

Living Life To The Full Interactive

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Workbook 2

Unhelpful Thoughts and Behaviours

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. 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.

Focus on thinking

Having identified many of the ways in which depression is affecting you at present, the next step is to move on to identify **clear treatment targets for change**. Remember as we learned: alter either your thinking or behaviour for the good, and you can improve how you physically and emotionally feel . . . It can even begin to turn your external problems around, but if not, it will keep them from feeling worse. So, where do you want to start first? With your unhelpful thinking or your unhelpful behaviour? The notes for dealing with unhelpful behaviour follow. You will find the notes for dealing with unhelpful thinking after them.

Dealing with unhelpful behaviour

7 step problem solving

Step 1: Identify problem and break it down to smaller pieces.

Step 2: Brainstorming solutions-think of as many solutions as possible.

Step 3: List the advantages and disadvantages of each solution.

Step 4: Choose a solution.

Step 5: Plan the steps needed.

Step 6: Carry out the plan.

Step 7: Review the outcome.

When you review the outcome ask yourself:

Was the approach successful?

Did it help improve things?

Were there any disadvantages to this approach?

What have I learned from doing this?

Is there a better way I can approach this plan?

Balanced thinking

Once you've caught an unhelpful thought, here's what you do to deal with it.

- First of all, recognize it for what it is; say to yourself: that's just one of those unhelpful thoughts. Speak to the thought: tell it that you've found it out and are not going to play its game.
- Second step: let the thought just be – don't challenge it or argue with it, don't think about it endlessly. Just let it be and step away from it, moving your mind onto more helpful things like recent achievements or the task at hand.
- Third: because unhelpful thoughts try to alter what you do, make an active choice not to let this happen and keep on doing what you were planning to do anyway.

Here are three DO's and three DON'Ts to help you deal with unhelpful thoughts

- DO – Keep doing what you were planning to do.
- DO – Face your fears and act against thoughts that tell you to be scared or that things will go wrong.
- DO – Experiment: if an unhelpful thought tells you not to do something – do it. If an unhelpful thought tells you that you won't enjoy going to that wedding or party, try going and see if you actually do enjoy it.

Now for the DON'Ts

- DON'T let the thoughts push you into not doing things.
- DON'T live your life based on fear.
- DON'T block how you feel with alcohol or by constantly seeking reassurance.

Four powerful questions.

- What would I say to a good friend who said the same unhelpful thing?
- What would I have said a year or so back when I wasn't feeling down or stressed like this?
- What will I say in a few years' time when I look back on things having moved on?
- What would others, who you respect, say to you?

A Thought Review

The Situation

- Think about a situation or an event that led up to you feeling bad this past week.
- Think of what time it happened and where you were
- Think about the event that led up to your feeling bad.
- Had anything stressful happened?

Altered feelings

- What emotional changes did you notice?

Altered physical feelings

- When your mood altered, what physical changes did you notice?

Altered thinking

- When your mood altered, what did you start thinking?

Altered activity

- Now when your thinking altered, how did your activity or behaviour change?

Assignment for the week

If you looked at your behaviour, follow through on your plan to change your unhelpful behaviour.

If you looked at your thinking, identify two situations over the week that cause you upset and then identify their effect on you using the five areas assessment.

The five areas assessment of depression

Situation 1: A time when I am upset.

Situation, relationship or practical problem

My altered thinking

My altered feelings

My altered behaviour

My altered physical symptoms

The five areas assessment of depression

Situation 2: A time when I am upset.

Situation, relationship or practical problem

My altered thinking

My altered feelings

My altered behaviour

My altered physical symptoms

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: