

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

**Workbook 3**  
*Unhelpful Thoughts and Behaviours II*

**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.

## **Balanced thinking**

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

**Recognize an unhelpful thought for what is**

**Let the thought just be and step away from it.**

**Make an active choice not to let the thought alter your behaviour**

- 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.

Ask yourself these **4 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?

### **Thought review**

Becoming a 'thought detective' is not hard to do, but it does take a decision to do it. By following these easy steps, you can complete 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.

### **The Event**

Think about the event that led up to you feeling bad. Had anything stressful happened?

### **Altered Feelings**

When your mood altered, 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?

### **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?

### **Assignment for the week**

#### **Target for change: My thinking**

Your assignment for this coming week is to start breaking the cycle you've fallen into. Just as you've done before, take two situations that cause you upset and do a Five Areas Assessment as soon as you can after they've happened. This time concentrate on noticing your negative thinking – 'catch yourself'. Then recognize it for what it is. Just let the thought be. Don't challenge it or argue with it – just let it be and step away from it. Then, because unhelpful thoughts try to alter what you do, make an active choice to keep on doing what you were planning to do. Pull out your 3 DOs/3 DON'ts card and carry it with you.

#### **Target for change: My behaviour**

Follow through on your plan to change your unhelpful behaviour.

And try to identify two situations over the past week that caused you stress and then identify their effect on you in the FIVE AREAS.

## **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 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**

## 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
<input type="checkbox"/>	<input type="checkbox"/>

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

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Q. REALISTIC, PRACTICAL AND ACHIEVABLE?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

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:**