**Mood Journal**

Your mood can vary greatly from day to day, so it is helpful to look for patterns in the way you are feeling over a typical week. Each day, use the blanks below to record one negative thought you experienced during the day and list the trigger which may have led to that negative thought. Then, rate what your mood was when that trigger and negative thought happens. Finally, rate your overall mood for the day on a scale from 1 to 7.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood Rating Scale:** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | *very sad* |  |  | *normal* |  |  | *very happy* |

*Example*: Trigger ( ): *You forgot your book and can’t study for the test.*\_

Negative Thought ( ): *I’m going to fail—I’m such a screw up!\_*

Mood Rating at that time: *2* Overall mood rating for the day: 3

Day 1: Trigger ( ): Negative Thought ( ):

Mood Rating at that time: Overall mood rating for the day:

Day 2: Trigger ( ): Negative Thought ( ):

Mood Rating at that time: Overall mood rating for the day:

Day 3: Trigger ( ): Negative Thought ( ):

Mood Rating at that time: Overall mood rating for the day:

Day 4: Trigger ( ): Negative Thought ( ):

Mood Rating at that time: Overall mood rating for the day:

Day 5: Trigger ( ): Negative Thought ( ):

Mood Rating at that time: Overall mood rating for the day:

Day 6: Trigger ( ): Negative Thought ( ):

Mood Rating at that time: Overall mood rating for the day:

Day 7: Trigger ( ): Negative Thought ( ):

Mood Rating at that time: Overall mood rating for the day:

# Thinking More Positively: Sample Interview Questions

In this activity, pair up and spend a few minutes getting to know someone new in the group. After a

few minutes, you’ll be asked to say two positive things about your partner (for example, “My partner is a very adventurous person. They want to go skydiving”) and two positive things about yourself. Your partner will then say two new positive things about themselves and two new positive things about

you! If you’re having trouble getting started, here are a few sample interview questions. As you ask the questions, think about what they mean about that person (for example, if their favorite movie is a comedy, it might mean that person has a good sense of humor).

* 1. Partner’s name: Grade/Year in School:
	2. What is your favorite movie / book / band / or play?
	3. What is the most exciting thing that ever happened to you?
	4. What do you like to do on rainy days?
	5. Where is the most interesting place you’ve traveled to?
	6. Do you have pets? If so, what kind and what are they like?
	7. What unique hobbies do you have?
	8. If you could meet someone famous, who would it be and why?
	9. What is one thing you do really well?
	10. If you could press a button and instantly learn one skill (like in *The Matrix*), what would it be?
	11. If you were given $1,000 but had to give it all away, to whom—or to what charity—would you give it to?

# Challenging Negative Thoughts: What’s the Alternative?

Just like every cloud has a silver lining, there is more than one way to look at most situations.

Here are some questions to help you challenge negative thoughts

using the “what’s the alternative?” approach:

## Is there another way to think about this situation, even if it seems unlikely?

* **What advice would I give a friend who was feeling the way I do?**
* **Are there positive things about this situation or myself that I am overlooking?**
* **How likely is it that my thought is correct?**
* **When things like this happened before, what were the reasons?**

**Practice with “What’s the Alternative?”**

The situations below describe some triggers ( ) which may cause changes in your mood. Think about the negative thoughts ( ) that might be generated by these activating events, as well as the feelings (  ) that could result. Use the “What’s The Alternative?” technique to think of other ways to think about and deal with the events listed below.

1. **Trigger: The person you are dating hasn’t responded to a text you sent them several hours ago.**

What negative thoughts might be generated? What feelings could result? Positive counter-statement using the “What’s The Alternative?” technique:

How might the alternative thought change the feelings above?

1. **Trigger: Your parents have been nagging you constantly about your grades.**

What negative thoughts might be generated? What feelings could result? Positive counter-statement using the “What’s The Alternative?” technique:

How might the alternative thought change the feelings above?

1. **Trigger: You break your leg right at the start of summer vacation.**

What negative thoughts might be generated? What feelings could result? Positive counter-statement using the “What’s The Alternative?” technique:

How might the alternative thought change the feelings above?

# You Deserve a Reward!!

What are some simple things that make you happy? Complete this form so that you can be rewarded for all the good things you do!

