

**Living Life To The Full Interactive**  
Dr. Chris Williams

**Workbook 6**  
*Summary and Review*

**Key point:** In order to change, you will need to choose to try to **apply** what you will learn **throughout the week**, and not just when you work through the session or see your health care practitioner. The workbooks will encourage you to do this by suggesting certain tasks for you to carry out in the days after working through the session. These tasks will:

- Help you to put into practice what you have learned in the session.
- Gather information so that you can get the most out of the subsequent sessions.

## **Sleeping better**

If you did not work through the sleeping better sequence in session 5, you will go through this sequence now. If you have already done this sequence skip this section.

Important factors include:

- Situation and the environment where you sleep
- Altered thinking
- Physical symptoms
- Low mood
- Altered or unhelpful behaviours
- Activities that wake you up

## **Continuing recovery: following through**

Learning to identify your depression warning signs is a key to staying healthy.

A warning sign can occur in any one of the five areas: in situations and relationships; in altered thinking, altered feelings, altered behavior such as reduced activity or unhelpful behavior like increased spending or drinking, and altered physical symptoms.

It's important to create a relapse plan; that you identify your own warning signs and then have a clear action plan already in place.

Learning to anticipate is a key to preventing relapse.

One last thing and it's an important one: plan a monthly review. Get a pen and mark in your calendar the last day of the month. Commit to use this day to spend 30 minutes or so thinking back over the previous month – what's gone well; what has not; how can you learn from what's happened?

## **Appendix :**

### **Key information and diary sheets**

The following pages summarise key areas from the *Living Life To The Full Interactive* course.

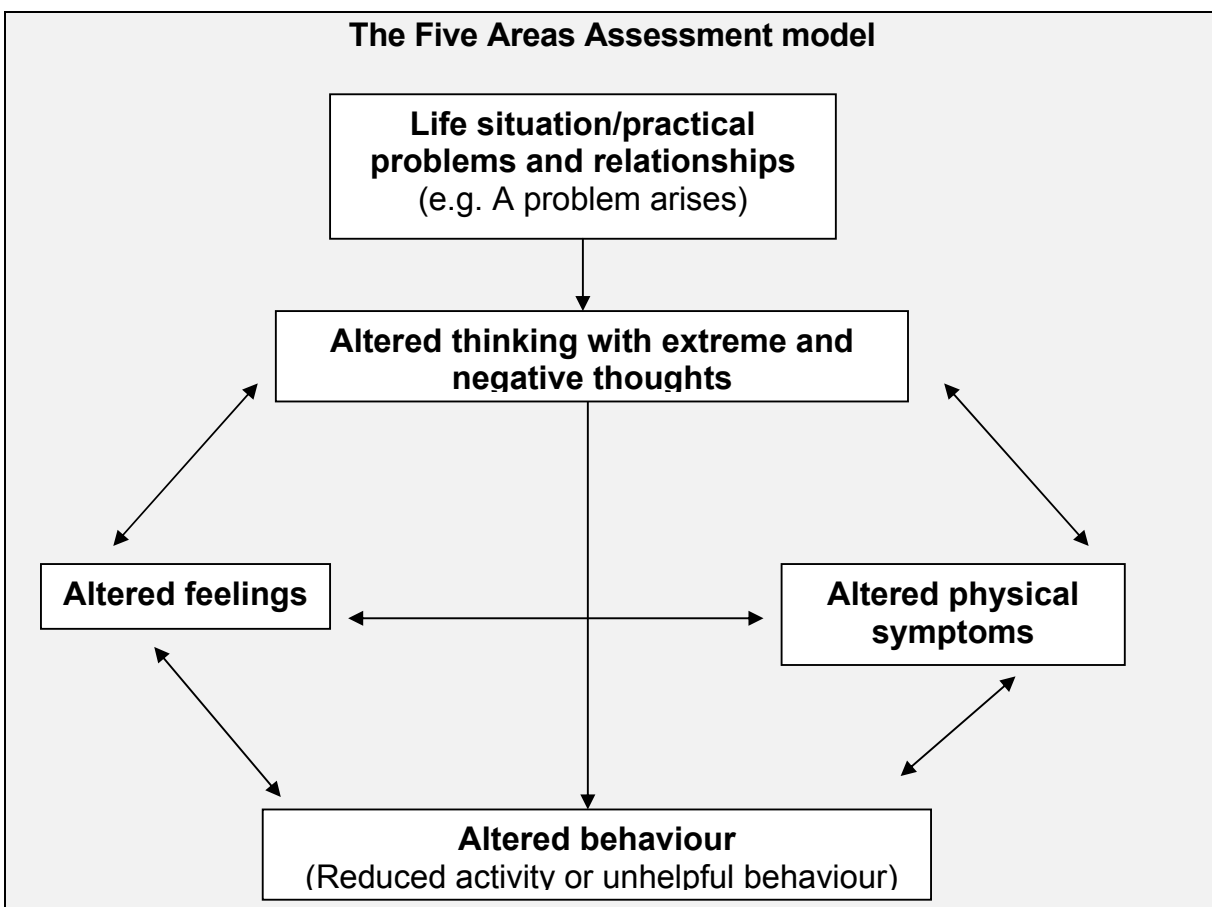
## The Five Areas model:

### Introduction

Links occur between the five areas of depression:

1. Life situation/relationships, practical problems and difficulties.
2. Altered thinking.
3. Altered emotions (also called moods or feelings).
4. Altered physical symptoms in the body.
5. Altered behaviour or activity levels.

