

GROUP THERAPY MANUAL
FOR THE
AFRICAN AMERICAN WOMEN'S GROUP

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Wright Institute

1997

Revised Version of Group Therapy Manual for
Cognitive-Behavioral Treatment of Depression
(Muñoz & Miranda, 1986; Revised, 1996)

**This manual is dedicated to the African-American
Community of San Francisco.**

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

*We ask ourselves, Who am I to be brilliant, gorgeous, talented,
and fabulous? Actually, who are you not to be?*

You are a child of God. Playing small doesn't serve the world.

*There is nothing enlightened about shrinking so that other
people won't feel insecure around you. We are born to make
manifest the glory of God that is within us. It is not just in
some of us; it is in everyone. And as we let our own light
shine, we unconsciously give other people permission to do the
same. As we are liberated from our own fear, our presence
automatically liberates others.*

~Nelson Mandela, 1994 Inaugural Address

Group Information:

What: African-American Women's Group

Where: Cognitive-Behavioral Depression Clinic
Division of Psychosocial Medicine
San Francisco General Hospital

When: Tuesday 2:00pm - 4:00pm
February 11, 1997 to May 27, 1997

Co-Leaders: Laura P. Kohn, Ph.D. **206-5116**
Tatia M. Oden, B.A. **206-4960**

In case of emergency:

Monday through Friday from 8:30am to 5:00pm
Call the Division of Psychosocial Medicine Clinic
206-5189

Evenings (after 5:00pm) and/or Weekends call the
Psychiatric Emergency Service - SFGH
206-8125

GROUND RULES FOR GROUP THERAPY

MAKE A COMMITMENT TO THE GROUP

- come one time--do not keep others waiting.
- come every week.
- call the Clinic (206-5189) if you can't make it.
- come to the group clean and sober.

BE CONSTRUCTIVE AND SUPPORTIVE

- avoid criticism; give constructive feedback.
- help each other find the good side of things.
- don't put pressure on each other (no "shoulds").
- focus on solutions, not on how bad things are.

BE RESPECTFUL

- give everyone a chance to talk.
- one person talks at a time--no side conversations.
- respect differences in background, experiences, and beliefs of other members in the group.
- avoid making comments that may make other group members feel unsafe or unwelcome.

DO THE THERAPEUTIC EXERCISES!!!!

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

CONFIDENTIALITY

- do not discuss **personal** things with people outside of the group.
- you can discuss what you are learning about depression with others.
- do not talk about other people who are in group with you.

TELL US IF YOU ARE UNHAPPY!!

- bring concerns up in the group.
- don't stay mad at the group without letting us know.
- Don't drop out! Let us know how you feel--we can work things out.

HOW WE THINK ABOUT DEPRESSION

The kind of therapy we provide in this group is called

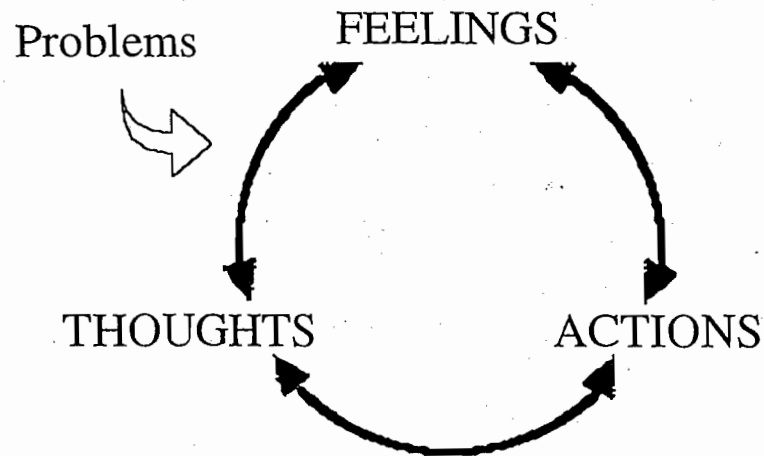
“COGNITIVE-BEHAVIORAL THERAPY”

“Cognitive” refers to our thoughts.

“Behavioral” refers to our actions.

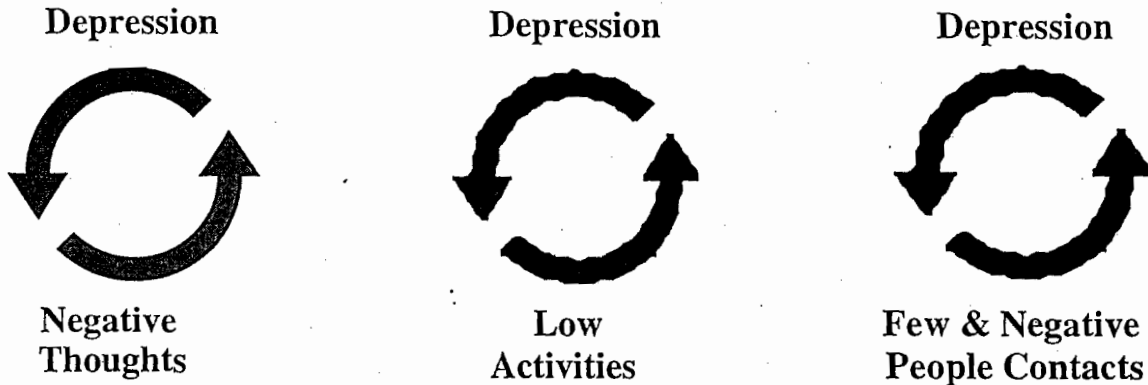
Depression has most to do with our feelings.

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



Our treatment for depression consists of sixteen sessions. We focus on what is going on in one's life right now. This group will provide plenty of support and sharing for 16 weeks, but what is equally important are the strategies you will learn that will help to continue coping after the group is over.

We will be working on breaking the following three cycles:



The sessions are divided into several sections.

- 1) How thoughts affect our mood. (4 sessions)
- 2) How your activities affect our mood. (2 sessions)
- 3) How contacts with other people affect our mood. (2 sessions)
- 4) Issues of importance for African-American women; Relationships, Families, Spirituality, Identity (4 sessions)
- 5) Review and Graduation (4 sessions)

All members of the group will determine the manner in which we will celebrate the group's Graduation.

The group meetings are helpful because they:

- allow time to share your concerns with others
- provide support from others in the group
- help members realize that they are not alone in having real problems.

However, we expect that the most important effect of the group will be to learn to understand and gain more control over what has an effect on your depression, and how you can avoid unnecessary suffering in your lives.

BEGINNING

All great accomplishments begin somewhere. There are lost fights, missed shots, contrived poems. The important thing is that there is a beginning.

We must allow ourselves the opportunity to make our starts. Some maybe false starts; we may lost interest in an endeavor. But another start might be the beginning of greatness or self-fulfillment. We are entitled. Let's not be afraid to make a start.

~Eric Copage, Black Pearls: Daily Meditations, Affirmations, and Inspirations for African-Americans.

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HOW THOUGHTS AFFECT OUR MOOD: Session 1 of 4: An Introduction

I. The purpose of the therapy group is to treat depression by teaching ways to better control our mood.

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 group therapy meetings.
- B. To introduce ourselves to each other.
- C. To learn what depression is.
- D. To learn a helpful way to think about depression.
- E. To learn how thoughts influence how we feel.

III. GROUND RULES (page 4)

IV. Introductions

(follow exercise on next page)

Introductions:

- A. Tell a little about yourself
(not about your problems--we'll get to that later).
 1. Pair up with the person sitting next to you.
For 5 minutes, interview the person asking the following questions:
(write down their answers in the spaces below!)
 - a. *“What is your name?”*
 - b. *“Where did you grow up?”*
 - c. *“What kind of work have you done?”*
 - d. *“What are your main interests?”*
 - e. *“What are some things about yourself that you think are special?”*
 2. Introduce you interview partner to the group using the answers to the interview questions.

