

B Thoughts (Beliefs)

- *Describe* a situation or event
- Express *opinions* about a situation or event
- Express *expectations* about a situation or event

B Thoughts → C Feelings (beliefs)

A becomes associated with B

A → C

automatic emotional response

D Thoughts (Beliefs)

- *Describe* how a person feels
- *Evaluate* whether a person likes the feelings being experienced
- *Expresses* what a person will do (*intentions*) about the feelings

D Thoughts → E Actions (Beliefs)

C becomes associated with D

C → E

automatic behavioral response

A → C → E

Automatic emotional and Behavioral response (Attitude)

Figure 5-4: ABCDE's of emotion and behavior

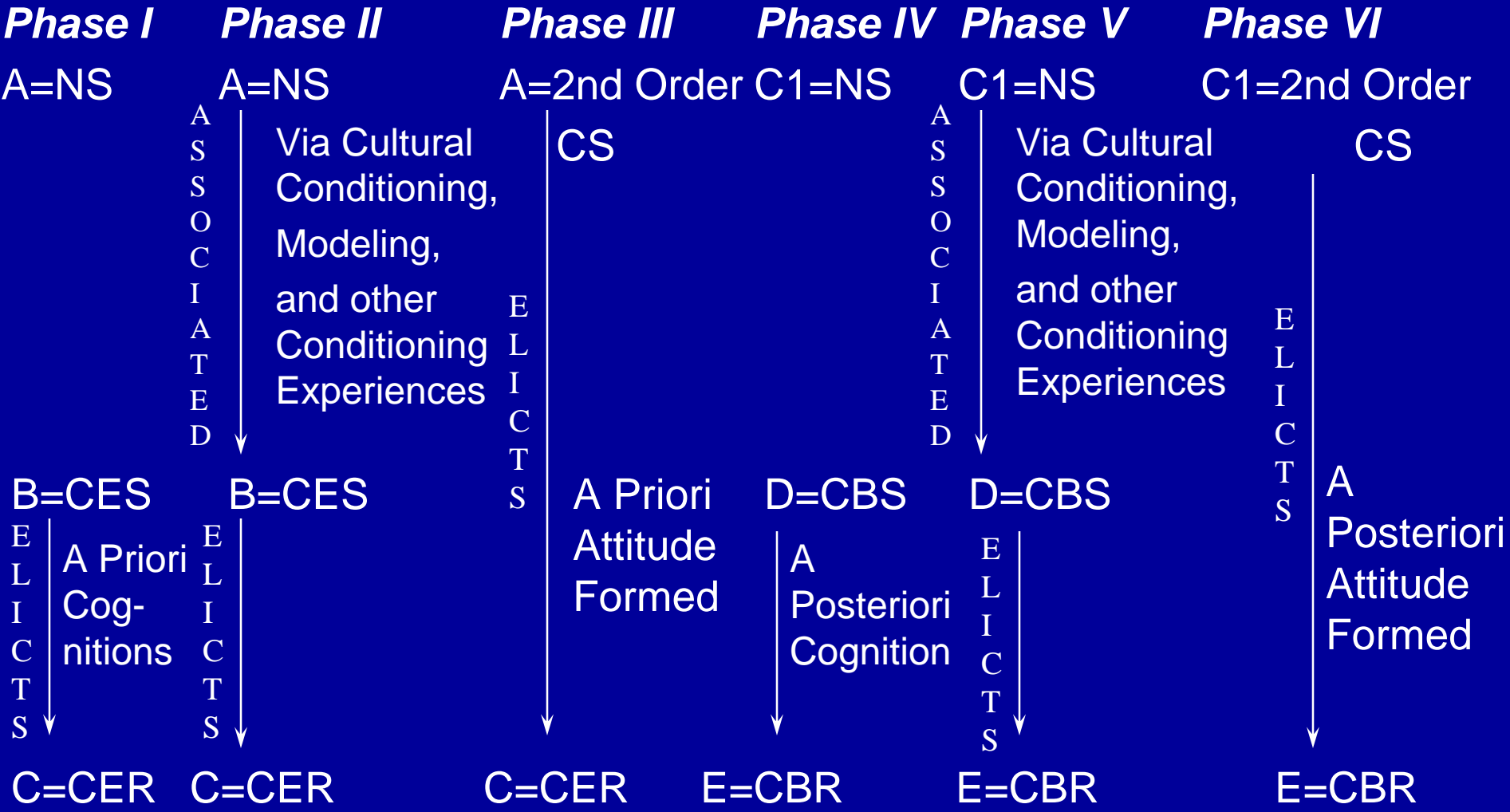
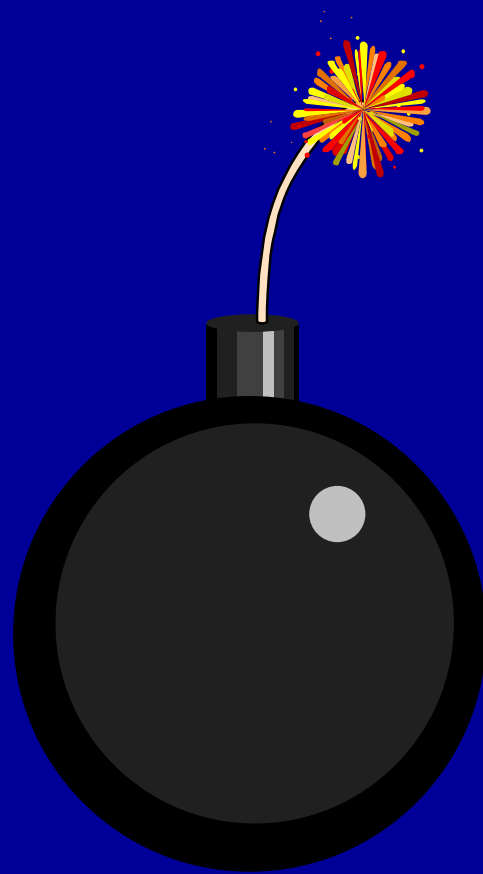


Figure 2-2: Nomological Network describing the anatomy of an emotion and behavior in conditioning terms

# Four Global Goals

- Stop destructive behavior
- Healthy fear of destructive behavior
- Skills to manage feelings (LFT)
- Skills to reduce anger, depression, and anxiety

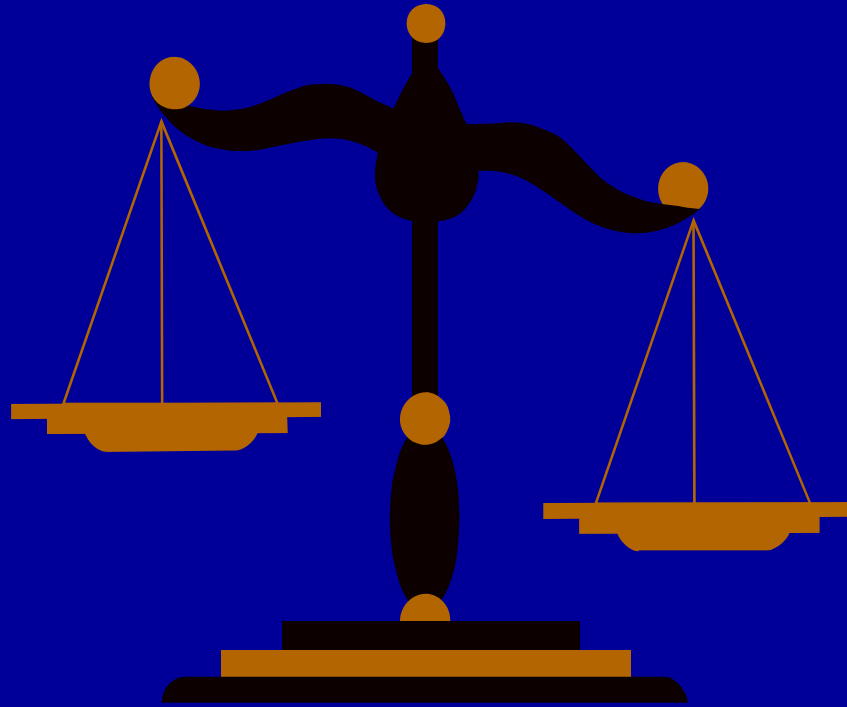
# IDENTIFYING SELF- DEFEATING SELF-TALK



# Five Criteria For Rational Thinking

- Based On Commonly Accepted Fact
- Protect My Physical, Emotional, And Spiritual Well Being
- Promote My Short Term And Long Term Goals
- Avoid Unnecessary Conflict With Others
- Feel And Act The Way I Need

# CHANGE PROCESS



# CHANGE PROCESS

- Awareness
- Commitment
- Identification Of Irrational Thought Patterns
- Substitution Of Rational Thought Patterns
- Practice Dissonance

# Stages of Change Model

- Pre-contemplation
- Contemplation
- Decision
- Action
- Maintenance

(Prochaska & DiClemente, 1986)



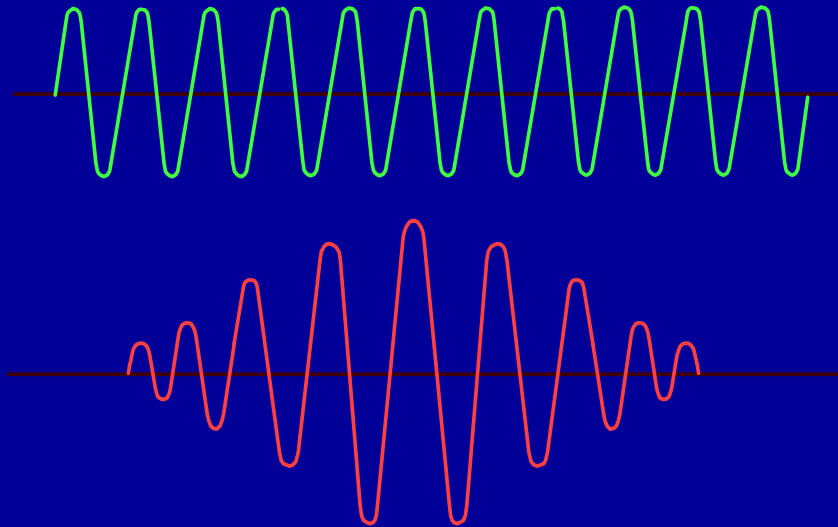
# CHANGE REQUIRES

- ACCEPTANCE OF REALITY
- ASKING FOR HELP
- GIVING UP CONTROL
- LOOKING INSIDE OURSELVES
- SHARING OUR PAIN
- WANTING SOMETHING DIFFERENT
- REQUEST FOR RELEASE
- ACCOUNTABLE TO MAKE AMENDS
- SHOWING OTHERS OUR CHANGE
- MAINTAINING A CLEAR CONSCIENCE
- SEEKING GOD'S WILL
- GIVING TO OTHERS

# CHANGE IS NOT

- A Once And For All Accomplishment
- An Emotional High
- Reserved For The Perfect
- An Independent Achievement
- Something That Happens Passively As We Sit On The Sideline

# CHANGING SELF TALK



Situation

A

Feelings

C

Behavior

E

Noon

Evening

Bedtime

- I. Challenges  
-(In paragraph form)  
Situation  
Thoughts  
Feelings  
Change
- II. Strength  
-(In paragraph form)  
Strong point in your character
- III. Goals  
-Specific course of actions listed by numbers. These need to relate to challenges in Section I.
- IV. Blessings  
-(In paragraph form)  
"What am I thankful for?"

Fig. 5-5: Format of a daily moral inventory

# SEVEN STEPS TO A HAPPY FACE

- A. JUST THE FACTS
- C HOW I FELT
- C-1 HOW I NEED TO FEEL
- E HOW I ACTED
- E-1 HOW I NEEDED TO ACT
- OLD THOUGHTS
- CRITIQUE
- NEW THOUGHTS
- SCRIPT

# Questions to elicit old self talk

- What phrases am I using to describe my experience?
- What opinions do I have about the situation?
- What expectations are not being met?
- What are my intentions?
- What am I picturing or seeing?
- What song or tune adequately captures what I am experiencing?

# Script Writing

- Write in present tense
- Use actions verbs
- Situation remains constant
- Focus on what you want
- Include rational alternatives that replace previously rehearsed dysfunctional self talk



# Types of scripts

- Reverse PERC (Say yes to life)
- Overcoming anger
- Overcoming depression
- Overcoming worry, fear, regret (anxiety)
- Overcoming procrastination
- Overcoming fear of rejection
- Overcoming fear of failure
- Overcoming fear of success
- Self acceptance script
- Assertiveness script

# Educational and Therapeutic Vignettes



# Vignettes

- Reverse PERC
- FHB/CHB/THB
- Brain poisoning
- Should's serenity prayer
- Rebel without a cause
- Language of anger
- Language of depression and worry
- Self downing self acceptance cycle
- Self worth inventory
- Laws of the harvest
- Goal setting
- Three signs, twelve steps
- Ten most common causes of failure
- Changing dislike behaviors
- Four core beliefs

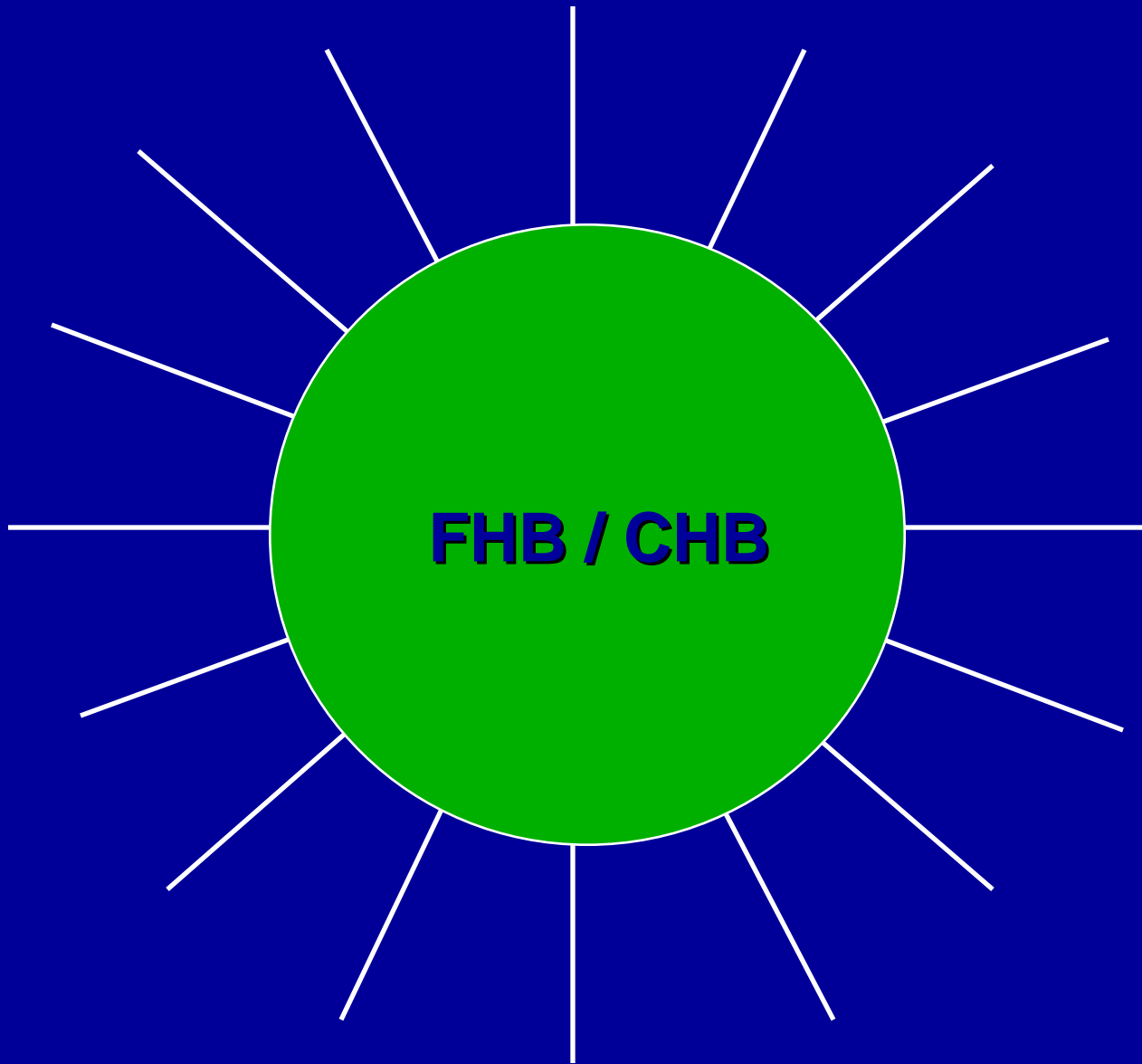
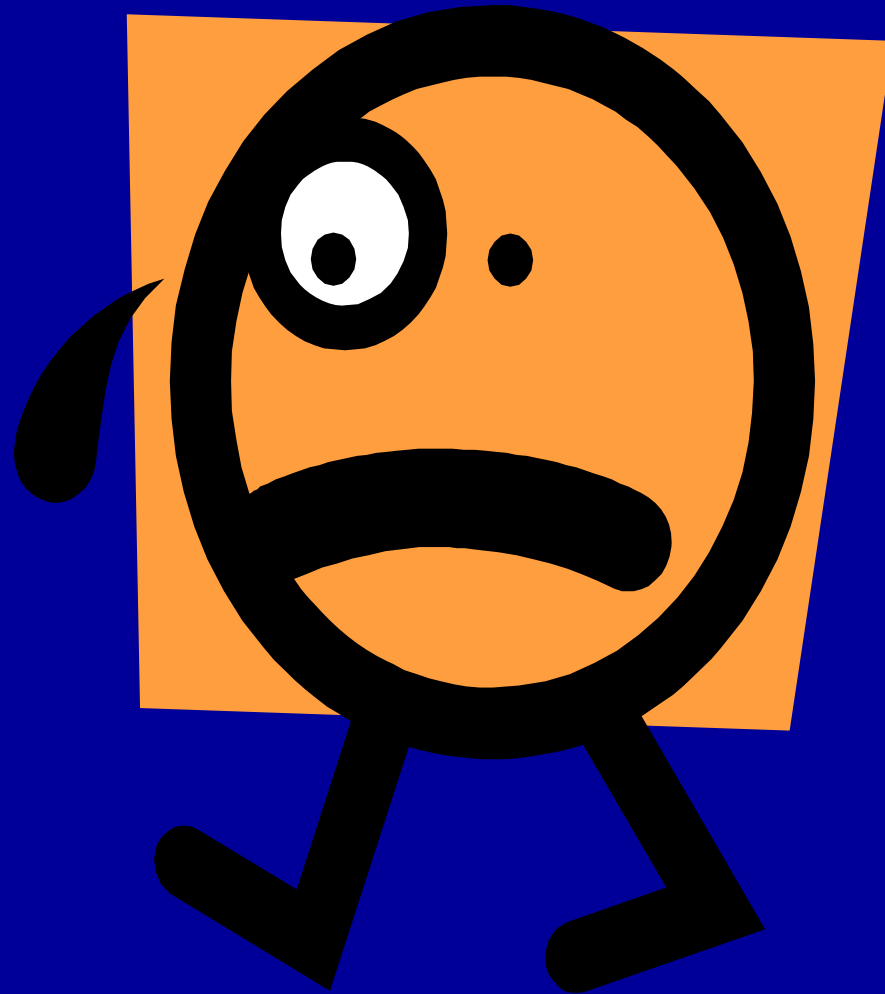