#### PEOPLE:

List four people who you’d like to spend more time with each week but don’t get a chance to:

|  |  |  |
| --- | --- | --- |
| 1. |  2. |   |
| 3. |  4. |   |

#### PLACES:

List four places where you’d like to go:

|  |  |  |
| --- | --- | --- |
| 1. |  2. |   |
| 3. |  4. |   |

#### THINGS:

List four things you do not own that you would like to have and can afford (e.g., books, clothes, game).

|  |  |  |
| --- | --- | --- |
| 1. |  2. |   |
| 3. |  4. |   |

#### TREATS:

List the four foods and drinks you like best.

|  |  |  |
| --- | --- | --- |
| 1. |  2. |   |
| 3. |  4. |   |

#### ACTIVITIES:

List four simple activities that you enjoy (e.g., going for a walk, listening to music, playing with a pet).

1. 2.

3. 4.

# Mood Journal

Each day, use the blanks below to record one negative thought you had during the day and list the trigger which may have led to that negative thought. Next, rate your mood at that time on a scale from 1 to 7. Then, take some time to generate the best positive counter-thought you can. Did generating a positive counter-thought change your mood? If it did, write your new mood rating after thinking of a counter-thought.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood Rating Scale:** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | *very sad* |  |  | *normal* |  |  | *very happy* |

Day 1: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 2: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 3: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 4: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 5: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

Day 6: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 7: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

# Challenging Negative Thoughts: Where’s the Evidence?

Sometimes negative thoughts are so familiar, we don’t stop to question whether or not they are actually true. From now on, pretend you are a detective searching for evidence. What are the clues that support your negative thought? What are the clues that don’t?

Below are some questions to consider that can help you challenge your negative thoughts:

## What proof do I have that my negative thought is true?

* **Is there any evidence that doesn’t support my negative thought?**
* **If I’ve had this negative thought before, has it always been accurate?**
* **Can I be 100% sure that my negative thought is true? If not, why?**

**Practice with “Where’s the Evidence?”**

The situations below describe some triggers ( ) which may cause changes in your mood. Think about the negative thoughts ( ) that might be generated by these activating events, as well as the feelings ( ) that could result. Use the “Where’s The Evidence?” technique to think of other ways to think about and deal with the events listed below.

1. **Trigger: Your best friend has been ignoring you since they got into a new relationship.**

What negative thoughts might be generated? What feelings could result? Positive counter-thought using “Where’s The Evidence?”

How might this change the feelings above? \_

1. **Trigger: You freeze up on a test and get a bad grade.**

What negative thoughts might be generated? What feelings could result? Positive counter-thought using “Where’s The Evidence?”

How might this change the feelings above?

1. **Trigger: Your parent loses their job.**

What negative thoughts might be generated? What feelings could result? Positive counter-thought using “Where’s The Evidence?”

How might this change the feelings above?

# Contract

Today’s date

I recognize that completing my mood journal every day is very important and will help improve my mood. I will do the best I can to complete my mood journal and record my fun activities every day and bring my folder to our meetings.

Here are some fun activities I can do this week (list several):

For completing these tasks, I agree to reward myself with one of the following rewards (list several choices):

Each day this week, I will track whether I did my mood journal, what I did for fun, and how I rewarded myself on the form below:

|  |  |  |  |
| --- | --- | --- | --- |
| **Day of the Week** | **Mood Journal Completed?** | **Fun Activity Performed:** | **Reward Provided:** |
| **Day 1:** | YES | NO |  |  |
| **Day 2:** | YES | NO |  |  |
| **Day 3:** | YES | NO |  |  |
| **Day 4:** | YES | NO |  |  |
| **Day 5:** | YES | NO |  |  |
| **Day 6:** | YES | NO |  |  |
| **Day 7:** | YES | NO |  |  |

Participant Signature:

Facilitator Signature:

# Mood Journal

Each day, use the blanks below to record one negative thought you had during the day and list the trigger which may have led to that negative thought. Next, rate your mood at that time on a scale from 1 to 7. Then, take some time to generate the best positive counter-thought you can. Did generating a positive counter-thought change your mood? If it did, write your new mood rating after thinking of a counter-thought.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood Rating Scale:** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | *very sad* |  |  | *normal* |  |  | *very happy* |

Day 1: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 2: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 3: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 4: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 5: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

Day 6: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 7: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

# Icon  Description automatically generatedChallenging Negative Thoughts: What if it’s true?

Sometimes we spend so much time feeling bad about negative thoughts, we don’t think about what it would mean if they really were true. Is it possible that it might not be that bad? How terrible would it really be?