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 group is intended to treat **clinical depression**.


VI. The symptoms of **clinical depression** include:

- 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).**

**In case of an emergency, call the Division of Psychosocial Medicine Clinic, 206-5189, M-F 8:30-5:00, or the Psychiatric Emergency Service-SFGH, 206-8125, after hours or on weekends.

VII. See "HOW WE THINK ABOUT DEPRESSION" (p. 5)

- A. What problems would you like to work on?
- B. What are your goals for therapy?

VIII. What is depression like for you? 

- 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 group therapy is that you will learn specific methods to change your thoughts and actions, so that your mood will improve. The group provides support and sharing for 16 weeks, but you can continue using what you have learned long after the group is over.

THERAPEUTIC EXERCISES:



1. The Daily Mood Scale. See instructions on page 12.

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 or neutral 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 write down the number of thoughts you have each day. 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 A I L Y M O O D S C O R E	BEST	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
		7	7	7	7	7	7	7
		6	6	6	6	6	6	6
	AVERAGE	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
	WORST	1	1	1	1	1	1	1

Number of thoughts

Positive: _____

Negative: _____

MIND POWER

It is the mind that makes the body

~Sojourner Truth

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HOW THOUGHTS AFFECT OUR MOOD

Session 2 of 4: Healthy vs. Depressed Thinking

- REVIEW: 1. What is depression?
2. Therapeutic Exercises: The Daily Mood Scale.
3. Why is the homework important?

I. 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.

II. 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 your will become depressed.

III. Differences between depressed and healthy thinking

Here are some features of depressed thinking:

Depressed Thinking	Example
<u>Rigid</u> Focuses on things that cannot change	"I could never deal with stress. I was probably born this way."
<u>Judgmental</u> Makes judgments about who you are	"People don't like me because I'm a boring person."
<u>Unbalanced</u> Focuses only on the negative	"I'm a failure as a parent (or spouse, friend, etc.)."

Compare them with features of healthy thinking:

Healthy Thinking	Example
<u>Flexible</u> Focuses on things that can change or improve	"I am having trouble dealing with problems in my life right now, but things will get better."
<u>Non-judgmental</u> Focuses on what you do, now who you are	"I haven't been making an effort to socialize with people."
<u>Balanced</u> Focuses on positives as well as negatives	"I've made some mistakes, but I've also done a lot of things right."

IV. Becoming more aware of your own thoughts

- A. What are some specific thoughts that you have had?
- B. Are they examples of depressed or healthy thinking?

V. Mistakes in thinking*: Learning to recognize them

A. **Either - Or Thinking:**

1. You see things or people as completely good or completely bad.

B. **Mental Filter:**

1. You filter out the positive so that you see everything as negative.

C. **Jumping to Conclusions:**

1. Mind Reading

- i. When something negative happens between you and someone else, you assume that they don't like you or they are mad at you.

2. Fortune Telling

- i. You believe things will always turn out badly for you or that bad things “just bound to happen.”

D. **Thinking That Your Feelings Are Reality:**

1. You believe that the way you feel about yourself or the world is the way things really are.

E. **Shoulds:**

1. You tell yourself that you should do certain things or be a certain type of person, then you feel guilty when you don't do what you “should” have.

F. **Self-Blame:**

1. You blame yourself for things that you may not have been able to control, like the actions of others.

*From Burns (1980), Feeling Good.

THERAPEUTIC EXERCISES:



1. Continue the Daily Mood Scale.
2. Keep track of your thoughts. Make a list of positive and negative thoughts that you have each day. If you have trouble identifying specific thoughts, you can use the list of Examples of Positive and Negative Thoughts.
3. Add up the total number of positive thoughts and the total number of negative thoughts. Write these totals under each day in the Daily Mood Scale. Note the connection between the number of each type of thought and your mood.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of thoughts

Positive: _____

Negative: _____

Examples of Positive Thoughts:

1. It will be fun doing such-and-such today.
2. I've gotten good things in life.
3. The weather is great today.
4. I can do better than that.
5. Even though things are bad right now, they are bound to get better.
6. I'll learn to be happier as I live longer.
7. That was probably the best solution to a tough problem.
8. Life is interesting.
9. I deserve credit for trying hard.
10. That was a nice thing for me to do.
11. I really feel great.
12. This is fun.
13. I'm a good person.
14. I can do just about anything if I set my mind to it.
15. I have great hopes for the future.
16. I have good self-control.
17. That's interesting.
18. I really handled that situation well.
19. People are OK once you get to know them.
20. I like to read.
21. I'm easy to get along with.
22. If I can just hold on until such-and-such a date, I'll be OK.
23. A nice, relaxing evening can sure be enjoyable.
24. I have worked long enough--now it's time to have fun.
25. I'm considerate of others.
26. I have time to accomplish most things I want to do.
27. Someday I'll look back on today and smile.
28. I like people.
29. I always find the strength to handle whatever comes up.
30. I'm a good parent/friend/spouse, etc.
31. I'm a sensitive person.
32. I'm honest.
33. I could probably handle a crisis as well as anyone else.
34. I'm pretty lucky.
35. I'm responsible.
36. My experiences have prepared me well for the future.
37. That's funny.
38. I'm pretty smart.
39. I'm physically attractive.
40. I don't want to miss that event.

Examples of Negative Thoughts:

1. I will never be physically healthy.
2. I am confused.
3. There is no love in the world.
4. I have wasted my life.
5. I'm scared.
6. Nobody loves me.
7. I'll end up living all alone
8. People don't consider friendship important anymore.
9. I don't have any patience.
10. What's the use?
11. That was a dumb thing for me to do.
12. I'll probably have to be placed in an institution someday.
13. Anybody who thinks I'm nice doesn't know the real me.
14. Life has no meaning.
15. I am ugly.
16. I can't express my feelings.
17. I'll never find what I really want.
18. I am not capable of loving.
19. I am worthless.
20. It's all my fault.
21. Why do so many bad things happen to me?
22. I can't think of anything that would be fun.
23. I don't have what it takes.
24. Bringing kids into the world is cruel because life isn't worth living.
25. I'll never get over this depression.
26. Things are so messed up that doing anything about them is pointless.
27. I don't have enough willpower.
28. Why even bother getting up?
29. I wish I were dead.
30. I wonder if they are talking about me?
31. Things are just going to get worse.
32. I have a bad temper.
33. No matter how hard I try, people aren't satisfied.
34. Life is unfair.
35. I'll never make good money.
36. I don't dare imagine what my life will be like in ten years.
37. There is something wrong with me.
38. I am selfish.
39. My memory is lousy.
40. I get my feelings hurt easily.

Positive Thoughts

Negative Thoughts

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

THOUGHTS

Black folks fear that too much positive thinking is unrealistic. And yet we can't really name the benefits of negative thought patterns other than warding off disappointment. What would it mean for Black people to collectively believe that despite racism and other forces of domination we can find everything that we need to live well in the universe, including the strength to engage in the kind of political resistance that can transform domination? The messages of hope that were projected by Martin Luther King were important because he knew that through difficult times there had to be a positive foundation to sustain the impetus to struggle and sacrifice. No wonder the last piece of writing he did, published after his death, is called A Testament of Hope.

~bell hooks, Sister of the Yam: Black Women and Self Recovery

HOW THOUGHTS AFFECT OUR MOOD

Session 3 of 4: Increasing Healthy Thinking

- REVIEW: 1. Therapeutic Exercises: The Daily Mood Scale.
- What kinds of thoughts did you have last week?
2. The purpose of this section.

