

Living Life To The Full Interactive

Dr. Chris Williams



Workbook 1

Introduction and Why Do I Feel So Bad?

Cognitive Behaviour Therapy

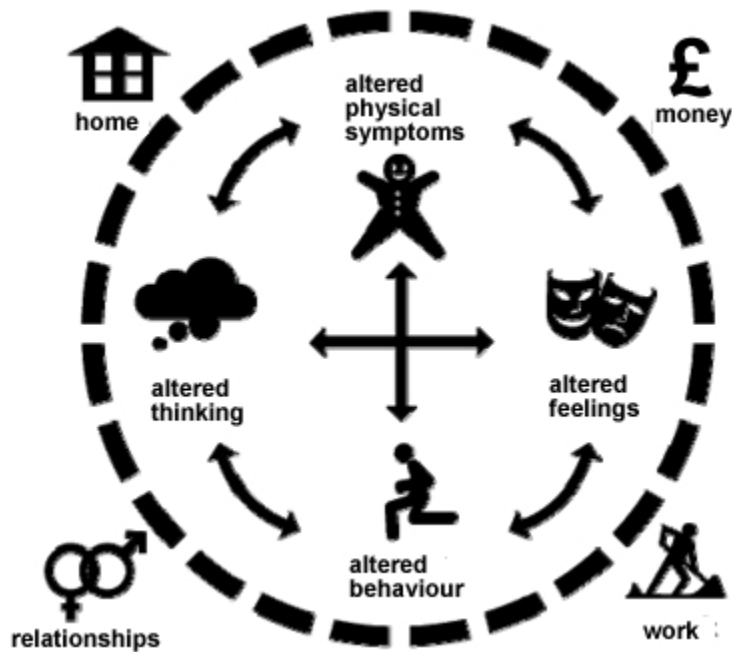
- What you think affects how you feel
- What you think affects what you do

The Five Areas Assessment

Links occur between the five areas of depression:

- External situations: Life situation, relationships, practical problems and difficulties.
- Altered thinking.
- Altered feelings.
- Altered physical symptoms in the body.
- Altered behaviour or activity levels.

Look at this picture. Everything inside the circle is inside you.



The icons outside represent external things: other people; money problems; relationship issues; your job or the fact that you don't have one-that kind of thing. When something happens outside of you, it affects you inside as well...

It can alter your thinking. It can alter how you feel. It can alter your physical wellbeing. And it can alter what you do – your behaviour. All these things are connected and affect each other. This can mean that your mood gets worse and worse, stuck in a kind of vicious circle. But it also means that by changing just one of the things, say, by eating differently, or doing more exercise, or changing some of the ways you think about things, you can affect all the other things inside you and start to feel better.

Assignment

Before we go, we have an assignment for you to do before the next session . . . Identify two situations over the next week when you feel upset or depressed . Then do a FIVE AREAS ASSESSMENT on each situation.

You'll find a FIVE AREAS ASSESSMENT sheet at the end of the workbook.

Try to apply what you have learned in the module throughout the week. Do the homework tasks.

The Five Areas Assessment of depression

Situation 1: A time when I am upset

1. Situation, relationship or practical problem

2. My altered thinking

3. My altered feelings

4. My altered physical symptoms

5. My altered behaviour

The Five Areas Assessment of depression

Situation 2: A time when I am upset

1. Situation, relationship or practical problem

2. My altered thinking

3. My altered feelings

4. My altered physical symptoms

5. My altered behaviour

Planner Sheet

DON'T JUST SIT THERE, MAKE A PLAN!

PLANNER SHEET

DATE

1. WHAT AM I GOING TO DO?

2. WHEN AM I GOING TO DO IT?

3. WHAT PROBLEMS OR DIFFICULTIES COULD ARISE, AND HOW CAN I OVERCOME THEM?

IS MY PLANNED TASK -

Q. USEFUL FOR UNDERSTANDING OR CHANGING HOW I AM?

YES NO

☐ ☐

Q. SPECIFIC, SO THAT I WILL KNOW WHEN I HAVE DONE IT?

YES NO

☐ ☐

Q. REALISTIC, PRACTICAL AND ACHIEVABLE?

YES NO

☐ ☐

MOOD RATING SCORE (IF APPLICABLE)

MY NEXT CONTACT TIME

Re-arrangement details:
Remember - if you know in advance you can't make the session, please let us know by contacting your local support worker.
PLEASE NOTE: If you are struggling or feel worse, or if at any time you feel suicidal please visit your doctor or go to A&E or phone NHS 24/Direct



Review sheet

OK, HOW DID IT GO?

REVIEW SHEET

FOR
DISCUSSION
DATED:

WHAT DID YOU PLAN TO DO?

WRITE IT HERE

DID YOU TRY TO DO IT? YES NO

☐
☐

IF YES:

1. WHAT WENT WELL?

2. WHAT DIDN'T GO SO WELL?

3. WHAT HAVE YOU LEARNED ABOUT
FROM WHAT HAPPENED?
4. HOW ARE YOU GOING TO APPLY
WHAT YOU HAVE LEARNED?

IF NO: WHAT STOPPED YOU?

INTERNAL THINGS

(FORGOT, NOT ENOUGH TIME, PUT IT OFF, DIDN'T THINK I
COULD DO IT, COULDN'T SEE THE POINT ETC.).

EXTERNAL THINGS

(OTHER PEOPLE, WORK OR HOME ISSUES ETC.).

HOW COULD YOU HAVE PLANNED TO
TACKLE THESE THINGS?


My notes:

My notes: