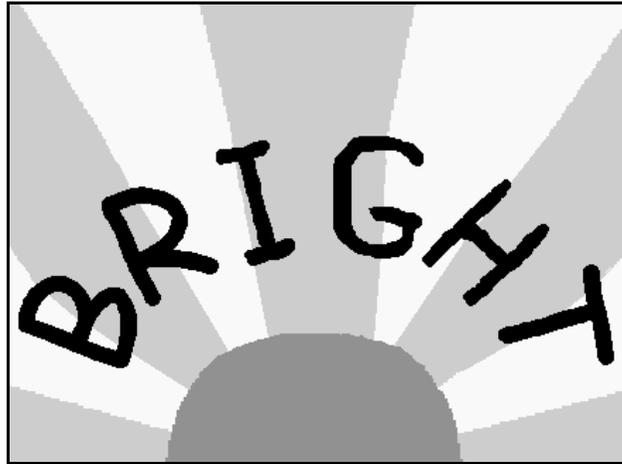


# Group Member's Guidebook

*"Thoughts and Your Mood"*



August 2006

---

Jeanne Miranda, Ph.D; Stephanie Woo, Ph.D.;  
Isabel Lagomasino, M.D., M.S.H.S.; Kimberly A. Hepner, Ph.D.;  
Shelley Wiseman, B.A.; and Ricardo Muñoz, Ph.D.

Including drawings by Erich Ippen

# **Group Cognitive Behavioral Therapy for Depression**

\*

## **Thoughts and Your Mood**

Other modules in this treatment program  
are as follows:

Activities and Your Mood  
People Interactions and Your Mood

---

**Revised August 2006 based on original manuals by**

Ricardo F. Muñoz, Ph.D.; Chandra Ghosh Ippen, Ph.D.; Stephen Rao, Ph.D.;  
Huynh-Nhu Le, Ph.D.; and Eleanor Valdes Dwyer, L.C.S.W.

Cognitive Behavioral Depression Clinic, Division of Psychosocial Medicine  
San Francisco General Hospital, University of California, San Francisco

Drawings by Erich Ippen

Copyright 2000 Muñoz, Ghosh Ippen, Rao, Le, and Dwyer

\* Please cite in this way

**This is your book to keep. Feel free to write in it.**

**This guidebook belongs to:**

---

**(Name)**

---

**(Date)**



# TABLE OF CONTENTS

<b>SESSION 1: YOUR THOUGHTS AND MOOD ARE CONNECTED .....</b>	<b>1</b>
PURPOSE .....	1
OUTLINE.....	2
GROUP RULES .....	3
ANNOUNCEMENTS.....	4
INTRODUCTIONS .....	5
WHAT IS DEPRESSION? .....	6
WHAT IS COGNITIVE BEHAVIORAL THERAPY? .....	8
HOW DOES CBT TREAT DEPRESSION? .....	12
HOW HAVE YOU BEEN FEELING? .....	14
REVIEW.....	14
PRACTICE .....	14
LAST MODULE .....	15
<b>NEW TOPIC: THE CONNECTION BETWEEN THOUGHTS AND MOOD .....</b>	<b>17</b>
THOUGHTS ARE SENTENCES WE TELL OURSELVES.....	17
WHAT YOU THINK AFFECTS HOW YOU FEEL .....	19
IDENTIFY YOUR HARMFUL THOUGHTS .....	20
EXAMPLES OF HARMFUL THOUGHTS .....	21
EXAMPLES OF HELPFUL THOUGHTS .....	22
KEY MESSAGES .....	23
PRACTICE .....	23
FEEDBACK .....	31
LOOKING AHEAD .....	31

<b>SESSION 2: HOW TO IDENTIFY HARMFUL AND HELPFUL THOUGHTS .</b>	<b>33</b>
PURPOSE .....	33
OUTLINE.....	33
ANNOUNCEMENTS.....	34
REVIEW.....	34
PRACTICE .....	34
LAST SESSION .....	34
NEW TOPIC: IDENTIFYING HARMFUL AND HELPFUL THOUGHTS .....	36
THE LINK BETWEEN THOUGHTS AND MOOD: A CHAINING ACTIVITY .....	36
HARMFUL THOUGHTS ARE NOT ACCURATE, COMPLETE, AND BALANCED .....	39
COMMON HABITS OF HARMFUL THINKING .....	39
KEY MESSAGES .....	44
PRACTICE .....	45
FEEDBACK .....	52
LOOKING AHEAD .....	52
<b>SESSION 3: TALKING BACK TO YOUR HARMFUL THOUGHTS.....</b>	<b>54</b>
PURPOSE .....	54
OUTLINE.....	54
ANNOUNCEMENTS.....	55
HOW HAVE YOU BEEN FEELING? .....	55
REVIEW.....	56
PRACTICE .....	56
LAST SESSION .....	57
NEW TOPIC: WHAT CAN YOU DO ONCE YOU HAVE IDENTIFIED YOUR HARMFUL THOUGHTS? .....	58
EXAMINE THE EVIDENCE .....	58
FIND A REPLACEMENT THOUGHT FOR YOUR HARMFUL THOUGHT.....	61