I. Ways to increase healthy thinking:

A. Increasing Thoughts That Make Us Feel Good

- Increasing the number of good thoughts in your mind.
 - Make lists of good thoughts about yourself and about life.
- 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.

 - For example, you could tell yourself, "I made it to group today, even though I felt like staying home."
- "Hold Everything!"

Give yourself a break by taking time out mentally.

 - Pause. Let your mind relax. Allow your body to feel at peace. This can give you energy.
- Time Projection.

Imagine yourself taking the steps to move toward a time when things will be better.

5. Come up with a list of positive thoughts. 

Positive things about me

1. _____
2. _____
3. _____
4. _____
5. _____
- etc.

Positive things about life

1. _____
2. _____
3. _____
4. _____
5. _____
- etc.

Read the list and see how you feel after reading the lists. Write the thoughts down on an index card so you can carry them with you.

B. Decreasing Thoughts That Make Us Feel Bad

1. Thought stopping.

When a thought is ruining your mood:

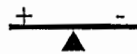
- a. Identify it.
- b. Tell yourself: "This thought is ruining my mood."
- c. Think of another thought. Use your card of positive thoughts to help you with this.

2. Worry 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. Make your worrying practical. It doesn't help just to think that bad things might happen--make plans about what you can do if they do happen.

3. Balancing your thoughts:



"Yes, but..." statements:

You don't have to ignore or deny your problems to decrease negative thoughts--you can balance thoughts about negative situations by adding a more positive or hopeful statement to them.

4. Keeping a sense of humor: Keeping a good sense of humor about life can help you deal with stress.

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 **A**ctivating event (what happened)

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

C is the **C**onsequence
(that is, how this thought makes you feel)

D is the way you **D**ispute 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 and hopeless.

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.”



THERAPEUTIC EXERCISES:

1. Continue the Daily Mood Scale.
2. Continue to fill out the list of thoughts for each day.
3. Practice the ABCD Method to talk back to your thoughts.

DAILY MOOD SCALE

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Number of
thoughts

Positive: _____

Negative: _____

Examples of Positive Thoughts:

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2. I've gotten good things in life.
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4. I can do better than that.
5. Even though things are bad right now, they are bound to get better.
6. I'll learn to be happier as I live longer.
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23. A nice, relaxing evening can sure be enjoyable.
24. I have worked long enough--now it's time to have fun.
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28. I like people.
29. I always find the strength to handle whatever comes up.
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Examples of Negative Thoughts:

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2. I am confused.
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6. Nobody loves me.
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8. People don't consider friendship important anymore.
9. I don't have any patience.
10. What's the use?
11. That was a dumb thing for me to do.
12. I'll probably have to be placed in an institution someday.
13. Anybody who thinks I'm nice doesn't know the real me.
14. Life has no meaning.
15. I am ugly.
16. I can't express my feelings.
17. I'll never find what I really want.
18. I am not capable of loving.
19. I am worthless.
20. It's all my fault.
21. Why do so many bad things happen to me?
22. I can't think of anything that would be fun.
23. I don't have what it takes.
24. Bringing kids into the world is cruel because life isn't worth living.
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37. There is something wrong with me.
38. I am selfish.
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40. I get my feelings hurt easily.

Positive Thoughts

Negative Thoughts

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

WORRY

It is reported that over 90% of what we worry about never happens. That means that our negative worries have about 10% chance of being correct. If this is so, isn't it possible that being positive is more realistic than being negative? Think about your own life. I'll wager that most of what you worry about never happens. So are you being realistic when you worry all the time?

~Susan Jeffers, Feel the Fear and Do It Anyway

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HOW THOUGHTS AFFECT OUR MOOD

Session 4 of 4: A Review

- REVIEW: 1. Therapeutic Exercises:
- a. The Daily Mood Scale.
 - b. Thought List and The ABCD Method
2. Have you practiced changes in thinking?

I. More Practice Spotting Depressed Thinking

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 all of the time to feel good about myself."
3. "People get what they deserve in life."
4. "Loneliness is just a part of getting older."
5. "Things I cannot change make me unhappy."
6. "I should worry about bad things that could happen."
7. "I can't 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. "My health will always keep me from being happy."
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 **A**ctivating event (what happened).

B is the **B**elief (the thoughts you have about what happened).

C is the **C**onsequence (how the thoughts make you feel).

D is the **D**ispute (how you change the thoughts so that you do not feel so bad).

III. Reviewing your progress.

- A. Which strategies (thought stopping, list of thoughts, ABCD method, etc.) worked best for you? Which ones didn't work?
- B. What can you do to remind yourself to make use of what you have learned?
- C. What thoughts do you need to watch out for in the future?

THERAPEUTIC EXERCISES:



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

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of thoughts

Positive: _____

Negative: _____

Examples of Positive Thoughts:

1. It will be fun doing such-and-such today.
2. I've gotten good things in life.
3. The weather is great today.
4. I can do better than that.
5. Even though things are bad right now, they are bound to get better.
6. I'll learn to be happier as I live longer.
7. That was probably the best solution to a tough problem.
8. Life is interesting.
9. I deserve credit for trying hard.
10. That was a nice thing for me to do.
11. I really feel great.
12. This is fun.
13. I'm a good person.
14. I can do just about anything if I set my mind to it.
15. I have great hopes for the future.
16. I have good self-control.
17. That's interesting.
18. I really handled that situation well.
19. People are OK once you get to know them.
20. I like to read.
21. I'm easy to get along with.
22. If I can just hold on until such-and-such a date, I'll be OK.
23. A nice, relaxing evening can sure be enjoyable.
24. I have worked long enough--now it's time to have fun.
25. I'm considerate of others.
26. I have time to accomplish most things I want to do.
27. Someday I'll look back on today and smile.
28. I like people.
29. I always find the strength to handle whatever comes up.
30. I'm a good parent/friend/spouse, etc.
31. I'm a sensitive person.
32. I'm honest.
33. I could probably handle a crisis as well as anyone else.
34. I'm pretty lucky.
35. I'm responsible.
36. My experiences have prepared me well for the future.
37. That's funny.
38. I'm pretty smart.
39. I'm physically attractive.
40. I don't want to miss that event.

Examples of Negative Thoughts:

1. I will never be physically healthy.
2. I am confused.
3. There is no love in the world.
4. I have wasted my life.
5. I'm scared.
6. Nobody loves me.
7. I'll end up living all alone
8. People don't consider friendship important anymore.
9. I don't have any patience.
10. What's the use?
11. That was a dumb thing for me to do.
12. I'll probably have to be placed in an institution someday.
13. Anybody who thinks I'm nice doesn't know the real me.
14. Life has no meaning.
15. I am ugly.
16. I can't express my feelings.
17. I'll never find what I really want.
18. I am not capable of loving.
19. I am worthless.
20. It's all my fault.
21. Why do so many bad things happen to me?
22. I can't think of anything that would be fun.
23. I don't have what it takes.
24. Bringing kids into the world is cruel because life isn't worth living.
25. I'll never get over this depression.
26. Things are so messed up that doing anything about them is pointless.
27. I don't have enough willpower.
28. Why even bother getting up?
29. I wish I were dead.
30. I wonder if they are talking about me?
31. Things are just going to get worse.
32. I have a bad temper.
33. No matter how hard I try, people aren't satisfied.
34. Life is unfair.
35. I'll never make good money.
36. I don't dare imagine what my life will be like in ten years.
37. There is something wrong with me.
38. I am selfish.
39. My memory is lousy.
40. I get my feelings hurt easily.

Positive Thoughts

Negative Thoughts

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

PLAY

I do work very hard, and when I finish a project I can party all night. Or I can be happy going somewhere very quiet with my kids and digging holes in the sand.

