

***Individual Therapy Manual
for Cognitive-Behavioral Treatment
of Depression***

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***Individual Therapy Manual
for Cognitive-Behavioral Treatment
of Depression***

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Washington, D.C.)

**“This manual is dedicated to our patients:
past, present and future.”**

Origins of this CBT Manual

The first version of this manual was developed for a randomized controlled trial that found that each of three distinct components of therapy (increasing pleasant activities, interpersonal skill training, or changing the way patients think) were similarly efficacious in treating depression relative to control condition (*JCCP*, 1979;47:427-439). The study was directed by Peter M. Lewinsohn, Ph.D., as the dissertation chair for the three other members of the team who conducted the study: Ricardo F. Muñoz, Mary Ann Youngren, and Antonette Zeiss. These four authors of the original manuals combined them and published them as a self-help book title *Control Your Depression* (Prentice Hall, 1978; revised 1986). The book was then adapted by Muñoz in 1983 as the Depression Prevention Course, an 8-session manual for a randomized controlled depression prevention trial with Spanish- and English-speaking primary care patients at San Francisco General Hospital. Excerpts of the course can be found in Appendix A of *The Prevention of Depression: Research and Practice*, by Muñoz and Yu-Wen Ying (Johns Hopkins University Press, 1993). The Depression Prevention Course was then expanded into the 12-session format of this manual, for use at the University of California, San Francisco/San Francisco General Hospital Depression Clinic. This bilingual (Spanish/English) clinic was founded in 1985 by Muñoz, Jeanne Miranda, and Sergio Aguilar-Gaxiola to provide treatment to low-income depressed patients referred by their primary care physicians. Both of these adaptations have retained the three-pronged focus on activities, thoughts, and people from the manuals of the original study, because these are key areas that influence depressed mood, and thus can be used to treat it. We believe that most depressed patients will find one or more of these areas useful to gain greater control over their depressed mood.

We want to acknowledge the intellectual contributions of Peter M. Lewinsohn, whose pioneering work on behavioral approaches to depression guided the creation of the three initial manuals, as well as Albert Bandura, whose conceptual contributions in books such as *Social Learning Theory* (Prentice Hall, 1977) also provided direction for the development of these interventions.

At the San Francisco General Hospital Depression Clinic, many individuals helped shape the treatment approaches used. Among them are Jacqueline Persons and Charles Garrigues, who were very influential during the early stages of the clinic. We also want to acknowledge the many other Depression Clinic colleagues and trainees who assisted in the revision of this manual: Patricia Areán, Francisca Azocar, Drew Bertagnolli, Ellie Dwyer, Colleen Holt, Manuela Iturrioz, Gayle Iwamasa, Kathleen MacCormick, and Kurt Organista.

GROUND RULES FOR THERAPY

COME ON TIME

COME EVERY WEEK

- *make a commitment to the sessions.
- *call if you can't make it.

DO THE HOMEWORK!!

- *practice what you learn.
- *these methods can help you control your depression, only if you practice.

TELL ME IF YOU ARE UNHAPPY!!

- *bring concerns up with me.
- *I want to work with you.
- *don't stay mad without letting me know.

COME BACK

- *don't drop out.
- *let me know if you feel upset or have concerns, we can work things out.

HOW WE THINK ABOUT DEPRESSION

The kind of therapy we provide is called

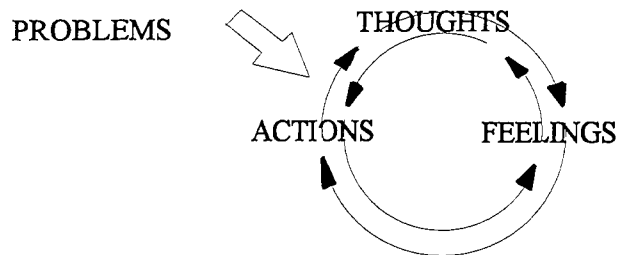
"COGNITIVE-BEHAVIORAL THERAPY"

"Cognitive" refers to our thoughts.

"Behavioral" refers to our actions.

Depression has most to do with our feelings.

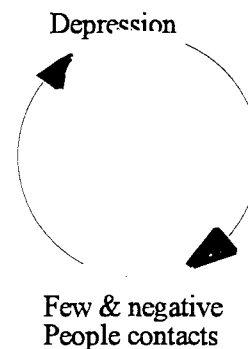
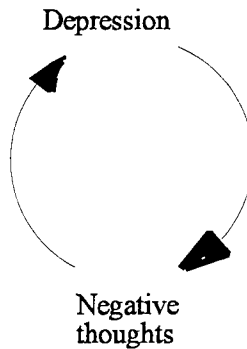
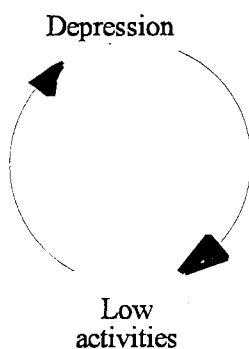
By learning how thoughts and actions influence our feelings,
we can learn to get more control over our feelings of depression.



For example, next week you may wake up feeling very depressed and physically ill and you could tell yourself one of two different things:

- "I feel too awful/sick to go to my therapy." > miss therapy
- "Yes, I don't feel like going but it will probably make me feel better than if I stay at home."

We will be working on breaking the following three cycles:



Our treatment for depression consists of twelve sessions.

We focus on what is going on in your life right now.

The therapy is focused on how to control depression in practical ways that can be used now and in the future.

The sessions are divided into three modules.

- 1- How thoughts affect your mood. (4 sessions)
- 2- How your activities affect your mood. (4 sessions)
- 3- How contacts with other people affect your mood. (4 sessions)

Beck Depression Inventory (BDI)

© 1978 by Aaron T. Beck. Qualified individuals may obtain this instrument by contacting The Psychological Corporation, Order Service Center, P.O. Box 839954, San Antonio, Texas 78283-3954, 800 228 0752 (phone), 512 270 0327 (fax).

HOW THOUGHTS AFFECT YOUR MOOD - Session 1 of 4

- I. The purpose of the therapy is to treat depression by teaching ways to control our mood better.
 - A. Four Goals:
 - 1. To make the feelings of depression less intense.
 - 2. To make the time we are depressed shorter.
 - 3. To learn ways to prevent getting depressed again.
 - 4. To feel more in control of our lives.
- II. The purpose of today's meeting:
 - A. To explain the therapy.
 - B. To learn what depression is.
 - C. To learn a helpful way to think about depression.
 - D. To learn how thoughts influence how we feel.
- III. GROUND RULES (page 3)
- IV. Introduction
 - A. Say a little about yourself
(not about your problems -- we'll get to them a little later).
 - 1. Example:
 - a. where you grew up.
 - b. your family.
 - c. what kind of work you have done.
 - d. your main interests.
 - e. things about yourself that you think are important.
- V. What is depression?
 - A. The word "depression" is used in many ways.
 - 1. It can mean:
 - a. a feeling that lasts a few minutes.
 - b. a mood that lasts a few hours.
 - c. a clinical condition that.
 - i. lasts at least two weeks and,
 - ii. causes strong emotional pain and,
 - iii. makes it hard for us to carry out our daily duties.
 - B. This therapy is intended to treat **clinical depression**.
- VI. The symptoms of clinical depression are:
 - A. Feeling depressed or down nearly every day.
 - B. Not being interested in or unable to enjoy things you used to enjoy.
 - C. Appetite and/or weight change. (eating either more or less than is usual for you)
 - D. Big changes in how much you sleep.
(sleeping either more or less than is usual for you)
 - E. Changes in how fast you move. (either being fidgety and restless or slowed down)
 - F. Feeling tired all the time.
 - G. Feeling worthless or guilty.
 - H. Trouble thinking, concentrating or making decisions.
 - I. Thinking a lot about death, wishing to be dead, or thinking about hurting yourself (suicide).

- VII. See sheet on "HOW WE THINK ABOUT DEPRESSION" (page 4)
- A. What problems would you like to work on?
 - B. What are your goals for therapy?
- VIII. What is depression like for you?
(Here you can share your problems.)
- A. What kinds of thoughts go through your mind when you feel depressed?
 - B. What do you do when you are depressed?
 - C. How do you get along with people when you are depressed?
 - D. What do you think is the cause of your depression?
- IX. THOUGHTS AFFECT MOOD: Certain kinds of thoughts make it more or less likely that you will become depressed.
- A. By "thoughts" we mean "things we tell ourselves."
 - 1. Thoughts can have an effect on your body.
 - 2. Thoughts can have an effect on your actions.
 - 3. Thoughts can have an effect on your mood.
- X. A good way to think about this type of therapy is that you will learn specific methods to change your thoughts and actions, so that your mood will improve.

HOMEWORK:

- 1. The Daily Mood Scale
 - a. See instructions for using the Daily Mood Scale (page 8).
- 2. Read next session.

INSTRUCTIONS FOR USING THE DAILY MOOD SCALE

To begin to see how your own mood changes you will keep track of your daily mood, using the DAILY MOOD SCALE.

To make this a valuable exercise, the DAILY MOOD SCALE should be filled out **every day**.

Directions:

Just before you go to bed, take out your mood scale.

Think over the day and decide what your mood was like today.

Circle the number which stands for how you felt today.

"9" means the best mood you can imagine

(This number would be used only on the "happiest days of your life" so it is not likely to be used often.)

"5" means an average mood

(This is the kind of normal mood most people have most of the time. It is the kind of mood you have most days when you are not depressed.)

"1" means the worst mood you can imagine

(This number would be used only on the "worst days of your life," so it is not likely to be used often.)

INSTRUCTIONS FOR FUTURE "THOUGHTS" SESSIONS:

At the bottom of the scale, there is a place for you to jot down the number of thoughts you have each day, in addition to your mood. By doing this, you will be able to see what kind of effect the things we are trying each week are having on your depression.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day _____

D BEST 9 9 9 9 9 9 9

A 8 8 8 8 8 8 8

I 7 7 7 7 7 7 7

L 6 6 6 6 6 6 6

Y 5 5 5 5 5 5 5

M 4 4 4 4 4 4 4

O 3 3 3 3 3 3 3

O 2 2 2 2 2 2 2

D AVERAGE 1 1 1 1 1 1 1

S 9 9 9 9 9 9 9

C 8 8 8 8 8 8 8

O 7 7 7 7 7 7 7

R 6 6 6 6 6 6 6

E 5 5 5 5 5 5 5

WORST 4 4 4 4 4 4 4

Number of
thoughts

Positive: _____

Negative: _____

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HOW THOUGHTS AFFECT YOUR MOOD - Session 2 of 4

- REVIEW:
1. What is depression?
 2. Homework: Daily Mood Scale, How was filling it out each day? Any surprises?
 3. Why is the homework important?

I. Thoughts affect mood:

A. Specific types of thinking make a difference in your mood.

1. Some thoughts make it more likely that you will become depressed.
2. Other thoughts make it less likely that you will become depressed.

II. What are thoughts?

A. Thoughts are ideas that we tell ourselves.

1. We talk in our own heads all of the time, but we are not always aware of it.
2. It is helpful to think of thoughts as things that have a real effect on our bodies and our minds.

III. What is depressed thinking like?

A. NOT FLEXIBLE:

For example, a depressed person might think: "I'll never get better."

Flexible thoughts that keep us from being depressed might be,
"If I go to therapy, I am at least trying to feel better."

B. JUDGMENTAL:

A depressed person might think: "I'm a failure."

The flexible thinker may say, "Yes, I've failed at some things but that doesn't mean I'm a failure."

IV. What is **NON-DEPRESSED** thinking like?

A. CHANGEABLE:

Depressed: "I always have been and always will be a coward."

Flexible: "I am afraid in **SOME** situations **SOMETIMES**."

B. LOOKS AT WHAT WE DO, NOT WHO WE ARE:

The depressed thinker may say, "I was born to feel bad."

The flexible thinker may say, "I am doing things that have me down right now."

C. HOPE FOR CHANGE:

The depressed thinker says, "Nothing has ever helped me."

The flexible thinker says, "Nothing I have tried yet has helped, but this is new and the time might be right for me to start feeling better."

V. Learning to spot types of thinking.

A. Constructive versus Destructive thinking:

1. Constructive thinking helps us build ourselves up and "put ourselves together."

a. For example, the thought, "I can learn to control my life to get more of what I want" is constructive.

2. Destructive thinking tears us apart."

a. For example, you could think "I am no good at all" or "I did everything wrong raising my kids " or "I've made so many mistakes."

B. Necessary thinking versus Unnecessary thinking:

1. Necessary thinking reminds us of the things we have to do.
 - a. For example: "I must remember to fill out the Daily Mood Scale before I go to sleep tonight."
2. Unnecessary thinking doesn't change things, yet makes us feel bad.
 - a. For example: "There is going to be an earthquake soon." or "This country is going to be ruined."

C. Positive versus Negative thinking:

1. Positive thinking makes us feel better.
 - a. For example, "Things are rough right now, but at least I'm here doing something to help myself."
2. Negative thinking make us feel worse.
 - b. For example, "It's just no use."

VI. MISTAKES IN THINKING: LEARNING TO RECOGNIZE THEM

A. All-or-Nothing Thinking:

1. You see things as completely good or completely bad.
 - a. For example, if you make any mistake doing something, you think your whole work was useless.
 - b. Instead, you may think, "I didn't do the Daily Mood Scale right, I'll try harder next time."
 - c. Dieting is a excellent way to illustrate: That is, many of us diet because of weight or health reasons and become overly upset when we break our diet: "I've ruined my diet so it doesn't matter what I eat now." > poor eating vs. "Yes, I went off my diet but most of the time I follow it." > healthy eating

B. Seeing one bad event as meaning everything will be bad:

1. You see a single negative event as a never-ending defeat.
 - a. For example, "I did not do well in school, so I won't do well in this therapy class."

C. Mental Filter:

1. You pick out a single negative detail and dwell on it exclusively, so that you see everything as negative.
 - a. For example, only paying attention to the fact that you have diabetes and not noticing the sunny day or nice things people have said to you.

D. Not Counting the Positive:

1. You don't count the positive.
 - a. For example, you believe that everyone dislikes you, so you think there is something wrong with a person who is nice to you.

E. Jumping to Conclusions:

1. You see a negative part to what may happen anytime.
 - a. **Mind Reading**
 - i. When you see someone who is not being positive, you assume they don't like you or are mad at you. They may just be having troubles themselves.
 - b. **Fortune Telling**
 - i. You believe things will turn out badly for you. You believe that a disaster or bad things are "just bound to happen."

F. Making More or Less of Things:

1. You make your mistakes seem more than they really are, while you make good things about you less important than they are.
 - a. For example, you say, "I made this bad mistake with my friend and she will never forgive me. I have always been nice to her, but everyone is always nice to her so that won't mean anything to her."

G. Taking Your Feelings Too Seriously:

1. Thinking that your feelings **ARE** reality.
 - a. For example, you think that "I feel so awful, that just proves what a terrible place this world is to live in."

H. Shoulds:

1. You try to motivate yourself with shoulds.
 - a. For example, you think, "I should be a better person" or "I should quit eating until I loose weight."
 - i. When you say these "shoulds" to yourself, you feel guilty.
 - ii. When you say them about other people, you feel angry and let down by them.
2. Shoulds are critical, moral imperatives that we put on ourselves/others.
 - a. Like finger pointing > (-) moods.

I. Labeling Yourself:

1. Because you make a mistake, you start thinking that you are a "loser." Because you are feeling down, you think of yourself as a "depressing" person.

J. Self-Blame:

1. You blame yourself for things that you may not have been able to control.
 - a. For example, something bad happens to one of your children or friends and you believe it was your fault.
 - b. The way this typically manifests itself is with you saying, "If only I had done such and such, then I wouldn't be in this situation" or "Because I was so (weak, stupid, etc.) these bad things happened to me."
 - i. Usually these are things out of your control.
 - ii. Or when within control > (-) rumination vs. "Yes I made a mistake but..."

K. Which mistakes do you make?

LIST:

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

NOTE: These MISTAKES IN THINKING are adapted from the book Feeling Good: The New Mood Therapy by David Burns (Published by William Morrow and Company, 1980).

HOMEWORK:

1. Continue the Daily Mood Scale.
2. Keep track of thoughts.

At the end of each day, take out the list of thoughts and place a 4 next to each thought you had today. Add up the total number of positive thoughts and the total number of negative thoughts. Note the connection between the number of each type of thought and your mood.

3. Read the next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day _____

D BEST 9 9 9 9 9 9 9

A 8 8 8 8 8 8 8

I 7 7 7 7 7 7 7

L 6 6 6 6 6 6 6

Y 5 5 5 5 5 5 5

M 4 4 4 4 4 4 4

O 3 3 3 3 3 3 3

O 2 2 2 2 2 2 2

D 1 1 1 1 1 1 1

AVERAGE 4 4 4 4 4 4 4

S 3 3 3 3 3 3 3

C 2 2 2 2 2 2 2

O 1 1 1 1 1 1 1

R 1 1 1 1 1 1 1

E 1 1 1 1 1 1 1

WORST 1 1 1 1 1 1 1

Number of
thoughts

Positive: _____

Negative: _____

[illegible]

[illegible]

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HOW THOUGHTS AFFECT YOUR MOOD - Session 3 of 4

- REVIEW:
1. Homework - The Daily Mood Scale.
 - a. What kinds of thoughts did you have last week?
 2. The purpose of the course.

I. Ways to increase healthy thinking:

A. INCREASING THOUGHTS THAT PRODUCE A BETTER MOOD.

1. Increasing the number of good thoughts in your mind.
 - a. Make lists of good thoughts about yourself and about life.
2. Give yourself pats-on-the-back.
 Most of the things we do are not noticed by others.
 Therefore, it is important for us to notice them and give ourselves credit for doing them.
 - a. "I made it to group today, even though it was raining"
3. "Hold Everything!"
 Give ourselves a break by taking time out mentally.
 - a. Pause. Let your mind relax, let your mind take a break.
 Allow your body to feel at peace. Feeling at peace can give you energy.
4. Time Projection.
 Imagine yourself taking the steps to move toward a time when things will be better.
5. Try the following exercise.

<u>(+) things about me</u>	<u>(+) things about life</u>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
etc.	etc.

Read the list and see how you feel after reading the lists.

B. DECREASING THOUGHTS THAT MAKE US FEEL BAD.

1. Thought stopping.
 When a thought is ruining your mood:
 - a. Identify it.
 - b. Tell yourself: "This thought is ruining my mood."
 - c. Think of another thought.
2. Worrying time.
 Schedule "worry time" each day so you can concentrate completely on necessary thinking and leave the rest of the day free of worry.
 - a. Worry time can be ten to thirty minutes long.

3. Make fun of problems by exaggerating them.

- a. Have a good sense of humor.
- b. Try making fun of your own worries.
 - i. Sometimes that can take the sting out of them.
- c. Examples:
 - i. Man with anger problem imagines smoke coming out of ears and fire fuming from his nostrils and the fire department having to break down door and hose him down.
 - ii. Woman with enuresis imagines comparing notes on pampers with her 3 year old granddaughter.

4. Consider the worst that could happen.

- Often, vague fears about what could happen make us more depressed than thinking things through and facing the worst possibilities.
- a. Remember that the worst that can happen is only one of many possibilities.
 - b. Just because it is the worst, it is not the one most likely to happen.

5. Be your own coach.

- a. Think about how you want the situation to turn out.
- b. Is the outcome realistic?
- c. Think about what steps are necessary to reach your goal.
- d. Recognize that by doing this, you are trying to control your depression.

C. TALKING BACK TO YOUR THOUGHTS: THE A-B-C-D METHOD

1. When you feel depressed, ask yourself what you are thinking.
Then try to talk back to the thought that is hurting you.

A is the Activating event (what happened)

B is the Belief or the thought you are having
(that is, what you tell yourself about what happened)

C is the Consequence
(that is, the feeling you have because of the thought)

D is the way you Dispute or talk back to the thought

2. Example:

You feel depressed.

You think about it and think it is because you have diabetes.

Here is how you might use the ABCD Method:

A: I have diabetes. (This is a fact.)

B: Thoughts I have about this fact are:
"No one can be happy if one has diabetes."
"Diabetes will ruin my life."
"I cannot stand having diabetes."

C: The consequence of thinking these thoughts is feeling very depressed for a long time.

D: I can talk back to these thoughts in this way:

"There are people who have diabetes who are as happy as people who don't have diabetes. "Diabetes is a burden I have to deal with, but it does not necessarily ruin every minute of my life." "Having diabetes is unfortunate, but many human beings have diabetes. Human beings can lead satisfying lives even though they have diabetes. I am a human being, therefore I can lead a satisfying life even though I have diabetes."

E: Practice ABCD method.

HOMEWORK:

1. Continue the Daily Mood Scale.
2. Continue to fill out the check list of thoughts each day.
3. Practice the ABCD Method to talk back to your thoughts.
4. Read next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9
A							
I		8	8	8	8	8	8
L							
Y		7	7	7	7	7	7
M							
O		6	6	6	6	6	6
O							
D		5	5	5	5	5	5
	AVERAGE	4	4	4	4	4	4
S							
C		3	3	3	3	3	3
O							
R		2	2	2	2	2	2
E							
	WORST	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

[illegible]

[illegible]

WORKSHEET FOR THE ABCD METHOD

A. ACTIVATING EVENT
(WHAT HAPPENED?)

C. CONSEQUENCE
(HOW DID YOU REACT?)

B. BELIEF ABOUT WHAT HAPPENED
(WHAT DID YOU TELL YOURSELF
ABOUT WHAT HAPPENED THAT
INFLUENCED YOUR REACTION?)

D. DISPUTING THE BELIEF
(ALTERNATIVE THOUGHTS
THAT WOULD HELP YOU
IN A HEALTHIER MANNER)

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HOW THOUGHTS AFFECT YOUR MOOD - Session 4 of 4

- REVIEW:
1. The Daily Mood Scale.
 2. Homework - ABCD Method and Thought Sheet
 3. The purpose of this module.

I. COMMON THOUGHTS THAT MAKE YOU DEPRESSED.**A. What is wrong with these statements?**

1. "I should be loved and approved of by everyone."
2. "I should always be able to do things well and work hard all of the time to feel good about myself."
3. "Some people are bad and should be punished."
4. "I will feel awful if things don't go the way that I want them to go."
5. "Other people and things I cannot change make me unhappy."
6. "I should worry about bad things that could happen."
7. "I can never be happy if I don't have someone to love me."
8. "I can't change the way I am; I was raised this way."
9. "I must feel sad when people I care about are having bad times."
10. "It will be awful if I don't do the right thing."

II. MORE PRACTICE WITH THE ABCD METHOD.**A. Review:**

A is the **Activating** event (what happened).

B is the **Belief** (or the thought that you tell yourself about what happened).

C is the **Consequence** (what we feel after we have thought about what happened).

D is the **Dispute** (the way you feel can change the thought so that you do not feel so sad or angry).

HOMEWORK:

1. Continue the Daily Mood Scale.
2. Continue working on your thoughts.
3. Continue practicing the ABCD Method.
4. Read next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9
A							
I		8	8	8	8	8	8
L							
Y		7	7	7	7	7	7
M		6	6	6	6	6	6
O							
O		5	5	5	5	5	5
D							
	AVERAGE	4	4	4	4	4	4
S							
C		3	3	3	3	3	3
O							
R		2	2	2	2	2	2
E							
	WORST	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

[illegible]

[illegible]

WORKSHEET FOR THE ABCD METHOD

A. ACTIVATING EVENT
(WHAT HAPPENED?)

C. CONSEQUENCE
(HOW DID YOU REACT?)

B. BELIEF ABOUT WHAT HAPPENED
(WHAT DID YOU TELL YOURSELF
ABOUT WHAT HAPPENED THAT
INFLUENCED YOUR REACTION?)

D. DISPUTING THE BELIEF
(ALTERNATIVE THOUGHTS
THAT WOULD HELP YOU
IN A HEALTHIER MANNER)

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WORKING WITH DAILY ACTIVITIES - Session 1 of 4

REVIEW:

1. Purpose of this module.
 2. Welcoming new members.
 3. Rules of the group.
 4. Our picture of depression and how we treat it.
- I. Review symptoms of clinical depression: - have any of these changed since you began treatment?
- A. Feeling depressed or down nearly every day.
 - B. Not being interested in or unable to enjoy things you used to enjoy.
 - C. Appetite and/or weight change.
(eating either more or less than is usual for you)
 - D. Big changes in how much you sleep.
(sleeping either more or less than is usual for you)
 - E. Changes in how fast you move.
(either being fidgety and restless or slowed down)
 - F. Feeling tired all the time.
 - G. Feeling worthless or guilty.
 - H. Trouble thinking, concentrating or making decisions.
 - I. Thinking a lot about death, wishing to be dead, or thinking about hurting yourself (suicide).
- II. Graph Beck Depression Scale Scores.
- III. Now we will be working with how your daily activities affect your mood:

THE FEWER PLEASANT ACTIVITIES PEOPLE DO,
THE MORE DEPRESSED THEY FEEL.

- IV. Two Big Questions are:
- A. Do you stop doing things because you are depressed?
 - B. Do you get depressed because you stop doing things?
 - C. The answer is: **BOTH!!**

The less you do, the more depressed you feel.
The more depressed you feel, the less you do.

D. This is called a **"VICIOUS CYCLE."**

- V. To break this "Vicious Cycle," you can INCREASE those activities which make you feel better.
- A. These activities can be called:
1. "pleasant"
 2. "rewarding"
 3. "meaningful"
 4. "inspiring"
 5. "relaxing"
 6. We'll call them "pleasant."
- VI. Pleasant activities DO NOT have to be special activities.
- A. Most of them are everyday activities.
- B. EXERCISE: Remember the last pleasant activity you did.
1. What enjoyment did you get from it?
 2. How do pleasant activities affect your mood?
- VII. Sometimes it is hard to remember the kinds of things that are pleasant for us, especially if we haven't done them in a long time.
- A. When we are depressed, it is even harder to remember pleasant things.
- B. To help each of you come up with your personal list of activities which make you feel good, we use the "LIST OF PLEASANT ACTIVITIES."
- C. EXERCISE: Identify three activities which you would consider pleasant.
- VIII. Possible obstacles to working with pleasant activities:
- A. YOUR THOUGHTS:
1. Are there things you say to yourself which make it less likely that you will work on your activities?
- B. PEOPLE:
1. Will it be hard to work on pleasant activities because of other people?