Figure 5-8: Sun and rays analogy

# Self downing cycle



# Faced with Task

I can't

Don't do anything

Don't succeed

Compare failures with success of others

Say, "See, I can't, and this proves..."

I'll try, but .....

Half-hearted attempt

Don't succeed

Compare performance with success of others

Say, "I tried and I can't, and this proves....."

I have to ....

Use fear motivation to do things

Succeed

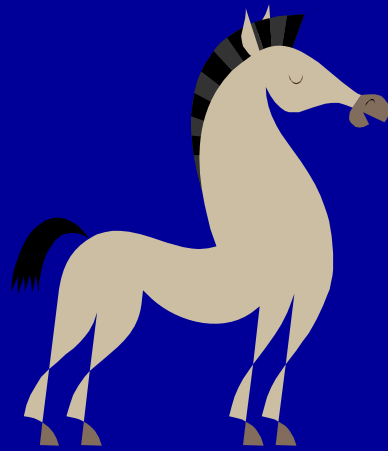
Compare performance with perfection

If not perfect, say, "it's not good enough to prove I'm OK". If it is "perfect", say, Good, I can relax a minute before people find out the "truth". In either case I haven't proved I'm OK, so this proves...

**I'm Worthless**

Figure 6-2:  
The self-downing cycle

# Self acceptance cycle



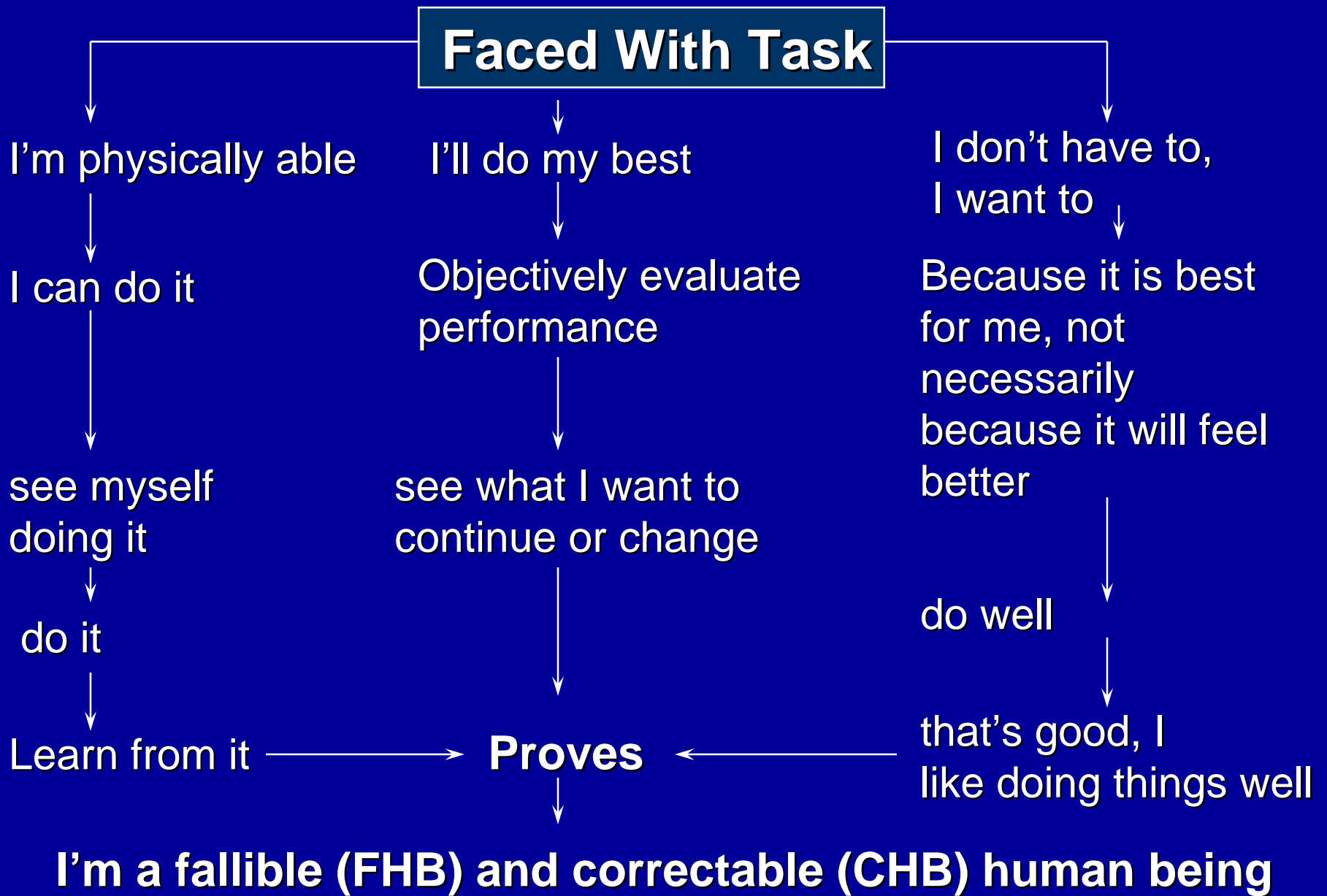


Figure 6-3: The self-acceptance cycle



# Self worth inventory

- Have I ever thought of myself as being a parent to myself?
  - What kind of parent messages do I give myself?
  - How often do I treat myself with scorn and disrespect?
  - What are my punishing thoughts?
  - Do I expect and demand too much of myself?
  - How would a loving God talk to me?