~Debbie Allen

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WORKING WITH DAILY ACTIVITIES

Session 1 of ~~4~~ An Introduction

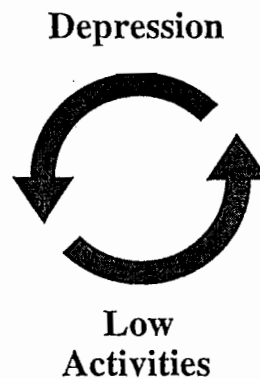
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- I. For the Daily Activities section of our group therapy, we will be working with how your daily activities affect your mood:
- II. Two Big Questions are:
- A. Do you stop doing things because you are depressed?
 - B. Do you get depressed because 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.

- III. Certain activities make you feel better because they are rewarding, meaningful, inspiring, relaxing, or fun. We'll call them "pleasant activities."

By doing more pleasant activities, you can break this vicious cycle.




- IV. Pleasant activities DO NOT have to be special activities.
- A. Many of them are everyday activities.

B. Think of the last pleasant activity you did. 

1. What enjoyment did you get from it?
2. How did it affect your mood?

V. 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" (page 44-45).

C. Identify 3 activities that you consider pleasant. 

1. _____
2. _____
3. _____

VI. 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?

VII. What are pleasant activities?

A. Pleasant activities are those things you can do that make you feel happy and often make you feel relaxed.

B. Pleasant activities are different for different people.

For example, some people find being alone reading a book to be a very pleasant activity. Others may find being in a loud and busy shopping center to be fun.

C. Pleasant activities may be special events, but they don't have to be.

Often they are common activities that bring us pleasure, like watching a sunset, reading a book, talking to a friend.

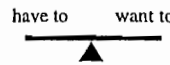
VIII. How pleasant activities can help improve your mood:

A. Just telling yourself to feel better isn't enough.

B. The things that you do will change the way that you are feeling.

C. Just as the body needs an adequate level of nutrition, the mind needs an adequate level of pleasant activities.

IX. Keeping activities balanced.




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!

X. Making a contract

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

Identify an activity that you would enjoy. 

1. _____

THERAPEUTIC EXERCISE:



1. Continue the Daily Mood Scale.
2. Keep track of how many of the activities on the List of Pleasant Activities you do each day. Place a \checkmark next to each activity that you do each day. If you did activities that are not on the list, you can write them in. Keeping track of your activities may be new to you. Many people find it interesting!
3. Carry out your Personal Contract.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of
Pleasant
Activities _____

List of Pleasant Activities

Check (✓) what you did today:

wear clothes I like	_____	_____	_____	_____	_____	_____
listen to the radio	_____	_____	_____	_____	_____	_____
watch people	_____	_____	_____	_____	_____	_____
look at clouds	_____	_____	_____	_____	_____	_____
eat a good meal	_____	_____	_____	_____	_____	_____
be outdoors	_____	_____	_____	_____	_____	_____
care for a houseplant	_____	_____	_____	_____	_____	_____
have people show an interest in what I say	_____	_____	_____	_____	_____	_____
see good things happen to family or friends	_____	_____	_____	_____	_____	_____
compliment/praise someone	_____	_____	_____	_____	_____	_____
talk about sports/ current events	_____	_____	_____	_____	_____	_____
see beautiful scenery	_____	_____	_____	_____	_____	_____
take a walk	_____	_____	_____	_____	_____	_____
make a new friend	_____	_____	_____	_____	_____	_____
go to a movie or play	_____	_____	_____	_____	_____	_____
go to a museum	_____	_____	_____	_____	_____	_____
play cards or chess	_____	_____	_____	_____	_____	_____
watch a sunset	_____	_____	_____	_____	_____	_____
do artwork or crafts	_____	_____	_____	_____	_____	_____
learn to do something new	_____	_____	_____	_____	_____	_____
collect things	_____	_____	_____	_____	_____	_____
be asked for advice	_____	_____	_____	_____	_____	_____
read sacred works	_____	_____	_____	_____	_____	_____
spend time with family	_____	_____	_____	_____	_____	_____
go to a garage sale	_____	_____	_____	_____	_____	_____
help someone	_____	_____	_____	_____	_____	_____
rearrange my room or house	_____	_____	_____	_____	_____	_____
talk on the telephone	_____	_____	_____	_____	_____	_____
do volunteer work	_____	_____	_____	_____	_____	_____

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: _____

GOALS

Strive to make something of yourselves; then strive to make the most of yourselves.

~Alexander Crummell

Life is a struggle, and very often we tend to settle for less than our dreams. We do not realize our potential but stop far short of it. As a result, we hear the nagging voice inside ourselves, the guilty voice that tells us we have failed. It's a demoralizing force that makes us question our talents, our ability, our drive - in fact, our very worthiness as human beings.

Realize that it is never, never too late to go for your dreams. Our achievements at fifty-two are as precious as those at twenty-two, if not more precious. We need to appraise our unique abilities and determine how we can best put them to use.

~Eric Copage, Black Pearls: Daily Meditations, Affirmations, and Inspirations for African-Americans.

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WORKING WITH DAILY ACTIVITIES

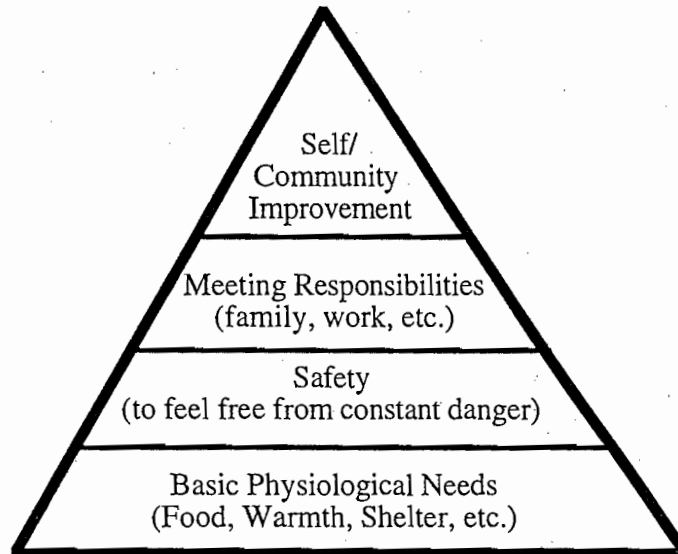
Session 2 of 2: Setting Goals

- REVIEW:
1. The purpose of this section.
 2. Therapeutic Exercises:
 - i. How do activities affect your mood?
 - ii. Did you fulfill your Personal Contract?

I. What are goals?

A. The "Goal Pyramid"

1. We all have a variety of goals to meet in life. Some are more basic than others. Here is a way of thinking about different levels of goals:



A goal on one level will be hard to reach if you haven't met the goals on the levels below it. For example, if your goal is to become more physically fit by taking walks (Self-improvement), it will be hard for you to reach this goal if you don't feel safe leaving your home (Safety).

B. Short-term and Long-term goals.

1. Short-term goals are for things that you would like to do soon (say within 6 months)
2. Long-term goals are for things that you would like to do at some point in the future, or for things that take a long time to achieve

II. Depression and problems with goals

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

We may:

1. Set our standards so high that our goals are impossible to meet.
2. Have trouble doing the things we need to do to meet our goals.
3. Not give ourselves credit for the positive things that we have done.

B. To overcome depression:

1. Set reasonable and clear goals
2. Plan and manage your time more effectively
3. Notice the accomplishments you make and reward yourself.

III. Setting reasonable goals

A. Setting realistic goals:

1. What is and is not realistic is hard to determine ahead of time. What is unrealistic at one time may be realistic at another.
2. If you find that you cannot meet most of your goals, then chances are that they are unrealistic for you at this time.
3. You can make large goals more manageable if you break them into smaller steps.
 - i. Make each step towards the bigger goal attainable.
 - ii. For example, 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.

