

Class #5: Diary of Thoughts and Personal Declarations

What We Will Cover in Class #5:

1. Review homework
 - Relaxation Ratings
 - "10 Ways to Change Your Thoughts"
 - Diary of Thoughts: share examples with the group, especially the sections on Unhelpful Thought Patterns and Adaptive Responses
2. We will review the Diary of Thoughts and will practice completing one in class
3. How to use Personal Declarations, or Self-Statements, in dealing with frustration
4. Relaxation Ratings and Practice
5. Assign homework for next time

Using Personal Declarations to Handle Frustration

Step 1: Recognizing Repeated Problems and Situations

- My repeated caregiving stressful situations are:

1. _____

2. _____

Step 2: What Tells Me that I Am Angry

- How does my *body* feel? (For example, the heart beats faster, breathing is harder, the muscles are tense...)
- What are some of my *negative thoughts*? (“I can never achieve what I want.”)

WHAT CAN I DO?

Step 3: To Physically Calm Myself Down

- Count from 1 to 10 (slowly).
- Breathe deeply a few times.
- Do the relaxation exercise that I learned in class.
- Exercise, now! Give myself time.
- Do something physical, such as doing the dishes or pulling weeds.
- This is the time to sigh as deeply as possible.

Step 4: To Modify My Thoughts

- Identify my unhelpful, non-adaptive thoughts.
 - Ask myself: What is the worst thing that could happen to me? What are the possibilities that it will happen to me? How would I survive? Do I have to do something about it now or can I wait until I have calmed down?
 - Replace my unhelpful thoughts with a more adaptive point of view.

- Talk to myself, try to be gentle with myself, encourage myself to go on.

- I may think the following thoughts in order to avoid getting angry or upset:
 - Often this ends by making me angry or upset. This time I am going to:

 - Getting upset does not help me at all.
 - After this is over I will be the same person.
 - I don't need to get everything I want; I only need:

(Define one goal clearly.)
 - It's all right to have thoughts and feelings that are different from those of

Step 5: Prizes and a New Evaluation

- SAY TO MYSELF (AND MEAN IT):
 - I deserve recognition for beginning to solve this problem.
 - Each time I try to do this, I do it better and better.
 - If I haven't solved the problem completely, I may review the previous steps.
 - I'm learning a new skill. I deserve a prize for each step, no matter how small it is.

Diary of Thoughts (to use in class)

1. Situation Causing Me to Feel Upset or Angry

2. My Feelings

3. Automatic or Negative Thoughts I Had About Myself in This Situation

4. Danger Signals, Stop Signs

5. Distortions, Unhelpful Thought Patterns

6. Adaptive Thoughts, More Adaptive Ways to See the Situation

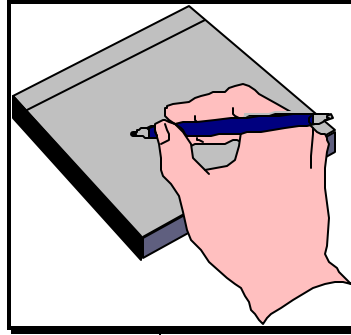
Homework to Do Before Class #6

1. Daily Relaxation Practice and Ratings. Use the Relaxation Diary on p. 40 this week.

2. Practice your skills in Personal Declarations.

3. This week have your 3"x 5" cards handy, containing your Personal Declarations, and use them whenever a stress situation arises.

4. Use some of the skills shown on pages 36 and 37 in this workbook to try to calm yourself down before, during and after the stressful moment.



5. Try to anticipate what is going to happen when you believe that something might occur which will cause you stress. Use your Personal Declarations to help yourself know in advance how you might deal with what is going to happen.

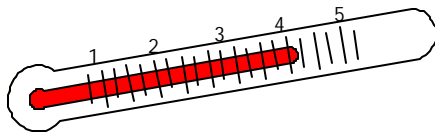
6. Develop some of your own additional Personal Declarations to add to the cards provided, and to personalize this technique more.

7. Continue to complete at least one Diary of Thoughts this week. Please do more than that, if possible. A blank diary is provided on pages 41.

Please Use This Space for Taking Notes

Relaxation Diary: Tension Rating Scale

Use This Scale to Rate Your Level of Tension



- 1 = Not at all tense
- 2 = Slightly tense
- 3 = Moderately tense
- 4 = Really tense
- 5 = Terribly tense

In-Class Practice Rating:

Before the relaxation exercise, I felt (rate your tension from 1 to 5): _____

After the relaxation exercise, I felt (rate your tension from 1 to 5): _____

DATE	TENSION	COMMENTS (why I felt this way, etc.)
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	

Diary of Thoughts

1. Situation Causing Me to Feel Upset or Angry

2. My Feelings

3. Automatic or Negative Thoughts I Had About Myself in This Situation

4. Danger Signals, Stop Signs

5. Distortions, Unhelpful Thought Patterns

6. Adaptive Thoughts, More Adaptive Ways to See the Situation