# Should Thinking

- The reality is... I would have preferred ...  
What am I willing and able to do to change the reality?
- God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

# Language of Depression

- I can't
- I can't stand it itis
- Negative filtering
- Rejection
- Damnation of self (should's)
- Discounting positives
- Personalizing
- Unfair comparisons (perfectionism)
- Victim stance (self pity)
- Suicidal ideation plus hopelessness

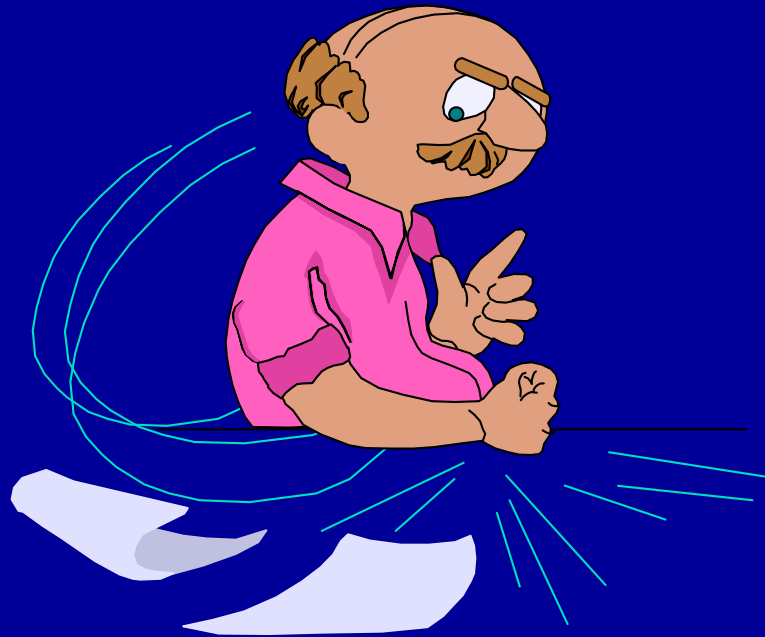
# Example of depression

- I can't do anything right. Nothing ever goes my way. It is just hopeless. I am such a screw up. I should have known better. It's useless to think that I could have accomplished that. It just goes to prove how messed up I really am. Nobody really understands. What's the point. It won't matter anyways. Nobody else cares. The world sucks! Life sucks! I'm just a big phony. If they only knew the real me, than I would be srewed.

# Language of Anger

- Shoulds
- Name calling
- Force versus choice
- Its not fair
- Damnation of others
- Damnation of self
- Awfulizing
- Absolutes

# Expression of Anger



- **ANGER-IN (AX/IN)**
  - frequency with which angry feelings are held or suppressed
- **ANGER-OUT (AX/OUT)**
  - frequency with which angry feelings are expressed toward other people or objects in the environment
- **ANGER CONTROL (AX/CON)**
  - frequency to which an individual attempts to control the expression of anger
- **ANGER EXPRESSION (AX/EX)**
  - a general index of the frequency that anger is expressed, regardless of the direction of expression.

# Five Ways To Handle Anger

- Repress it
  - just stuff it down, deny it
- Suppress it
  - acknowledge but don't express it publicly
- Express it negatively
  - violent reactions, outbursts, verbal abuse
- Express it positively
  - assertiveness “I messages”
- Confess it
  - asking for help, seeking solutions, and reconciliation

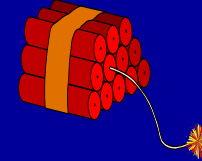
» (Swindoll, 1998)



# Mild Irritation

- Innocent expression of being upset with
  - people (personality traits, idiosyncrasies and inconsistencies)
  - the environment (deficiencies, inconveniences, undesirable elements and pressures)
  - self (defects, weaknesses, illnesses, and personal deficiencies)
  - God (not being with the program)

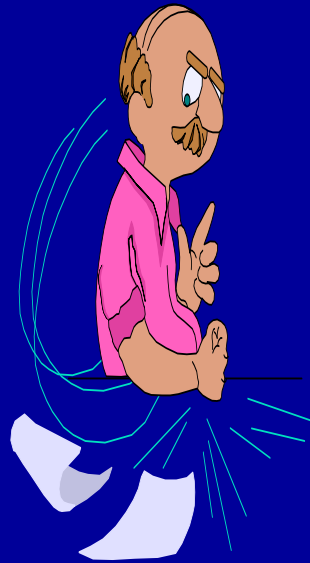
# Other expressions of Anger



- indignation
  - avenging that which is wrong
- wrath
  - intensely avenging that which is wrong
- fury
  - violence, a loss of emotional control
- rage
  - continuous fury

# Ten Visible Signs of Anger

- Irritability
- Impatience
- Raised Voice
- Glaring Eyes
- Hurtful Words
- Explosive Actions
- Cutting Off Communication
- Argumentation
- Clenched Teeth
- Heavy Breathing