B. Setting clear goals:

1. Make goals concrete so that you can tell when you have reached them. Here are some examples of clear vs. unclear goals:

UNCLEAR GOALSCLEAR GOALS

Be less depressed

Increase pleasant activities
so you feel less depressed

Be a good:
parent
spouse
friend

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

Be a:
musician
cook
better person

Spend X hours per week:
playing an instrument
cooking
helping others

C. What are your goals?

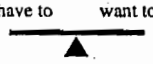


1. Are they realistic? Have you met the goals lower in the Goal Pyramid? Can you break them down into smaller steps?
2. Are they clear? How will you know when you reach them?

III. Developing a plan to achieve your goals.

1. Set priorities: Take your list of goals and decide which one(s) you want to work on this week.

2. Think of obstacles that might come up--how can you overcome them?

3. Make time for pleasant activities in your week.
 - a. Is there a balance between what you ^{have to} HAVE to do and what you ^{want to} WANT to do? 

IV. Rewarding yourself for meeting your goals.

- A. Take the time to notice the things that you have done, not just the things that you haven't done. This will help motivate you.

THERAPEUTIC EXERCISES:



1. The Daily Mood Scale
2. The List of Activities
3. Complete Worksheet for Setting and Meeting Goals.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of Pleasant Activities _____

Worksheet for Setting and Meeting Goals

One goal that I would like to work this week is (remember to be specific): _____

The small steps I can take to reach my goals are:

I will review my progress for the week on: _____
day

If I have reached my goals (or most of the steps) by this day, I will reward myself with this pleasant activity:

MOODINESS

Did you ever wonder why so many sisters look so angry? Why we walk like we've got bricks in our bags and will slash and curse you at the drop of a hat? It's because stress is hemmed into our dresses, pressed into our hair, mixed into our perfume and painted on our fingers. Stress from the deferred dreams, the dreams not voiced; stress from the broken promises, the blatant lies; stress from always being at the bottom, from never being thought beautiful, from always being taken for granted, taken advantage of; stress from being a Black woman in White America. Much of this stress is caused by how the world outside us relates to us. We cannot control that world, at times we can change it but we can assert agency in our own lives so that the outside world cannot over-determine our responses, cannot make our lives a dumping ground for stress.

~Opal Palmer Adisa, "Rocking in the Sunlight: Stress and Black Women" in The Black Women's Health Book

HOW CONTACTS WITH PEOPLE AFFECT MOOD

Session 1 of 2: An Introduction

- I. For the Contacts With People section of the group, we will 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.

- II. Does depression cause people to be less sociable, or does being less sociable cause depression?
 - A. The answer is “probably both”.
 - 1. When we feel down, we are less likely to want to socialize.
 - 2. However, not having contact with people takes away from us a 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.

- III. The importance of SOCIAL SUPPORT.
 - A. By social support system, we mean the people who are near you and with whom you share moments of your life.

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

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

IV. Two principles we will focus on in this section:

- 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.

V. Making your support system bigger: 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 than 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.

VI. Keeping your social support system going.

- A. Contact is important: by phone or in person.
- B. Suggest an activity to share with others.
 1. Thoughts that get in the way:
 - “They will say 'no'.”
 - “They'll say 'yes' just to be nice.”
 - “They won't want to go out with me again.”

VII. We will also work on improving relationships.

- A. Focusing on your thoughts, behavior, and feelings.
- B. Learning about truth telling and communicating openly and honestly.

THERAPEUTIC EXERCISES:



1. The Daily Mood Scale.
2. Weekly Contact Schedule. Keep track of contacts with people. Use a “+” if positive and a “-” if negative. Write the total number of positive and negative contacts for each day at the bottom of the Daily Mood Scale.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of
people contacts

Positive: _____

Negative: _____

WEEKLY ACTIVITY SCHEDULE

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

CONNECTIONS

The most important part of good health and relief from stress is surrounding yourself with people who love you.

~Wilma Rudolph

Spending time with people we love and enjoy being with can do wonders for our spirits. African-Americans have always understood this. When we relax, kick back, laugh and party, our troubles seem to disappear. It might be a temporary means of stress reduction, but the good feelings that carry over into the next day can help put things into perspective.

Knowing we have a safety net of sanity, support, and love makes life more precious and our blues more tolerable.

Let's make time for connections.

~Eric Copage, Black Pearls: Daily Meditations, Affirmations, and Inspirations for African-Americans.

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HOW CONTACTS WITH PEOPLE AFFECT MOOD

Session 2 of 2: Improving Contacts

- REVIEW:
1. Therapeutic Exercises: Mood, People Contacts
 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? 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. On index cards, write on one side the ingredients for healthy/trusting relationships. On the other side, write ingredients for unhealthy/non-trusting relationships.

THERAPEUTIC EXERCISES:



1. The Daily Mood Scale
2. The Weekly Contact 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 the group.
4. Write down problems with people/relationships for which you would like advice from the group.

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								
O		6	6	6	6	6	6	6
O	AVERAGE	5	5	5	5	5	5	5
D								
		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
people 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							

Problems with people or relationships for which you would like advice from the group:

1. _____

2. _____

3. _____

4. _____

RELATIONSHIPS

We have to consciously study how to be tender with each other until it becomes a habit because what was native has been stolen from us

... As we arm ourselves with ourselves and each other, we can stand toe to toe inside that rigorous loving and begin to speak the impossible - or what has always seemed like the impossible - to one another. The first step toward genuine change. Eventually, if we speak the truth to each other, it will become unavoidable to ourselves.

~Audre Lorde, "Eye to Eye" in Sister Outsider

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4/8

CREATING HEALTHY RELATIONSHIPS

- Review:
1. Therapeutic Exercises:
 - i. Daily Mood Scale
 - ii. Number of Contacts with People
 - iii. Did you identify problems you would like to work on with the group's help?
 2. Purpose of this section:

Focus on creating healthy relationships.

I. Truth Telling in relationships*

- A. One area of difficulty in relationships is the inability to tell the truth to people in our lives.
 1. Historically, African-Americans needed to learn to "wear the mask" in order to survive oppression.
 2. Women have often learned to gain power in relationships by withholding truth. (e.g. keeping a bit of money stashed away somewhere that "he don't know about")
 3. Many times as children we were punished for telling the "truth."
- B. Lack of truth telling has created an over-valuation of "appearance" in the African-American community.

"Lack of truth in our lives encourages us to deny what we genuinely feel and experience, we lose our capacity to know who we really are and what we need and desire."

II. Communicating openly and honestly involves:

- A. Feeling safe
 1. Finding a safe environment (therapy group, an important, trusted person).
 2. Realizing we can survive strong emotions.
- B. Communicating effectively
 1. Finding an appropriate time (not when arguing).
 2. Discussing feelings, thoughts, experiences, with "I" statements (avoiding blame or judgements).

“Oftentimes, Black folks find it easier to “tell it like it is” when we are angry, pissed, and desire to use “the truth” as a weapon to wound others.”*

Healthy truth telling in relationships does NOT involve harsh criticism, teasing, “reading,” or calling people out.

III. Healthy vs. Harsh*

“Harsh criticism is often a major characteristic of Black mother-daughter relationships. We may imagine that hurting criticism takes place for our own good. This is not the kind of honesty that is healing. And it is vitally important for Black female well-being that we can distinguish it from a commitment to truth telling.”

- A. Can you identify the difference between harsh criticism and healthy truth telling?
- B. What are some examples?

