

Class #8: Review and Conclusion

Last Class

1. Review of Homework
 - Relaxation Exercises
 - Broken Record Technique
 - Diary of Thoughts
 - Reading on Assertive Rights
2. Review of the Skills Taught in This Class
3. Review of What You Thought Was Useful in This Class
4. Discussion of the Conclusion of Class
5. Relaxation Exercise
6. Closing Remarks



Review of the Skills I Learned in This Class

1. How to Relax in Stressful Situations
2. How to Identify My Thoughts that Cause Frustration
3. How to Use Danger Signals and Stop Signs
4. How to Identify Unhelpful Thought Patterns
5. How to Challenge My Negative Thoughts
6. How to Develop Adaptive Thoughts
7. How to Prepare Myself to Face the Chronic Stress of Caregiving
8. How to Speak Calmly to Myself Using Personal Declarations or Self-Statements
9. How to Act Assertively:
 - the Broken Record Technique
 - My Assertive Rights and the Rights of Others

Personal Review of the Class

THE SKILLS THAT HELPED ME THE MOST WHEN FACING A STRESSFUL CAREGIVING SITUATION WERE:

MY STRONGEST PERSONAL POINTS (CHARACTERISTICS) THAT HELPED ME TO BENEFIT FROM THIS CLASS AND THAT HELP ME TO TAKE CARE OF MY LOVED ONE ARE:

POSSIBLE PROBLEM AREAS WHERE I COULD USE SOME OF MY SKILLS:

POSSIBLE PROBLEM AREA:

SKILL TO BE USED:

1.	
2.	
3.	
4.	
5.	

Broken Record Practice Sheet

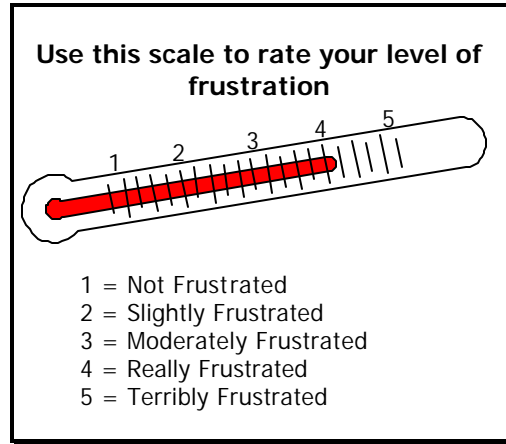
Describe below the situation or the problem where you tried the Broken Record technique involving assertive behavior. Comment on the results you got and the ease or difficulty you experienced applying this technique.

Using the following scale, indicate the level of anger or frustration that you felt before and after using the broken record technique:

1. Describe the first situation/problem:

• Describe the technique used:

• The results and how I felt doing this:



Level of anger or frustration *before* using the technique: _____

Level of anger or frustration *after* using the technique: _____

2. Describe the second situation or problem: _____

• Describe the technique used: _____

• The results and how I felt doing this: _____

Level of anger or frustration *before* using the technique: _____

Level of anger or frustration *after* using the technique: _____

Broken Record Practice Sheet

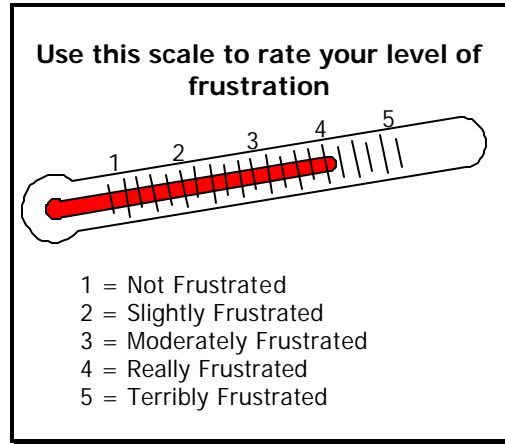
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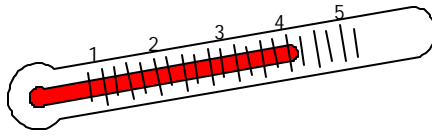
• The results and how I felt doing this: _____

Level of anger or frustration *before* using the technique: _____

Level of anger or frustration *after* using the technique: _____

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:

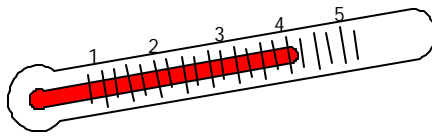
Before the relaxation exercise, I felt (rate your tension from 1 to 5): _____

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: _____	
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	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

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