Use these questions to challenge negative thoughts using the “what if it’s true” approach:

## If my negative thought is true, how can I cope with this situation?

* **How will thinking negatively about this situation help me? How might it work against me?**
* **If it is true, what is the worst thing that can happen? How likely is it that this will happen?**
* **If it is true, will this matter in one week? One year?**

**Ten years?**

**Practice with “What if it’s true?”**

The situations below describe some triggers ( ) which may cause changes in your mood. Think about the negative thoughts ( ) that might be generated by these activating events, as well as the feelings ( ) that could result. Use the “What if it’s true?” technique to think of other ways to think about and deal with the events listed below.

1. **Trigger: A kid at your school picks on you.**

What negative thoughts might be generated? What feelings could result? Positive counter-thought using “What If It’s True?” technique:

How might this change the feelings above?

1. **Trigger: Your mother has a history of serious depression and is becoming depressed again.**

What negative thoughts might be generated? What feelings could result? Positive counter-thought using “What If It’s True?” technique:

How might this change the feelings above?

1. **Trigger: The person you are dating cheats on you and everyone finds out about it.**

What negative thoughts might be generated? What feelings could result? Positive counter-thought using “What If It’s True?” technique:

\_

How might this change the feelings above?

# Practice Finding New Ways of Coping

Below are examples of situations where someone is using coping strategies that are no longer working. What different ways of acting or thinking could you try?

##### You’ve had a fight with your significant other. Talking to your friend about it is only making you feel worse!

**What else can you try?**

1.

2.

3.

4.

5.

##### Tomorrow you have a presentation that is worth a lot of your grade. You’ve done all the work you need to do, but you’re still feeling worried. Going over your notes isn’t helping.

**What should you try next?**

1.

2.

3.

4.

5.

##### You’ve been feeling down all day, and you don’t know why. You’ve been watching TV, and that usually helps you get your mind off your problems, but you aren’t feeling any better.

**What else might work?**

1.

2.

3.

4.

5.

##### You’re lying awake, thinking about a conversation you had earlier in the day. The more you think about it, the worse you feel… but you can’t stop thinking about it!

**It’s the middle of the night—what can you do?**

1.

2.

3.

4.

5.

# stuck-in-a-rutNew Ways of Coping

Sometimes our ways of coping are no longer helping us feel better.

You might feel stuck because of your thinking, focusing on negative thoughts or replaying negative things over and over in your mind.

You could also feel stuck because of the things you are doing, always doing the same thing when trying to solve a problem you have.

##### What is one problem that you would like a new solution for?

To get out of that pattern, you need to do *something different*. Here is a list of ways you could act or think differently to feel better!

##### Things I can do or think to cope differently:

1.

2.

3.

4.

5.

# Mood Journal

Each day, use the blanks below to record one negative thought you had during the day and list the trigger which may have led to that negative thought. Next, rate your mood at that time on a scale from 1 to 7. Then, take some time to generate the best positive counter-thought you can. Did generating a positive counter-thought change your mood? If it did, write your new mood rating after thinking of a counter-thought.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood Rating Scale:** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | *very sad* |  |  | *normal* |  |  | *very happy* |

Day 1: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 2: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 3: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 4: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 5: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

Day 6: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 7: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

# Planning Ahead: Daily Hassles

We all deal with daily hassles, but often such events can significantly change our mood or make a good day feel like a bad one. Daily hassles include things like always running late, or dealing with a person that you don’t like but have to see every day. Some daily hassles are avoidable, while others

are not in our control. Below, list some daily hassles that occur frequently for you. Next, write in ways you might approach the hassle differently, avoid it, or change how you think or act when dealing with the hassle.

**Description of Hassle Response Plan**

|  |  |
| --- | --- |
| *Ex. Assigned to group project with person you dislike.* | *Work extra efficiently to finish project early OR Promise yourself a reward for bearing with it* |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |

# Planning Future Fun

We want you to continue to find a variety of activities that you enjoy and make time for them in the future. Below is a schedule for you to fill with fun activities:

### List 5 things you can do on a daily basis that you enjoy,

**that don’t require lots of planning or money:**

1.

2.

3.

4.

5.

### List 4 things you could do once a week that you enjoy but are pretty easy to plan:

1.

2.

3.

4.

### List 3 things you really like that you could do once a month:

1.

2.

3.

### List 2 things that you can plan to do once or twice a year—this can be really special treats to yourself!

1.

2.

# Mood Journal

Each day, use the blanks below to record one negative thought you had during the day and list the trigger which may have led to that negative thought. Next, rate your mood at that time on a scale from 1 to 7. Then, take some time to generate the best positive counter-thought you can. Did generating a positive counter-thought change your mood? If it did, write your new mood rating after thinking of a counter-thought.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood Rating Scale:** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | *very sad* |  |  | *normal* |  |  | *very happy* |

Day 1: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 2: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 3: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 4: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 5: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

Day 6: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 7: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

# Icon  Description automatically generatedSteps Toward A Big Fun Event!

Big fun activities often take planning to happen. Pick one bigger fun activity that you would like to do in the next few months and start making plans for how that can happen.