IV. Practicing critical affirmation

A. With others:

1. Takes more time and greater concentration.
2. Uses caring tones.
3. Recognizes that constructive critical affirmation is the best strategy for building character.
3. Response may not be as quick but has a better, healthier effect.

B. With ourselves:

1. Identify the harsh, critical voice within ourselves.
2. Replace the harsh voice with a gentle, compassionate, caring voice.
3. Notice the effect of changing our voices within and extend the positivity to other relationships in our lives.

V. Exercise:

A. Turn to the person sitting next to you:

1. Practice critical affirmation with others:

2. Practice critical affirmation with yourself:

“... It is important for Black women to practice speaking in a loving and caring manner about what we appreciate about one another. For such an action makes it evident to all observers of our social reality that Black women deserve care, respect, and ongoing affirmation.”*

*from bell hooks (1993), Sister of the Yam: Black Women and Self Recovery.

THERAPEUTIC EXERCISES:



1. The Daily Mood Scale
2. The Weekly Contact Schedule
Note contacts with people.
Add a “+” if the contact was positive.
Add a “-” if the contact was negative.
3. Practice open and honest communication in relationships.
4. Replace harsh criticism with critical affirmation at least once this week and tell the group about it.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of
people 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							

1
2

Practice with replacing harsh criticism with critical affirmation:

Who:

When:

How:

> Announce > Meditations >

mod scale / hw

(Joyce)

go over critical affirmations

75

FAMILY

Some people are your relatives but others are your ancestors, and you choose the ones you want to have as ancestors. You create yourself out of those values.

~Ralph Ellison

The fruit must have a stem before it grows.

~Jabo proverb, Liberia

OUR FAMILIES

- Review:
1. Therapeutic Exercises:
 - i. Daily Mood Scale
 - ii. Number of Contacts with People
 - iii. Did you practice critical affirmation?
 2. Purpose of this section:
Understanding our family relationships.

- I. Understanding our family dynamics helps us to understand how our relationships and contacts with people affect our mood.
 - A. If we want to understand ourselves as individuals, it makes sense to focus on our inner self as we have; our thoughts, our feelings, and how those things affect our mood.
 - B. But, if we want to understand the part of our lives that involve relationships with spouses or partners, children, friends, etc., it is important to understand the families we were born into as well as the generations before us.

II. Our Families Historically:

- A. Civilization began in Africa.
- B. As African-American women we have a long history of generations of women before us who have survived difficulties and dangers.
- C. We are a product of these women and the way we have developed as people, whether we think of it as positive or negative, has been influenced by earlier generations.
- D. What are some of the ways we as African-American women have been influenced by our history?

III. Our Families Personally:

- A. Throughout the centuries it has been known that what happens in a family in any one generation, can echo through the generations to follow.
- B. Often our behavior patterns have been influenced by what our parents experienced growing up in our grandparent's household.
- C. What are some of the ways we have been personally influenced by our family history?

IV. Exercise: Creating a Genogram*

A. What is a Genogram?

A Genogram is a picture representation of three (or more) generations of the family you were born into, and it is used as a guide for understanding your own family and some of the roots of your patterns of behavior. It is like a "family tree" except that it is presented in a different format and it can have more personal details.

B. Why make a Genogram?

Examining your Genogram and sharing it with others may help you discover which patterns of behavior happening in your family right now are repeats from previous generations. In the process of doing this project you may be able to identify present issues and family strengths, as well as potential difficulties. This project is not meant to fault or blame previous generations for present problems. We know that just as each generation of descended Africans have done the best job possible given the resources available to them, families also do the best they can given their circumstances. Genograms may give you a sense of valuable traditions and characteristics passed on through families and may stimulate a sense of respect and appreciation for those who have come before you.

C. How to make a Genogram?

Look at the first example (Figure 1). This is an example of a Genogram. Jack and Freda had 6 children, one of whom died. Also, Freda's mother Mary had a stillborn child before Freda was born.

You may start your Genogram with your grandparent's generation and go forward, or you may start with your own generation and work backwards to your grandparent's generation.

You should include everyone born into a family or formally or informally adopted. Within the African-American community we may have unofficial relatives like "play" uncles, aunts, or cousins, and you may include these people if you want. Include anyone living and anyone now dead is indicated with an "X" mark.

See the following page for the Basic Information and how it is represented.

See figure 2 for an example of a more complex Genogram.

*adapted from Sheldon Starr, Ph.D., 1988.

THERAPEUTIC EXERCISES:




1. The Daily Mood Scale
2. The Weekly Contact Schedule: Note contacts with **family**.
Add a "+" if the contact was positive.
Add a "-" if the contact was negative.
3. Continue working on Genogram.


GENOGRAM BASIC INFORMATION

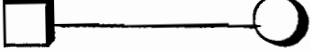
Basic Information:


Symbol Used:

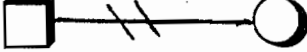
1. Gender male  female 

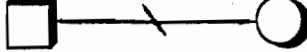
2. Date of birth 
b. 1943

3. Death, date, and cause 
d. 1987
cancer

4. Marriage and year 
m. 1970

5. Living together and year 
l.t. 1972

6. Divorce and year 
div. 1965

7. Separation and year 
sep. 1951

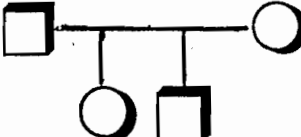
8. Children: in birth order,
oldest on left with year born 