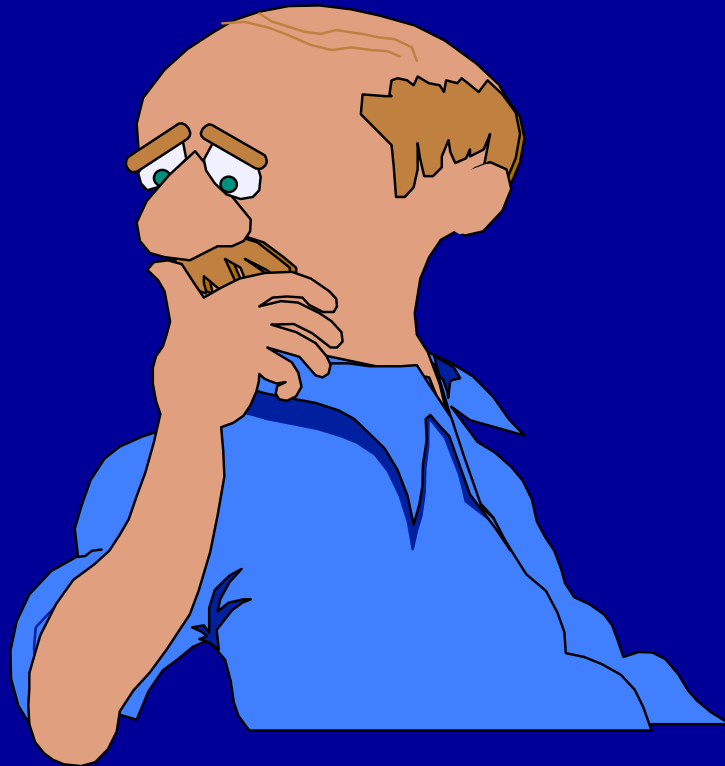
– (Gothard, 1998)

# Signs of Hidden Anger

- Depression
- Chronic sarcasm
- Consistent, resentful pessimism
- Impatience
- Frequent stress related illness
- Critical spirit
- Tendency to gossip or not cooperate
- Legalistic attitudes
- Demanding or domineering attitudes
- Self-centeredness

– (Swindoll, 1998)

# Consequences of Anger

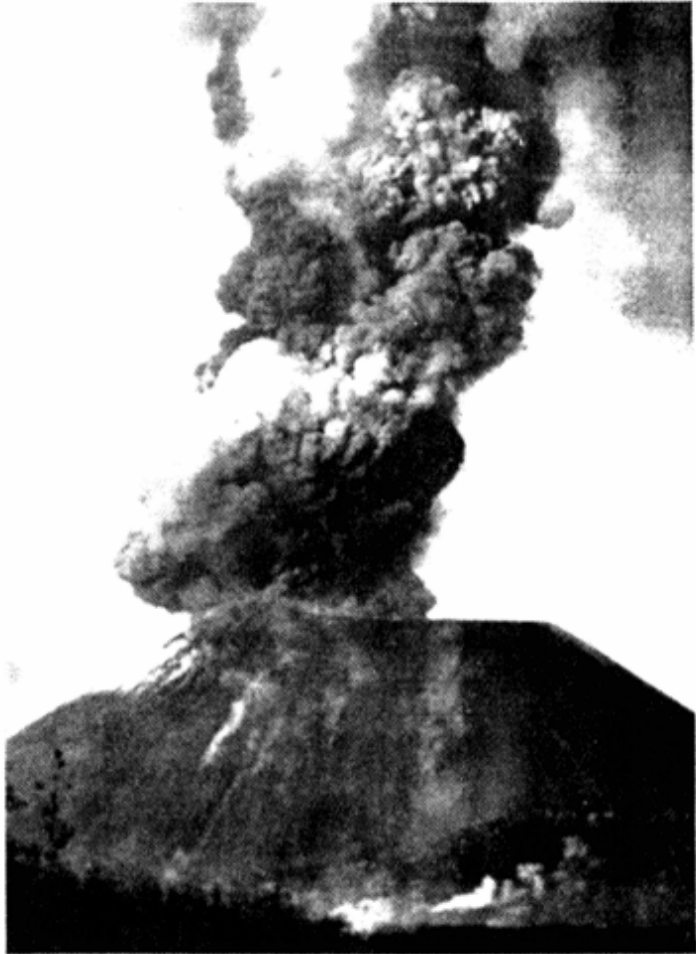


# Consequences of Anger

- Physical
  - disrupts the chemical balance of our body, ulcerative colitis, toxic goiters, high blood pressure, heart disease, cancer, sleep disturbances, devastating effects on the bones
- Emotional
  - depression, sustained irritation leading to sustained resentment and bitterness
- Spiritual
  - hindrance to our relationship with God, self, and others

Why Is It Vital to Conquer Anger by

## *Yielding Rights*



Ernst Galloway

An active volcano vividly illustrates many of the characteristics of an angry person. Its outward eruptions are the result of inward tension and heat. The eruptions are unpredictable, and they hurt those closest to it. Eruptions also cause far-reaching damage long after the volcano quiets down. Life around the volcano is never the same after it erupts.

No wonder Scripture states, "...The wrath of man worketh not the righteousness of God" (James 1:20). Christians are to put away all anger. (See Ephesians 4:31.) We are also to avoid close friendships with angry people, lest we become like them. (See Proverbs 22:24-25.)

"Cease from anger, and forsake wrath: fret not thyself in any wise

# Example of anger

- Why don't you quit playing God .
- She just wants to make me angry.
- I'm sick of her treating me like a baby!
- I can make my own decisions.
- The only reason she wants me to dress up, so she can look good in front of her friends.
- The only reason she does this now because she knows she can



# Example of anger (2)

- Nobody ever listens to what I want.
- I hate living here. When I turn eighteen ...
- I wish I was back in treatment where people care about me.
- I do everything they tell me to do and I am doing good in school, so I should get something for it.
- Mom is so selfish and inconsiderate. She never thinks of anyone but herself.
- We can't ever settle anything, because she won't ever listen!

# Language of Worry (anxiety)

- What –ifing
- Have to, got to, must
- I can't
- Double bind (feeling trapped)
- Awfulizing
- Catastrophizing
- Mind reading
- Fear of failure, rejection, or success

# Example of worry (anxiety)

- AS IF SEVEN STEPS OF A STORE MANAGER

# LAWS OF THE HARVEST

- REAPING WHAT WE PLANT
- REAPING IN A DIFFERENT SEASON THAN WE SOW
- REAPING MORE THAN WE PLANT
- LAST YEAR'S HARVEST IS GONE, BUT WE CAN CHANGE FUTURE HARVESTS

# GOALS

- Self improvement
  - physical
  - emotional
  - spiritual
- Family
  - 15/15/70 plan
- Education/vocational
- Leisure time
- Friendship
- Sharing --giving back
- Financial
  - 15/15/70 plan

# Spiritual: Issues of ultimate concern

- Values
- Obligations
- Virtues
- Imperfections (sin, missing the mark)
- Finite (Life after death?)