The following diagram illustrates that **what a person thinks** about a situation or problem may **affect how they feel** physically and emotionally, and also leads quite logically on to alter **what they do** (behaviour or activity).



# **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 behaviour**

**5. My altered physical symptoms**

## Summary of the unhelpful thinking styles

Unhelpful thinking style	Typical negative thoughts	Tick here if you have this thinking style
1. Bias against myself.	I overlook my strengths. I focus on my weaknesses. I downplay my achievements. I am my own worst critic.	
2. Putting a negative slant on things (Negative mental filter).	I see things through dark tinted glasses. I tend to focus on the negative in situations.	
3. Having a gloomy view of the future. (Make negative predictions/Jump to the worst conclusion - catastrophising).	I make negative predictions about the future. I predict that things will go wrong.	
4. Negative view about how others see me (Mind reading).	I mind-read what others think of me. I often think that others don't like me.	
5. Bearing all responsibility.	I feel responsible for whether everyone else has a good time. I take the blame if things go wrong. I take unfair responsibility for things that are not my fault.	
6. Making extreme statements/rules.	I use the words " <i>always</i> " and " <i>never</i> " a lot to summarise things. I make " <i>must</i> ", " <i>should</i> " or " <i>ought</i> " statements to myself.	

## **Practice: Changing your unhelpful thoughts**

Let's use the 3 Step approach to thought challenging and identify an unhelpful thought that upset you in this past week.

### **Identify your thought and rate your belief in it**

Choose a thought now that was an extreme or unhelpful reaction to something that upset you this past week. For the time being, since you're just starting out, avoid choosing thoughts that begin with 'I am' or 'People are' or 'The world is'. These kinds of thoughts are difficult to challenge at first. You may have had many thoughts around what had happened. Just pick one to challenge. Clearly identify that thought and write it in the box. Then on the scale, place an 'x' on how much you believed it at the time – 1 equaling 'not at all', 10 equaling 'completely'.

1 \_\_\_\_\_ 10

Not at all

Completely



**Question if the thought is helpful or accurate.**

Question the thought – don't just accept it. Is there anything to make you think the upsetting thought is incorrect? Think of yourself as a lawyer in a courtroom and cross-examine the thought. Investigate the situation like Alison. In the box, write down the circumstances that show that the thought might not be true.

What would you say to a friend who said the same thing? Write down your answers in the box.

Now, take a look at your own situation. Are you basing this statement on how you feel rather than on the facts? How would you have thought and handled it if you weren't feeling down? Write down your answers in the box.

Now, for your thought – what would other people say?

What is your whole picture? Are you seeing the whole thing or just a small bit? Write it down

How important was this in the scheme of things? Was it worth your reaction?

What would you say about it six months from now?

Do you have two standards, one for you and one for others? Why wouldn't you apply yours to other people? Write it down.

### **Come up with a balanced conclusion about the thought**

Thinking back on your answers, what's your balanced conclusion?

Now, re-rate your belief in that thought based on your balanced conclusion.

1 \_\_\_\_\_ 10  
Not at all Completely

Remember these key points to changing extreme thinking.

Pay attention to and challenge unhelpful thinking.

Question the thought's helpfulness and accuracy.

Thoughts will begin to change when you challenge them in a regular way.

### Guide for a regular review session

Now that you have almost completed the course, it is important to **continue** using the same skills you have practised over recent weeks during the next few months and into the future. One of the advantages of using a workbook is that it allows you to set particular goals, and review how things have gone. You can also **do this yourself** by setting up a **regular review session**.

#### How to develop a regular review session:

- Get a pen and mark the last day of each month as a "**review session**" on your calendar.
- During this **review session**, try to spend 30 minutes or so to think back over the previous month:

#### Review session.


How has the month gone?

Q. Try to think about things that have gone well and allow yourself to experience pleasure when thinking about this.

- What things have gone well? (Write them down here):



Q. If some areas haven't gone as well as you would have liked, write them down here:



Q. Try to work out what it was about the difficult situation that led this to happen?



Q. Was there anything you could have done differently?



Q. How could you deal with it differently in future?



Write an **action plan** that you can put into practice over the following month. Try to set specific goals and targets. Plan in some activities that will lead you to have a sense of achievement or pleasure or to overcome problems such as avoidance or other unhelpful activities.

- Plan things in a step by step way, being very specific about what you want to do and trying to be realistic in what it is possible to achieve.
- How you will try to make sure that you will carry out your plan?
- What can prevent this happening? What might sabotage your plan?
- How can you overcome any problems?

You can do this review session more often (e.g. every 2 weeks) if you find this helpful. The purpose is to spend a little time to stop, think and reflect, and plan how to move forwards.

Finally, remember that you are not alone. Your health care worker or doctor is there as a resource to work with you and help you move forwards. You can discuss any problems or difficulties with them.

## 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:**

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