Figure 1

GENDGRAM

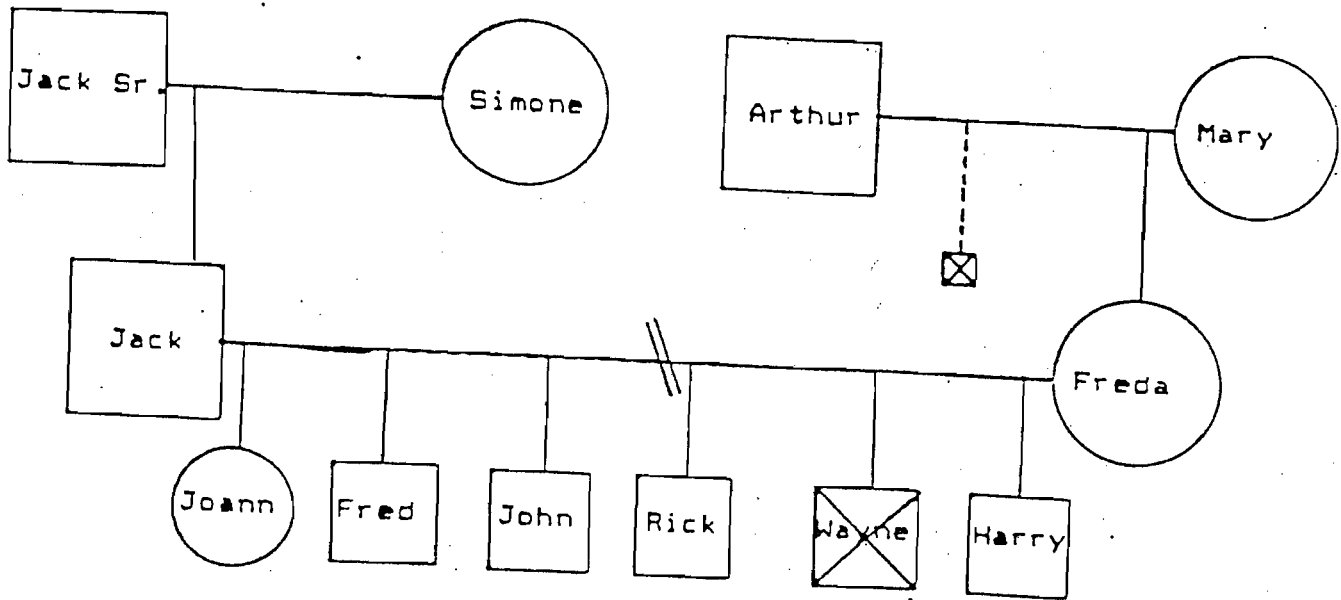


Figure 2

GENDOGRAM

Dhio: First generation USA

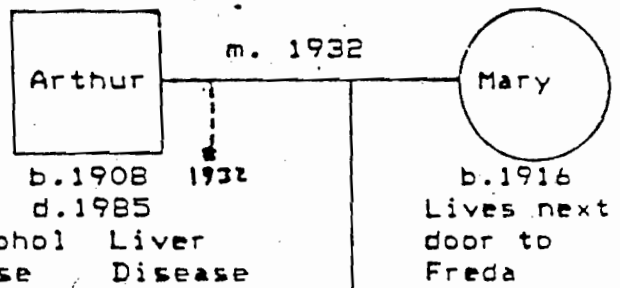
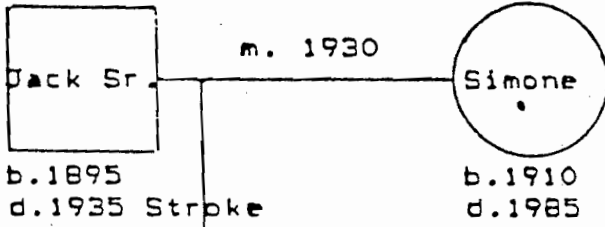
Indiana: First generation USA

Welder

Teacher

Brick Layer

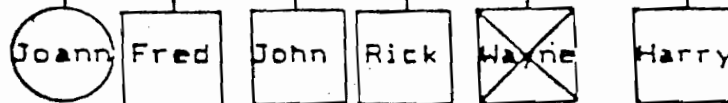
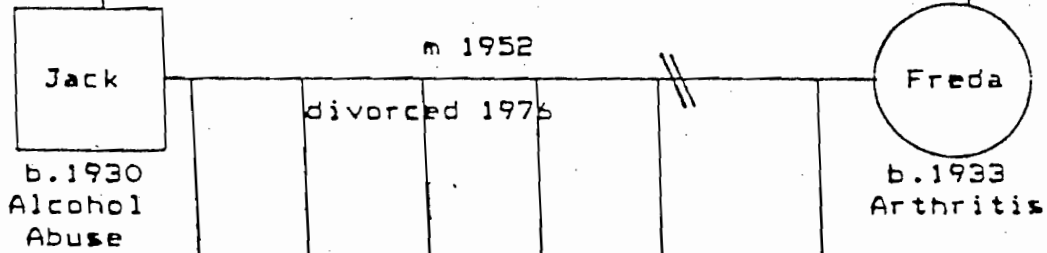
Nurse



California 1953

Salesman

Social Worker



b. 53 Drugs
 b. 54 Alcohol
 b. 56
 b. 66
 b. 68 d. 69 Birth Defect
 b. 71 A+ Student

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of **family** 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							

11
4/22

SPIRITUALITY

- REVIEW:
1. Therapeutic Exercises:
 - i. Daily Mood Scale
 - ii. Number of contacts with family
 - iii. Did you do your Genogram?
 2. Purpose of this section:

Understanding our Spirituality

Please note that we are aware that there are many names for the act of worship and for the higher power to which the worship is being made. For this discussion, we use GOD to identify the higher power and we recognize Spirituality as the central principal of worship. We also understand that not everyone may consider themselves religious or spiritual; hopefully you still feel comfortable enough to participate in the discussion because your experience is valuable.

I. Understanding how we may or may not be spiritual helps us to understand how we ultimately view ourselves, and therefore, gives us a clearer understanding of how these views affect our mood.

A. For most of us, being spiritual is an inner experience. However, this inner experience is really a representation of how we think of ourselves. If this representation is of affirming qualities, then most of the time our self views will have a positive effect on our mood. But if our representations are of self-doubt, self-hate, etc., then our self views will mostly have a negative affect on our mood.

B. So, if we want to understand how spirituality impacts our lives, then it is important to understand how it has affected us historically and on a personal level.

II. The Historical Role of Spirituality

A. Spirituality has many meanings for us as African Americans.

B. Spirituality has been a source of comfort and security for us as we have endured great atrocities such as slavery.

C. We were not allowed to practice the religion that we brought over from Africa. Some of our ancestors hid in the woods or fields and held secret meetings to practice their religion. Most of our ancestors were forced to convert to Christianity as the Europeans practiced. In some instances there was an integration of both.

D. How was religion or spirituality talked about in your family?

E. What is your understanding of the historical role that Spirituality has had in our community?

III. The Role of Spirituality in Our Community

A. It is also important to acknowledge that sometimes our relationship with Spirituality has been conflictual.

B. As a community, when we have searched for the meaning of life, sometimes we get angry with GOD for letting the things that happen to us occur. Things such as inner city violence, drugs, joblessness, illness, are just a few of the experiences that we share as African Americans - and these things are hard to understand - IT JUST DOES NOT MAKE ANY SENSE!

C. What is your understanding of the role that Spirituality/Religion has in our community. Does it have a role?

IV. The Personal Role of Spirituality

A. As we search for answers to the questions of the situations that do not make sense, sometimes our spirituality leads us inward.

B. There, we may find that the power to change comes from within us.

- C. What does it mean to go inward?
- D. How do we go inward?
- E. When you go inward do you have a sense of powerfulness or weakness?
- F. Where did this sense of powerfulness or weakness come from?

V. Exercise: Going inward - a meditation

Close your eyes and breath deeply through your nose and out through your mouth. Let the thoughts wander in and out- do not try to manipulate your thoughts, just let them flow. Now, focus more on your breath. Count your breaths. Now, picture giving yourself perfect LOVE. What does it feel like and what does it look like? What is the meaning of perfect self-love?

THERAPEUTIC EXERCISES:



1. Continue the Daily Mood Scale
2. Monitor the moments of spirituality throughout your week and record at the bottom of the Mood Scale.
3. Do a meditation once this week and write down your thoughts and feelings after you have completed the meditation.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of **moments of spirituality:**

Spirituality: _____

MEDITATION WORKSHEET

Mood before Meditation:

Thoughts before Meditation:

Meditation Practiced:

(i.e. deep breathing,
visualization,
relaxation, etc.)

Where:

When:

Thoughts after Meditation:

Mood after Meditation:

SELF-LOVE

“If internalized racism enters the souls of Black folks through years of socialization then we are not going to be rid of it by simply giving shallow expressions to the notion that Black is beautiful. We must live in our bodies in such a way that we daily indicate that Black is beautiful. We must talk about Blackness differently. And we cannot do any of this constructive action without first loving Blackness.

The art and practice of loving begins with our capacity to recognize and affirm ourselves.

Affirming ourselves is the first step in the direction of cultivating the practice of being inwardly loving.”

~bell hooks Sisters Of The Yam: Black Women and Self-Recovery

AFRICAN-AMERICAN FEMALE IDENTITY

Review: 1. Therapeutic Exercises:

- i. Daily Mood Scale
- ii. Did you make room in your week for Moments of Spirituality/Meditation?

2. Purpose of this section:

Exploring issues related to our identity.

I. Internalized Racism

A. Due to racism, Black people, and Black women in particular, have very few positive images depicting Black beauty, Black intellect, and Black womanness.