# TEN MOST COMMON CAUSES OF FAILURE

- BLAMING OTHERS
- BLAMING SELF
- HAVING NO GOALS
- CHOOSING THE WRONG GOALS
- TAKING THE SHORT CUT
- TAKING THE LONG ROAD
- NEGLECTING THE LITTLE THINGS
- QUITTING TOO SOON
- BURDEN OF THE PAST
- ILLUSION OF SUCCESS

# The Three Signs

We have two ends with a common link  
With one we sit and the other we think  
Success depends on which we use  
Heads we win and tails we lose.

Think think think

First things first

Easy does it



# Reverse PERC

- CALL
- READ
  - Benefits of remaining sober
  - Consequences of using
- EXERSIZE
- PRAY

# Rebel Without a Cause

- *I have been forced into treatment, and I have no choice about being in treatment.*
- *Others are trying to control me and if I comply with treatment, that proves that they do control me.*
- *If I do what someone else in authority asks me to do, that proves that they are better than me or that I am inferior to them.*

# Rebel without a cause

- *No one else can ever control another person, except physically, because you are always in control of what you think and subsequently how you feel and act, unless of course you have brain damage or are on drugs. Besides, doing what another person wants you to do simply means that you have decided to do it, and in no way proves that others are better than you. Therefore, rebelling for the purpose of proving that someone can't make you do something that you don't want to, when they can't make you do something in the first place, simply does not make sense. Instead of rebelling against something that doesn't exist to begin with, let's begin examining how you can begin to make some rational choices given the alternatives that currently are available to you.*

# STEPS OF RECOVERY

- ADMITTING MY POWERLESSNESS
- COMING TO BELIEVE
- TURNING IT OVER
- MY MORAL INVENTORY
- FREEDOM THROUGH CONFESSION
- ACTING IN FAITH



# STEPS OF RECOVERY (2)

- READY FOR CHANGE
- FORGIVENESS AND AMENDS
- MAKING AMENDS
- RECOGNIZING AND RESPONDING
- A GROWING RELATIONSHIP
- ASSISTING OTHERS



# Recovery Requires

- Giving Up -- Steps 1,2,3
- Owning Up -- Steps 4,5,6,7
- Making Up -- Steps 8, 9
- Growing Up -- Steps 10,11, 12

## Dislike behaviors

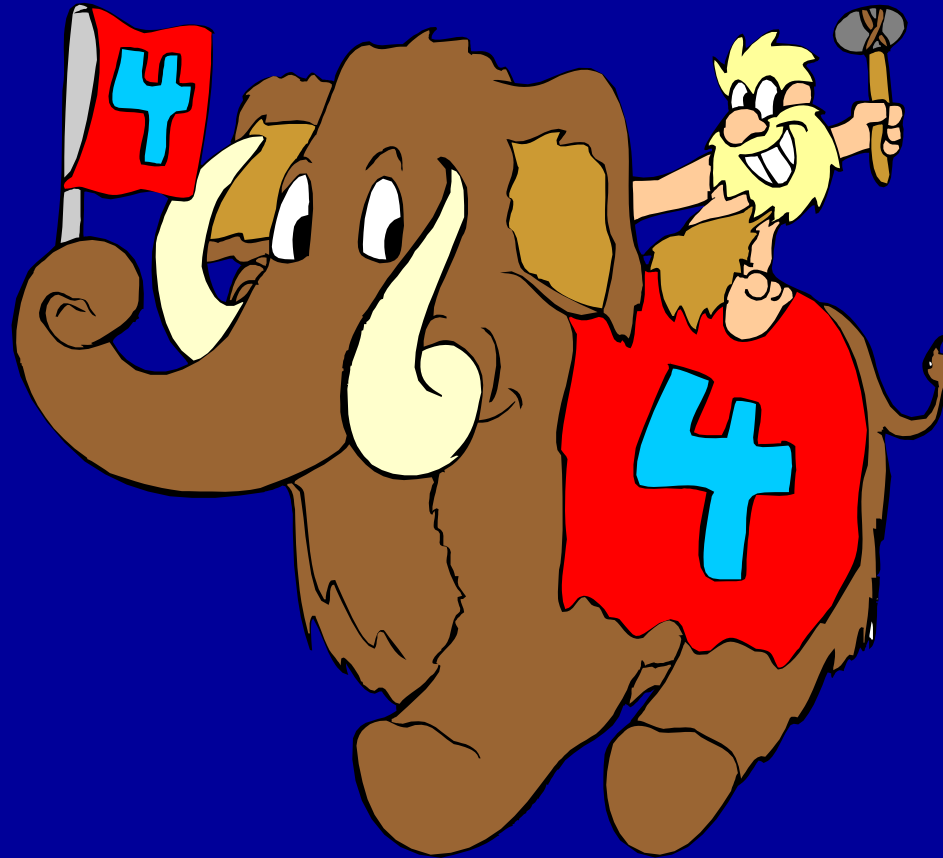
- blaming-resentment
- intolerance
- self-pity
- jealousy
- fear of rejection
- fear of failure
- over-sensitivity
- non-assertiveness
- perfectionism
- false pride
- short term interest
- worry

## Like behaviors

- acceptance
- tolerance
- coping with reality
- hoping others prosper
- self-approval
- reasonable efforts to succeed
- self-approval
- assertiveness
- fallible & correctable
- playing straight
- short & long term interest
- one day at a time