HOMEWORK:

1. Fill out your Daily Mood Scale.
2. Keep track of how many of the activities on the List of Pleasant Activities you do each day. Place a 4 next to each activity that you do each day. If some of the activities are not applicable, just skip them. Keeping track of your activities may be new to you. Many people find it interesting! You do not have to do more than usual this week, we want to find out how many things you do each day for this week. Write the number of checks per day at the end of the list.
3. Read next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9	9
A								
I		8	8	8	8	8	8	8
L								
Y		7	7	7	7	7	7	7
M		6	6	6	6	6	6	6
O								
O		5	5	5	5	5	5	5
D								
	AVERAGE	4	4	4	4	4	4	4
S								
C		3	3	3	3	3	3	3
O								
R		2	2	2	2	2	2	2
E								
	WORST	1	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities: _____

[illegible]

51. Loan something																			
52. Go to health club, sauna																			
53. Learn to do something new																			
54. Be with relatives																			
55. Protest social, political environmental conditions																			
56. Talk on the telephone																			
57. Have daydreams																			
58. Go to the movies																			
59. Kiss																			
60. Budget my time																			
61. Cook meals																			
62. Do "odd jobs" around home																			
63. Eat out																			
64. Reminisce, talk about old times																			
65. Get up early in the morning																			
66. Visit friends																			
67. Write in a dairy																			
68. Say prayers																			
69. Meditate, do yoga																			
70. Read the newspaper																			
71. Do exercise																			
72. Walk barefoot																			
73. Play frisbee or catch																			
74. Listen to music																			
75. Sew or do needlework																			
76. Go to a barber or beautician																			
77. Be with someone I love																			
78. Sleep late																			
79. Start a new project																			
80. Go to the library																			
81. Prepare a new or special food																			
82. Watch people																			
83. Build or watch a fire																			
84. Sell or trade something																			
85. Repair things																			
86. Ride a bicycle																			
87. Write letters, cards, or notes																			
88. Go to a potluck																			
89. Care for house plants																			
90. Take a walk																			
91. Collect things																			
92. Do things with children																			
93. Stay up late																			
94. Go to auctions, garage sales																			
95. Travel																			
96. Play with pets																			
97. Read cartoons, comic books																			
98. Use my strength																			
99. Consider an interesting question																			
100. Do volunteer work																			

TOTAL EACH DAY:

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WORKING WITH DAILY ACTIVITIES - Session 2 of 4

- REVIEW:
1. The purpose of this module.
 2. Homework:
 - i. How was it, keeping track of your activities?
 - ii. How many did you do each day?
 3. Thoughts affect your mood.
 4. Actions affect your mood.
 5. Being with people affects your mood.
- I. More about pleasant activities:
- A. How pleasant activities can help control your mood:
 1. Just telling yourself to "feel better" isn't enough.
 2. The things that you do will change the way that you are feeling.
 - B. What are pleasant activities?
 1. Pleasant activities are different for different people.
 2. For example, some people find being alone, reading a book, to be a very pleasant activity.
 3. Others may find being in a loud and busy shopping center to be fun.
 - C. Pleasant activities are those things you can do that make you feel happy and often make you feel relaxed.
 - D. Pleasant activities do not need to be special events, although they may be special.
 - E. Often they are common activities that bring us pleasure, like watching a sunset, reading a book, talking to a friend.
 - F. Just as the body needs an adequate level of nutrition (i.e., vitamins, minerals), the mind needs an adequate level of (+) activities.
- II. An adequate level of pleasant activities help us feel emotionally healthy.
- A. Our mood is at its best when our activities are balanced between things we "have to do" and those we "want to do."
 - B. Since we often have more control over the things we want to do it is important to keep them in mind and do them!
- III. Doing pleasant activities without spending much money:
- A. EXERCISE: Coming up with a list of pleasant activities one can do cheaply.
- IV. Pleasant activities just don't happen on their own.
- A. It is important to plan and schedule pleasant activities.
 - B. Planning and scheduling: A way to gain control over your life.
- V. How can you use thoughts to help you plan and enjoy certain activities?
- VI. What gets in the way for you when you want to do pleasant activities?
- A. Anticipating problems can help you identify and discuss solutions to obstacles in doing pleasant activities.

VII. Pleasure Predicting

- A. You don't have to wait until you "feel like doing something" to do it.
- B. You can choose to do something and do it.
- C. It can still be enjoyable even if you didn't think it would be.
- D. You can influence your mood with your activities.
- E. The more practice you get doing this, the more control you can achieve.

VIII. Making a contract

- A. When you complete your goals for the day, it is equally important to reward yourself.
- B. You can reward yourself by doing something you find pleasant.
 - 1. Try something on the List of Pleasant Activities.

HOMEWORK:

- 1. The Daily Mood Scale.
- 2. Keeping track of the activities on your list.
- 3. Making a contract with yourself.
- 4. Pleasure Predicting.
 - a. See instructions for using the Pleasure Predicting chart (page 41).
- 5. Read next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9
A							
I		8	8	8	8	8	8
L							
Y		7	7	7	7	7	7
M							
O		6	6	6	6	6	6
O							
D		5	5	5	5	5	5
	AVERAGE	4	4	4	4	4	4
S							
C		3	3	3	3	3	3
O							
R		2	2	2	2	2	2
E							
	WORST	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities: _____

[illegible]

[illegible]

PERSONAL CONTRACT

I, _____ make the following agreement with myself:

During this week, I will do the following activity from the LIST OF PLEASANT ACTIVITIES.

REWARD:

If I fulfill my contract, I will reward myself with:

I will give myself the above reward no more than two days following the day when I fulfill my contract.

Signed: _____ Date: _____

Instructions for Pleasure Predicting

1. In the first column write down the activity that you plan to do.
2. In the second column write down the amount of enjoyment that you expect from this activity. Use a percentage, for example 0% would mean that you would not enjoy this activity at all; 50% would mean that you would enjoy this activity a moderate amount; 100% would mean that you would enjoy this activity very much.
3. Then do the activity. This is the most important part.
4. After you have done the activity, think back and write down the amount of enjoyment that you actually experienced. Use a percentage again.
5. Now look at the two percentages? How do these numbers compare?
6. Repeat this with other activities that you do to see if a pattern develops.

PLEASURE PREDICTING

ACTIVITY	HOW MUCH WILL YOU ENJOY %	HOW MUCH DID YOU ENJOY %	COMMENTS

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WORKING WITH DAILY ACTIVITIES - Session 3 of 4**I. Creating Your Plan to Overcome Depression****A. To overcome depression:**

1. Set reasonable goals
2. Notice the positive things that you do
3. Reward yourself

B. When we are depressed, we often lose sight of our goals.

1. Setting goals is critical.
 - a. Make goals clear and concrete so that you can tell when you have reached them
 - b. Unclear versus Clear goals:

UNCLEAR GOALS

Be less depressed

Be a good:

mother
spouse
friend

Be a:

musician
cook
happy person

CLEAR GOALS

Increase pleasant activities so you
feel less depressed

Spend one hour a week doing
something pleasant with your:
child
spouse
friend

Spend **X** hours per week:
playing an instrument
cooking
doing something you consider important

C. Setting realistic goals:

1. What is and is not realistic is hard to determine ahead of time.
2. What is unrealistic at one time may be realistic at another.
3. However, if you find that you cannot meet most of your goals, then chances are that they are unrealistic for you at this time.

D. Develop a plan to achieve your goals.

1. Break down large goals into small steps.
2. Make each step towards the bigger goal attainable.
3. If your goal is to learn to be a good bowler, you may begin by finding out where the nearest bowling alley is and what the hours are that you may bowl there.
4. You may need to enjoy old activities in new ways.
5. You may learn to enjoy new interests to replace the old ones.
6. You can learn to develop abilities which you have not used before.