B. The lack of affirming images of Black femaleness in art, magazines, movies, and television reflects not only the racist White world's way of seeing us, but the way we see ourselves.*


C. It is no mystery to most Black women that we have internalized racist/sexist notions of beauty that lead many of us to think we are unattractive.*

II. Reality Check

A. Do we have to/want to accept the stereotypes that others have used against us?

B. Sankofa: "WE MUST REMEMBER OUR PAST IN ORDER TO MOVE FORWARD IN THE FUTURE"

C. Let's remember our roots: History reminds us that we have been great Queens of Africa, ruling superior nations. We have been Harriet Tubman who freed over 100,000 slaves. We have been Sojourner Truth, a highly intelligent woman who spoke vehemently against slavery. And we have been Rosa Parks who was determined to be treated as a human being and sparked the Civil Rights Movement by refusing to give up her seat. There are hundreds/thousands of others who refuse to succumb to these circumstances.


D. Who is your hero and why? 

III. Self-healing

“Learning to love ourselves as Black Women goes beyond a simplistic insistence that ‘Black is Beautiful.’ It goes beyond and deeper than the surface appreciation of Black beauty, although that is certainly a good beginning... Clearly, if Black Women want to be about the business of collective self-healing, we have to be about the business of inventing all manner of images and representations that show us the way we want to be and are.” *

A. In order to affirm our identity as Black women we must practice self-healing.

B. First, we need to disown and discard the negative stereotypes that we have carried around with us collectively for hundreds of years and personally in our own lives.

What are some of the names (i.e., Aunt Jemima) and conditions (i.e., welfare mothers) that we have been led to believe and accept? 

1. _____
2. _____
3. _____
4. _____

C. What images of Black Women can we use to replace these stereotypes? Let's rediscover, reaffirm, and reclaim our true selves? Who are we? ✍

1. _____

2. _____

3. _____

4. _____

*from bell hooks (1993), Sister of the Yam: Black Women and Self Recovery.

THERAPEUTIC EXERCISES:



1. Continue the Daily Mood Scale.
2. Keep track of the number of stereotypes both positive and negative that you find your self thinking and record the number of statements made on the daily mood scale.
3. Find an affirming image of Black Womanhood (a picture, a poem, an affirming statement, a song, etc.) and place it in an area where you will see it each day (on the fridge, on your bathroom mirror, by your bed, in your purse, etc.)

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of
Stereotypes

Positive: _____

Negative: _____

RELEASE NEGATIVITY

“To be at peace, Black women, especially those among us who have been deeply wounded and hurt, must release the bitterness we hold within us. Bitterness is like a poison. When it’s inside us, it spreads even to the parts of the self that allows us to feel joy and a spirit of celebration.”

~bell hooks Sisters Of The Yam: Black Women and Self-Recovery

“Nothing can dim the light that shines from within.”

~Maya Angelou

13 5/6

HOW THOUGHTS AFFECT YOUR MOOD: A Review

- REVIEW: 1. Therapeutic Exercise - The Daily Mood Scale.
- a. What kinds of stereotypes did you notice last week?
2. What image(s) did you choose?
 3. The purpose of this section: A review of how thoughts affect your mood.

I. Tools to increase healthy thinking: Review

A. Increasing Thoughts That Make Us Feel Good

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. For example, you could tell yourself, "I did not lash out at others even though I had to wait a long time for my appointment."
3. "Hold Everything!"

Give yourself a break by taking time out mentally.

 - a. Pause. Let your mind relax. Allow your body to feel at peace. This can give you energy.
 - b. Breathe. Take three deep breaths inhaling through your nose and exhaling through your mouth, making sure your stomach expands. This can center you.
4. Time Projection.

Imagine yourself taking the steps to move toward a time when things will be better.

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. Use your card of positive thoughts to help you with this.

2. Worry 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. Make your worrying practical. It doesn't help just to think that bad things might happen--make plans about what you can do if they do happen.

3. Balancing your thoughts:



"Yes, but..." statements:

You don't have to ignore or deny your problems to decrease negative thoughts--you can balance thoughts about negative situations by adding a more positive or hopeful statement to them.

4. Keeping a sense of humor: Keeping a good sense of humor about life can help you deal with stress.



Therapeutic Exercise:

1. Continue the Daily Mood Scale.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of thoughts

Positive: _____

Handwritten notes:
 JJ
 2
 1/11/11
 1/11/11
 1/11/11
 1/11/11

FUN AND PLAY

“It is an emergency for me to learn how to play. It is something I don’t know how to do. I’ve never just taken time off and played.”

~Bernice Johnson Reagon

“Right now, many of us don’t give enough time to play. Nevertheless, playing is a must for both our mental and physical health. So let’s make time for it!”

~Eric Copage, Black Pearls: Daily Meditations, Affirmations, and Inspirations for African-Americans.

14 5/13

WORKING WITH DAILY ACTIVITIES: A Review

REVIEW: 1. Therapeutic Exercise: The Daily Mood Scale.
2. The purpose of this section: A review of how activities affect your mood.

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?

B. These two worlds are our REALITY.

The key to feeling healthy is to learn how to manage these two parts of our reality.

C. NO ONE controls either of these two worlds completely.

HOWEVER, WHEN WE ARE DEPRESSED,
WE FEEL WE HAVE NO CONTROL.

II. Ways to feel more control

A. Changing these two worlds

1. Objective world

- increasing pleasant activities
- increasing positive social contacts

2. Subjective world

- more healthy thinking
- less depressed thinking

B. Thinking about your time in healthy ways

1. Be careful about saying to yourself:

"I cannot enjoy life until _____." (this depression is over, my health improves, etc.)

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

2. On the other hand, if you think about how you spend your time filling your OUTSIDE and INSIDE worlds with healthy, pleasant, meaningful things for yourself, the depression is more likely to end sooner.

III. Pleasant activities make your time more satisfying.

- A. As the way you spend your time becomes more satisfying, so will your life.
- 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.

Therapeutic Exercise:



1. Continue Daily Mood Scale
2. Review the List of Activities

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								
O		6	6	6	6	6	6	6
O	AVERAGE	5	5	5	5	5	5	5
D								
		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
Pleasant
Activities

CONNECTIONS

“It is important that Black people talk to one another, that we talk with friends and allies, for the telling of our stories enables us to name our pain, our suffering, and to seek healing.”

“Only by restoring the broken connections can we be healed.”

~bell hooks Sisters Of The Yam: Black Women and Self-Recovery

15 5/20

HOW CONTACTS WITH PEOPLE AFFECT MOOD: A Review

- Review:
1. Therapeutic Exercise - Number of Pleasant Activities.
 2. The purpose of this section: Review how contacts with people of people affect our mood.

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. Creating and maintaining social support.

A. Who are the people you feel that you can count on?

B. What are some ways you can maintain healthy relationships?

C. Are there things that you would like an honest opinion about that might be hard to ask others outside the group?

VI. Aspects of healthy relationships

A. ~~Practicing Truth-telling.~~

B. ~~Communication~~ openly and honestly.

C. ~~Harsh criticism~~ vs. healthy critical affirmation.

Communicating

VII. 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.

Therapeutic Exercise:



1. Continue the Daily Mood Scale.

2. Notice how your contacts with people affect your mood.

DAILY MOOD SCALE

Week Number _____

Name _____ Week Starting: _____

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

Number of
People Contacts

Positive: _____

Negative: _____

“In spiritual solidarity, Black women have the potential to be a community of faith that acts collectively to transform our world. When we heal the woundedness inside us, when we attend to the inner love-seeking, love-starved child, we make ourselves ready to enter more fully into community. We can experience the totality of life because we have become fully life-affirming. Like our ancestors using our powers to the fullest, we share the secrets of healing and come to know sustained joy.”

~bell hooks Sisters Of The Yam: Black Women and Self-Recovery

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GRADUATION



1. STATE ONE WAY IN WHICH YOUR MOOD HAS IMPROVED.

2. BRING SOMETHING TO SHARE WITH THE GROUP.