Fig. 6-4: Comparison of dislike with like behaviors

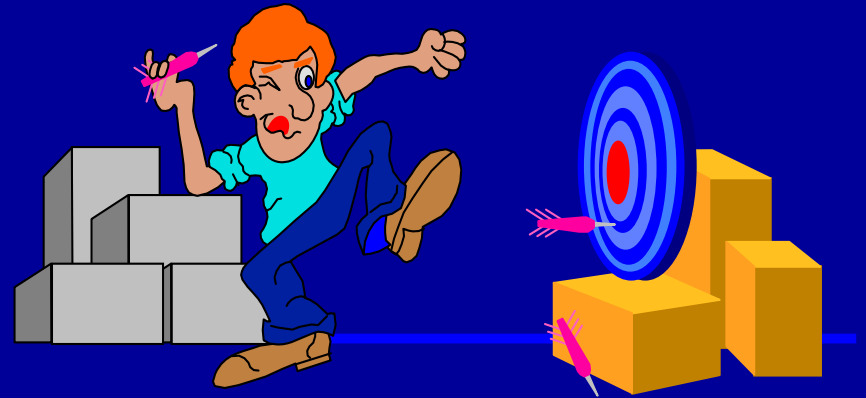
# Four core beliefs





# FALSE BELIEF ONE

- I MUST MEET CERTAIN STANDARDS IN ORDER TO FEEL GOOD ABOUT MYSELF.
- **FEAR OF FAILURE**
- **JUSTIFICATION**



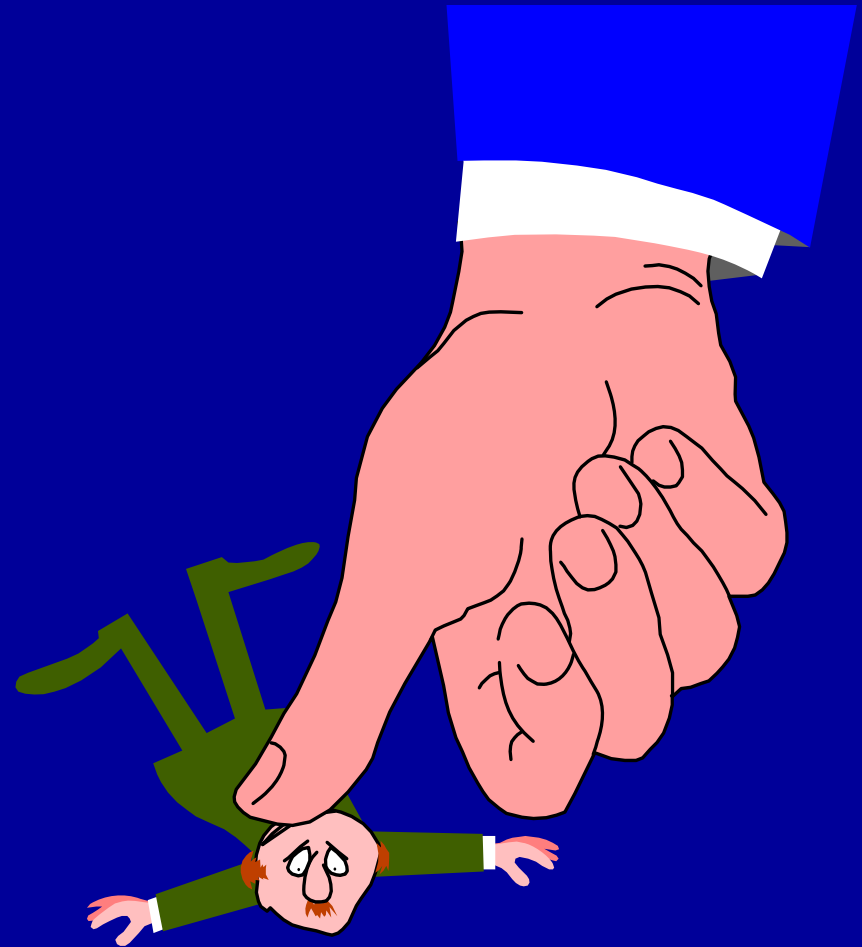
# FALSE BELIEF TWO

- I MUST HAVE THE APPROVAL OF CERTAIN OTHERS TO FEEL GOOD ABOUT MYSELF.
- FEAR OF REJECTION
- RECONCILIATION



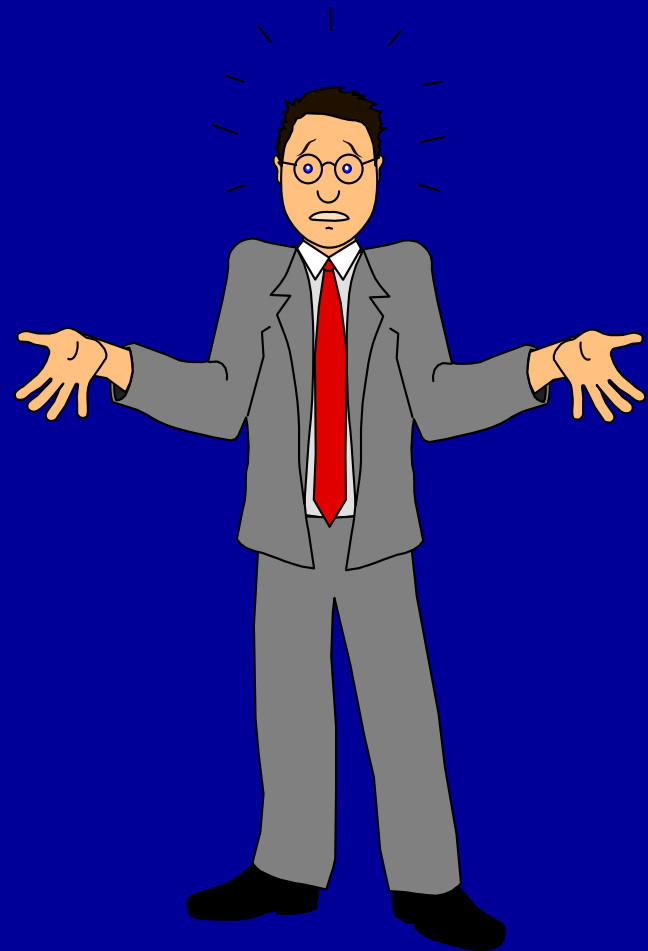
# FALSE BELIEF THREE

- THOSE WHO FAIL (INCLUDING MYSELF) ARE UNWORTHY OF LOVE AND DESERVE TO BE PUNISHED.
- FEAR OF PUNISHMENT
- PROPITIATION



# FALSE BELIEF FOUR

- I AM WHAT I AM. I CANNOT CHANGE. I AM HOPELESS.
- PAIN OF SHAME AND INFERIORITY
- REGENERATION



And they lived happily forever there  
after ...