E. What are your goals?

1. What are the obstacles you feel in reaching them?

F. Time management:

1. Make a list of what you want to accomplish this week.
2. Assign each item a priority:
 - a. "A" items have the highest priority
 - b. "B" items are the next priority
 - c. "C" items are the lowest priority
3. Schedule an "A" item in your week.
 - a. Is there room for other items?
 - b. If not, just do the "A" items.
4. Make time for pleasant activities in your week.
 - a. Is there a balance between what you **HAVE** to do and what you **WANT** to do?
5. Practice what works best for you.
 - a. Remember, the more alternatives you have, the more choices you have.

G. Planning for the future.

1. Today we will think about individual goals, that is, goals that involve only yourself.
2. Exercise:
 - a. Fill out the "GOALS LIST" (page 47).
(Notice which goals you already have met.)

H. There are two types of goals:

1. **SHORT-TERM GOALS:** things that you would like to do soon (say within 6 months).
2. **LONG-TERM GOALS:** things you would like to do at some point in the future.

HOMEWORK

1. The Daily Mood Scale
2. The List of Activities
3. Your plan for the week
4. Finish your list of personal goals
5. Read next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9	9
A								
I		8	8	8	8	8	8	8
L								
Y		7	7	7	7	7	7	7
M		6	6	6	6	6	6	6
O								
O		5	5	5	5	5	5	5
D								
	AVERAGE	4	4	4	4	4	4	4
S								
C		3	3	3	3	3	3	3
O								
R		2	2	2	2	2	2	2
E								
	WORST	1	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities:

[illegible]

[illegible]

Individual Goals

1. Physiological (Food, water, warmth, etc.)
2. Safety (To feel free from constant danger)
3. Love and Belongingness
4. Self-Esteem (Feeling proud about what you do or who you are)
5. Self-Actualization (Developing your potential)

1. Lifestyle
2. Spiritual, religious, philosophical
3. Economic
4. Educational
5. Vocational
6. Physical activity level
7. Recreational and/or creative
8. Medical

(Consider the goals listed above, as well as the ones you have discussed in the group.)

[illegible]

[illegible][illegible]

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WORKING WITH DAILY ACTIVITIES - Session 4 of 4

- REVIEW:
1. Purpose of treatment: To gain control over depression.
 2. Theory: You can learn to influence your mood.
 3. Practice: Change what is under your control.
 - i. Your thinking
 - ii. Your actions
 4. Homework: The Daily Mood Scale
 - i. Your list of activities
 - ii. Your daily schedule
 - iii. Your goals
- I. Depression and the Healthy Management of Reality
- A. All of us live in two worlds:
1. THE OBJECTIVE WORLD (or the "Outside World"). This is all that we sense.
(See, feel, hear, smell, taste)
 2. THE SUBJECTIVE WORLD (or the "Inside World").
(What we think about what we sense)
 3. Is the glass half full or half empty?
- II. These two worlds are our REALITY.
- A. The key to feeling healthy is to learn how to manage these two parts of our reality.
- III. NO ONE controls either of these two worlds completely.
- A. We can learn to gain more control over them, however.
1. WHEN WE ARE DEPRESSED, WE FEEL WE HAVE NO CONTROL.
- IV. WAYS TO FEEL MORE CONTROL:
- A. ALTERNATIVES.
1. Altering objective world with:
 - (+) activities
 - (+) social contacts
 - assertive communication
 2. Altering subjective world with:
 - more healthy/helpful thinking
 - less unhealthy/harmful thinking
- B. THINK ABOUT LIFE AS BEING MADE UP OF CHUNKS OF TIME.

"TIME is the coin of life.
 It is the only coin you have,
 and only you can determine how it will be spent.
 Be careful, lest you let other people spend it for you."
 Carl Sandburg

1. Be careful about saying to yourself:

"I cannot enjoy life until _____."

a. For example, if you said: "I cannot enjoy my life until this depression is over."

i. You may not do the kinds of things that will help the depression end soon.

ii. On the other hand, if you begin to fill both your OUTSIDE and INSIDE worlds with healthy, pleasant, meaningful things for yourself, the depression is more likely to end soon.

2. Exercise:

a. What do you feel gets in the way of you enjoying your life more?

b. How have you tried to deal with this? Has this helped?

c. If it has helped, why do you think it has helped?

If it has not helped, why do you think it hasn't helped?

d. What are some alternatives or other options available to you?

V. Pleasant activities make chunks of your time more satisfying.

A. As the way you spend your time becomes more satisfying, your life does too.

B. Build your pleasant activities into your life plan.

C. Pleasant activities help you feel less distressed and help you become emotionally healthier.

D. The better you feel, the more you can do for yourself and others.

HOMEWORK:

1. The Daily Mood Scale

2. The List of Activities

3. Read next session.

A WAY TO THINK ABOUT REALITY

Many of our patients believe that the reason they are depressed is because they have "real" problems, and that anyone who has these problems would be depressed.

If one believes this, one usually believes that until the problem is one hundred percent solved, one has to be depressed.

THIS IS A MENTAL TRAP!!

What is "real" often includes things that we have control over as well as those things outside of our control. In this sense, we can change parts of "reality" merely by choosing how we will think and behave.

TOTAL REALITY

is made up of at least the following parts:

PHYSICAL (OBJECTIVE, MEASURABLE) REALITY

What we see, hear and can measure.

+

HOW OTHERS THINK AND ACT

+

HOW YOU THINK

+

WHAT YOU DO

DISCUSSION: Different combinations of responses to a physical event can produce many types of "realities."

PHYSICAL REALITY

Broken Leg

HOW OTHERS THINK AND ACT

1. Supportive
2. Making fun
3. Get angry at you

HOW YOU THINK

1. This is inconvenient
2. I'm jinxed!!
3. A chance to relax!

WHAT YOU DO

1. Enjoy the slower pace
2. Mope around
3. Get angry at others
4. Appreciate the help you get

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9
A							
I		8	8	8	8	8	8
L							
Y		7	7	7	7	7	7
M		6	6	6	6	6	6
O							
O		5	5	5	5	5	5
D							
	AVERAGE	4	4	4	4	4	4
S							
C		3	3	3	3	3	3
O							
R		2	2	2	2	2	2
E							
	WORST	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities: _____

[illegible]

[illegible]

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HOW CONTACTS WITH PEOPLE AFFECT MOOD - Session 1 of 4**REVIEW:**