### What would you like to do in the next few months?

**What steps are needed for that activity to happen?**

1.

2.

3.

4.

### What can you do this week as a step towards doing this fun event?

**Planning Ahead: Major Life Events**

Major life events are just that – they’re a MAJOR change. The change doesn’t have to be for the worse, but any change can disrupt our lives and impact our mood. Examples of major life events might include the death of a loved one (a bad change), or moving to a new city (might be a good change).

Just as with daily hassles, some major events are within our control, while others are not. Below are some major life events you may face in the future. Write in a way you might respond to it by changing what you do or how you think about it.

##### Description of Event Response Plan

|  |  |
| --- | --- |
| *Ex. Moving away from home for job / college.* | *Look at it as an adventure; Visit the new city several times to familiarize yourself with it; Schedule visits and phone calls to/from friends to help with transition* |
| *Ex. Close friend / family member diagnosed with terminal cancer.* | *Realize that it’s OUT of your control; Make the most of time with friend / relative and you have together; Ask other friends / family to be there for support* |
| 1. Breaking up with a dating partner. |  |
| 2. Getting married. |  |
| 3. Getting in a car accident. |  |
| 4. Graduate from school. |  |
| 5. Parents get divorced. |  |
| 6. Loved one dies. |  |

**The Positive Emotions Toolbox**

Remember to USE all of the tools in your toolbox. You can’t magically change your emotions, but you

can change your thinking and what you do!

**Changing Thinking by Challenging Negative Thoughts …**

#### What’s the Alternative?

* *Is there another way to think about my problem or situation?*
* *Is the way I am thinking about my problem making it better or worse?*

#### Where’s the Evidence?

* *Is there any evidence, or proof, that what I am thinking is true?*
* *Is there any evidence, or proof, that what I am thinking is NOT true?*

**What if it’s true?**

* *Maybe the negative thoughts I am having about this situation are true. Now what?*
* *How can I cope with this situation or problem?*
* *What do I have control over in this situation? What can I not control?*

## Changing Doing by …

#### Giving myself Rewards

*I have done something well, or accomplished a goal, I deserve a reward!*

#### Getting up and getting moving!

*Doing something physical, especially when you*

 *don’t feel like it, can really improve your mood.*

#### Hang out with others!

*Social activities—the things we do with friends and family—can help improve how you feel.*

*Don’t wait for others to invite you, pick up the*

*phone and organize a get-together.*

#### Having more fun.

*Doing something fun, whether with someone else or on your own, will help you when you are down. Don’t wait to feel better to get active.*

*Get active, and you will feel better!*

# Mood Journal

Each day, use the blanks below to record one negative thought you had during the day and list the trigger which may have led to that negative thought. Next, rate your mood at that time on a scale from 1 to 7. Then, take some time to generate the best positive counter-thought you can. Did generating a positive counter-thought change your mood? If it did, write your new mood rating after thinking of a counter-thought.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Mood Rating Scale:** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | *very sad* |  |  | *normal* |  |  | *very happy* |

Day 1: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 2: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 3: Trigger ( ):

Day 4: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 5: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

Day 6: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 7: Trigger (

):

# Mood Journal

Each day, use the blanks below to record one negative thought you had during the day and list the trigger which may have led to that negative thought. Next, rate your mood at that time on a scale from 1 to 7. Then, take some time to generate the best positive counter-thought you can. Did generating a positive counter-thought change your mood? If it did, write your new mood rating after thinking of a counter-thought.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
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Day 3: Trigger ( ):

Day 4: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 5: Trigger (  Negative Thought ( ): Mood Rating at that time:

):

Positive Counter-thought: Mood Rating at that time:

Day 6: Trigger ( ): Negative Thought ( ): Mood Rating at that time:

Positive Counter-thought: Mood Rating at that time:

Day 7: Trigger (

):

# Exit Questions

The following questions are designed to get your feedback about what you liked and didn’t like about the group so that we can make future groups better. Please answer the questions as honestly as you can.

1. What did you like most about coming to group?
2. What did you like least about coming to group?
3. If you missed a group session, what would have changed your mind about coming or would have made it easier for you to come?
4. How helpful were the group leaders?
5. What suggestions do you have for future groups?
6. Would you recommend this group to a friend of yours who was dealing with a lot of stress?