1. Purpose of this module.
- I. The purpose of the therapy group is to treat depression by teaching ways to control our mood better.
 - A. Four goals:
 1. To make the feelings of depression less intense.
 2. To make the time we are depressed shorter.
 3. To learn ways to prevent getting depressed again.
 4. To feel more in control of our lives.
 - II. How have symptoms of clinical depression changed since you began treatment:
 - A. Feeling depressed or down nearly every day.
 - B. Not being interested in or unable to enjoy things you used to enjoy.
 - C. Appetite and/or weight change.
(eating either more or less than is usual for you)
 - D. Big changes in how much you sleep.
(sleeping either more or less than is usual for you)
 - E. Changes in how fast you move.
(either being fidgety and restless or slowed down)
 - F. Feeling tired all the time.
 - G. Feeling worthless or guilty.
 - H. Trouble thinking, concentrating or making decisions.
 - I. Thinking a lot about death, wishing to be dead, or thinking about hurting yourself (suicide).
 - III. Review of weekly Beck Depression Scale Score.
 - IV. We will now be working on how contacts with people affect our mood.
 - A. Higher levels of depression are related to:
 1. Less contact with people.
 2. Feeling uncomfortable with people.
 3. Being more quiet, talking less.
 4. Being less assertive, that is, not expressing your likes or dislikes.
 5. Being more sensitive to being ignored, criticized or rejected.
 - V. Does depression cause people to be less sociable, or does being less sociable cause depression in people?
 - A. The answer is "probably both."
 1. When we feel down, we are less likely to want to socialize.
 2. But, not having contact with people takes away from us a good source of happiness, so we become more depressed.
 3. When we feel more depressed, we do even fewer things with people.
 4. This continues until we are so depressed that we spend most of our time alone.

VI. The importance of SOCIAL SUPPORT.

A. In general, the stronger your social support system, the better you will be able to face tough situations.

1. By social support system, we mean the people who are near you and with whom you share moments of your life.

a. This includes your family, friends, neighbors, co-workers and acquaintances.

VII. Two principles to keep in mind for the future:

A. If your social support system is small, enlarge it.

B. If your social support system is of a good size, appreciate it and keep it going.

C. How do you do this?

1. That is the focus of the four sessions for this module.

VIII. On meeting people:

A. The easiest way to meet people without feeling too self-conscious is to do something that you really like doing, in the company of other people.

B. When you are doing something you like, you are more likely to be in a better mood and it will be easier to be friendlier to others.

C. Even if you don't find anyone in particular whom you would like to get to know better, you will still have been doing something pleasant, and you will be less likely to feel that you wasted your time.

D. Since the main focus is the activity you are doing, and not just meeting others, there will be less pressure on you that there might be in a setting where the whole purpose is to meet people.

E. If you do meet people you would like to know better, they are likely to be people with whom you share at least one interest that brought you together.

IX. On improving negative relationships:

A. Learn to be assertive.

B. Learn to set limits with others.

C. Learn to "distance" from overly negative relationships.

X. ON KEEPING YOUR SOCIAL SUPPORT SYSTEM HEALTHY

A. Contact is important: by phone or in person.

B. Suggesting an activity to share with others.

1. Thoughts that get in the way:

a. "They will say 'no'."

b. "They'll say 'yes' just to be nice."

c. "They won't want to go out with me again."

XI. How do you feel about ending treatment after the next 3 sessions?

HOMEWORK:

1. The Daily Mood Scale.

2. Weekly Activity Schedule:

Note contacts with people. Add a "+" if positive and a "-" if negative.

3. Read next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9	9
A								
I		8	8	8	8	8	8	8
L								
Y		7	7	7	7	7	7	7
M		6	6	6	6	6	6	6
O								
O		5	5	5	5	5	5	5
D								
	AVERAGE	4	4	4	4	4	4	4
S								
C		3	3	3	3	3	3	3
O								
R		2	2	2	2	2	2	2
E								
	WORST	1	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities:

Number of
Human Contacts:

Positive: _____

Negative: _____

WEEKLY ACTIVITY SCHEDULE

	M	T	W	Th	F	Sat	Sun
AM 8-9							
9-10							
10-11							
11-12							
PM 12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-on							

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HOW CONTACTS WITH PEOPLE AFFECT MOOD - Session 2 of 4

- REVIEW:
1. Purpose of this module.
 2. The key ideas: Thoughts, actions and feelings influence each other.
 3. By learning to use your thoughts and actions, you can gain more control over your feelings.
- I. Three areas to focus on in order to feel better:
- A. Being alone.
 - B. Being with others.
 - C. Feeling good about what you do in life.
- II. For each of these areas, it is important to pay attention to:
- A. Your thoughts
 - B. Your expectations
 - C. Your behavior
 - D. Your feelings
- III. On being with others:
- A. Your thoughts
1. Thoughts that help you feel comfortable with others
Sometimes by changing your perspective you can change how you feel and behave.
 - a. For example:
 - i. "How can I please her in this situation?"
 - b. Try thinking:
 - i. "Enjoy this situation."
 2. Thoughts that get in the way
 - a. For example, instead of thinking:
 - i. "Will he (or she) be a good friend to me?"
 - b. Try thinking:
 - i. "If I start enjoying myself, others will want to join in."
- B. Your expectations
1. What can one expect of others?
 2. What can others expect of you?
 3. If you make your expectations too high, you will be disappointed and perhaps frustrated or bitter.
 4. If you make your expectations too low, you will not give yourself or others a chance.
- C. Your actions
1. How do you come across?
 - a. Your face:
 - i. Do you smile once in a while?
 - ii. Do you make eye contact?
 - b. Your body:
 - i. Is it slumped?
 - ii. Do you look tired, worn out?
 - c. Grooming:
 - i. Is it appropriate for where you are?

- d. Your speech:
 - i. Is it too slow or too soft?
- e. Your conversation:
 - i. Do you show interest in what others say?
 - ii. Do you ignore or criticize them?
- f. Your attitude:
 - i. Do you complain a lot?

D. Your feelings

1. Recognize how you feel.
2. Saying what you feel appropriately.
3. The differences among being passive, assertive and aggressive.
 - a. ASSERTIVENESS is being able to share positive feelings or negative feelings comfortably.
 - i. For example, politely saying "no" when you don't feel like doing something and not feeling badly about saying "no."
4. Changing your perspective can help you be more assertive if you tend to be passive.
 - a. For example, if you frequently find yourself thinking:
 - i. "It's not fair to say no to my daughter when she asks me to babysit."
 - b. Try thinking:
 - i. "It's not fair to say yes to babysitting all the time, when I need time for myself."
5. Not letting someone be unkind or disrespectful without responding.
 - a. Express your own feelings so that you don't end up feeling upset and angry later.

IV. Learning to be assertive:

A. Practicing in your mind

1. Imagine the scene as if it were a photograph
2. Imagine the action starting (as if it were a movie)
3. Imagine yourself saying something assertively
4. Imagine the response you get
5. If you like the way it came out, practice it again.
6. If you don't like it, change it and try again.

B. Learn by imitating others whose style you like.

C. Get alternative suggestions from friends on how to handle a situation.

D. When you feel ready, try it out in real life.

1. See what happens.
2. Keep on practicing until you feel comfortable.

E. Remember:

1. Try it with positive as well as negative comments.

V. Practice here in therapy:

A. Here you have a unique opportunity to get feedback as you interact with me.

1. We usually don't have this kind of situation anywhere else.
2. Use this time to practice saying things you will need to say to others.

HOMEWORK:

1. The Daily Mood Scale
2. Weekly Activity Schedule
Note contacts with people.
Add a "+" if the contact was positive.
Add a "-" if the contact was negative.
3. Read next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day _____

D	BEST	9	9	9	9	9	9	9
A								
I		8	8	8	8	8	8	8
L								
Y		7	7	7	7	7	7	7
M		6	6	6	6	6	6	6
O								
O		5	5	5	5	5	5	5
D								
	AVERAGE	4	4	4	4	4	4	4
S								
C		3	3	3	3	3	3	3
O								
R		2	2	2	2	2	2	2
E								
	WORST	1	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities: _____Number of
Human Contacts: _____

Positive: _____

Negative: _____

WEEKLY ACTIVITY SCHEDULE

	M	T	W	Th	F	Sat	Sun
AM 8-9							
9-10							
10-11							
11-12							
PM 12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-on							

Beck Depression Inventory (BDI)

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HOW CONTACTS WITH PEOPLE AFFECT YOUR MOOD - Session 3 of 4

- REVIEW:
1. Purpose of this module.
 2. The way you are thinking about things affects your mood.
 3. The things that you are doing affect your mood.
 4. Your mood affects what you think and what you do.
 5. You can change your thoughts and actions to help yourself overcome feelings of depression.
- I. When you consider your contact with other people, again consider:
- A. Your thoughts about others.
 - B. What you do around others.
 - C. How you feel around others.
- II. Your thoughts about others:
- A. Do you find that you can't trust others?
 - B. Do you find that you don't feel tolerant of others?
 - C. Do you find that you are frightened of others?
 - D. Do you find that others expect too much from you?
 - E. The most important thing is balance - learn how to cautiously test others and learn who you can and cannot trust.
- III. Your behavior around others:
- A. Consider how you appear to others.
 - B. How can you help others feel comfortable with you?
 - C. Do you behave assertively? Remember, assertiveness is being able to share positive or negative thoughts and feelings with others and to feel comfortable doing so.
- IV. Your feelings around others:
- A. Before being with others
 1. Work on changing your feelings around others, decide ahead of time what kind of thoughts you would like to have when you are with them.
 2. Similarly, if you want to change your behavior, decide ahead of time how you would like to behave around them.
 - B. After being with others
 1. Learn from your experiences:
 - a. After you are with others, think about the feelings you had while with them.
 - i. What feelings are you aware of after you leave?
 - ii. Can you figure out what made you feel good or bad?
- V. An important aspect of interacting with others is the building of trusting relationships.
- A. Exercise:
1. How are people feeling about trusting others in the group?
 2. If you don't feel good about trusting someone, would you be able to tell them?
 3. A therapist will model responses to positive and negative emotions with a group member.

VI. How do you feel about ending treatment?

1. Where can you get support once treatment is over?

HOMEWORK:

1. The Daily Mood Scale
2. The Weekly Activity Schedule
Note contacts with people.
Add a "+" if the contact was positive.
Add a "-" if the contact was negative.
3. Practice thinking and behaving differently with someone outside treatment.
4. Write down problems for which you would like help.
5. Read the next session.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day	_____	_____	_____	_____	_____	_____	_____
D BEST	9	9	9	9	9	9	9
A							
I	8	8	8	8	8	8	8
L							
Y	7	7	7	7	7	7	7
M	6	6	6	6	6	6	6
O							
O	5	5	5	5	5	5	5
D							
AVERAGE	4	4	4	4	4	4	4
S							
C	3	3	3	3	3	3	3
O							
R	2	2	2	2	2	2	2
E							
WORST	1	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities:

Number of
Human Contacts:

Positive: _____

Negative: _____

WEEKLY ACTIVITY SCHEDULE

	M	T	W	Th	F	Sat	Sun
AM 8-9							
9-10							
10-11							
11-12							
PM 12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-on							

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HOW CONTACTS WITH PEOPLE AFFECT MOOD - Session 4 of 4

Review: 1. Homework

2. The purpose of this module

- I. People are important for your mood because:
 - A. They can help you have rewarding experiences.
 - B. They can support the values you want to live by.
 - C. They can provide companionship and a sense of stability.
 - D. They can reflect the image of yourself which you find most important.
- II. It is NOT helpful to think that there is something wrong with yourself or others when relationships don't work well.
 - A. It IS helpful to consider the following questions:
 1. Do you both want the same things from the relationship?
 2. Are your interests sufficiently similar?
 3. Can you tell each other what you think and feel clearly?
- III. Relationships are like cars. They need maintenance or they begin to have troubles and break down.
 - A. Relationships are never completely worked out.
 1. Just like life is never completely worked out.
 2. Nothing that is alive is fixed; it always changes.
 - B. On the other hand, it is usually not worth the pain to struggle to establish a relationship when the only way the relationship is going to work is if one or both of the people involved has to make great changes.
 - C. Once a relationship is established, it makes sense to try and make it into the best relationship that it can be.
- IV. Relationships can help mold your life.
 - A. Your social environment can help you to be what you consider to be a good person.
 - B. People can foster your sense of self-worth, confidence and your self-image.
 - C. Pick relationships that will help you, not ones that hurt you.
- V. Practice assertiveness
 - A. Are there things you would like to ask or say to others in the group?
 - B. Are there things that you would like feedback about?
 - C. Are there things that you would like an honest opinion about that might be hard to ask others outside the group?
- VI. A tool to help make sure that you understand the other person is Active Listening:
 - A. Check out what someone said by asking them if you got it right.
 1. The easiest way to do this is to repeat what they said in your OWN words.
 2. You can ask them directly if that is what they meant.
 - B. Many people argue about things without finding out what the other person really meant to say.

VII. How to recognize if you are getting depressed again.

- A. What to do?
- B. Where to go?

VIII. Saying good bye.

- A. What have you learned?
- B. How do you feel?

HOMEWORK:

1. Continue the Daily Mood Scale.
2. Notice how your contacts with people affect your mood.
3. Have some examples of pleasant and unpleasant interactions to discuss next week.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

Day		_____	_____	_____	_____	_____	_____	_____
D	BEST	9	9	9	9	9	9	9
A								
I		8	8	8	8	8	8	8
L								
Y		7	7	7	7	7	7	7
M		6	6	6	6	6	6	6
O								
O		5	5	5	5	5	5	5
D								
	AVERAGE	4	4	4	4	4	4	4
S								
C		3	3	3	3	3	3	3
O								
R		2	2	2	2	2	2	2
E								
	WORST	1	1	1	1	1	1	1

Number of
thoughts

Positive: _____

Negative: _____

Number of Pleasant
activities: _____Number of
Human Contacts: _____

Positive: _____

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WEEKLY ACTIVITY SCHEDULE

	M	T	W	Th	F	Sat	Sun
AM 8-9							
9-10							
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