CATCH IT, CHECK IT, CHANGE IT .....	65
KEY MESSAGES .....	68
PRACTICE .....	68
FEEDBACK .....	71
LOOKING AHEAD .....	71
<b>SESSION 4: HOW TO HAVE MORE HELPFUL THOUGHTS TO IMPROVE YOUR MOOD.....</b>	<b>73</b>
PURPOSE .....	73
OUTLINE.....	73
ANNOUNCEMENTS.....	74
REVIEW.....	74
PRACTICE .....	74
LAST SESSION .....	75
NEW TOPIC: HOW TO HAVE MORE HELPFUL THOUGHTS .....	76
IDENTIFY YOUR HELPFUL THOUGHTS .....	76
BALANCING YOUR THOUGHTS WITH “YES, BUT” STATEMENTS .....	77
SET ASIDE SOME WORRY TIME.....	79
KEY MESSAGES .....	81
PRACTICE .....	81
FEEDBACK .....	83
REVIEW OF MODULE: “THOUGHTS AND YOUR MOOD” .....	83
GOODBYE TO GRADUATING GROUP MEMBERS .....	85
LOOKING AHEAD TO THE NEXT MODULE .....	86
<b>RESOURCES FOR GROUP MEMBERS .....</b>	<b>87</b>
ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION .....	87
BOOKS AND VIDEOTAPES ABOUT DEPRESSION .....	87



# SESSION 1: YOUR THOUGHTS AND MOOD ARE CONNECTED

## PURPOSE

- Learn about the CBT group and depression.
- Learn that there is a connection between thoughts and mood.
- Understand that noticing and managing your thoughts can help you feel better.
- Begin to notice your harmful and helpful thoughts.

## OUTLINE

- I. Welcome
- II. Group Rules
- III. Announcements
- IV. Introductions
- V. What is Depression?
- VI. What is Cognitive Behavioral Therapy (CBT)?
- VII. How Does CBT Treat Depression?
- VIII. How Have You Been Feeling?
- IX. Review
- X. New Topic: The Connection between Thoughts and Mood
  - A. Thoughts are Sentences We Tell Ourselves
  - B. What You Think Affects How You Feel
  - C. Identify Your Harmful Thoughts
  - D. Examples of Harmful Thoughts
  - E. Examples of Helpful Thoughts
- XI. Key Messages
- XII. Practice
- XIII. Feedback
- XIV. Looking Ahead



# GROUP RULES

---

**1. Come to every group meeting.** If you can't make it, call us at this number:

( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ (Contact number)



**2. Come to group meetings on time.**



**3. Maintain the confidentiality of the group.**

Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

Second, if group leaders hear something that makes them think your health or safety is in danger they will talk with your doctor or others.

Finally, by law, a group leader must report:

- If a child or dependent adult is being abused or neglected.
- If an older adult is being abused or neglected.
- If someone is in danger of hurting himself or herself or someone else.

**4. Be respectful and supportive of others in the group.** The group is based on respect for all people. If you have a problem with

another group member and your feelings are getting in the way of your group therapy, discuss the problem with a group leader.



**5. Find a balance between talking and listening.** You and the other group members will get the most out of the group if everybody has a chance to talk about their thoughts, feelings, problems, and experiences.

Plus, in each session, the group leaders need time to introduce new ideas that will help everybody in the group. Unfortunately, the time allowed for each group session is limited. The group leaders will:

- Keep track of the time for each session.
- Gently remind you to give others a turn to talk.

**6. Know that you don't have to share everything.**

**7. Practice.** Practicing outside of class will strengthen your ability to use the skills you have learned and will increase the likelihood that you will feel better.

**8. Tell us if you are unhappy with the group or your treatment.**



## ANNOUNCEMENTS

---

The group leader will make any announcements that might be necessary. For example, if the next session is scheduled on a day that is a holiday, the day of that session may be changed. During this time, you will have a chance to tell the group leader ahead of time if, for example, you need to be late for a session.

Is there anything you would like to let the leader know about?



# INTRODUCTIONS

---

## Group Leaders

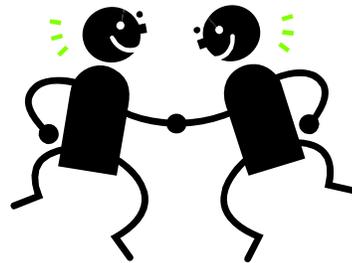
Your group leaders are:

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Name) (Contact number)

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Name) (Contact number)

## Group Members

You will be coming to group CBT with the group of people you are meeting in this session. Talking with them will be an important part of CBT.



New group members will introduce themselves. We will be talking about your experiences with depression as the group progresses. At this time, we want to know a bit about you as an individual. Begin by telling the group your name, and then **choose one or two of the following** subjects to talk about.

- Where you grew up
- Your family
- What kind of work you have done
- Your main interests or hobbies
- Something about yourself that you think is special

# WHAT IS DEPRESSION?

---

## Depression is Common

- Nearly everyone in his or her lifetime feels sad.
- Most adults have had depressed moods and/or know what they are.
- 10–25% of women will have at least one serious episode of depression.
- 5–12% of men will have at least one serious episode of depression.

## *What is depression like for you?*

### Depression is:

- A low mood or sad feelings that make it hard to carry out daily duties.
- Possible at any point in your life.
- Possible diagnosis if you have five or more of the following symptoms most of the day, almost every day, for two weeks or more.

## The Nine Symptoms of Depression

1. Feeling depressed, down, or irritable nearly every day.
2. Loss of interest or pleasure in activities that you normally enjoy.
3. Significant increases or decreases in your weight or appetite.
4. Sleeping too much or too little.
5. Change in the way you move (moving restlessly or slowly).
6. Feeling tired or fatigued.
7. Feeling worthless or having terrible guilt.
8. Trouble concentrating or making decisions.
9. Repeated thoughts of death or suicide.

## **Possible Triggers for Depression**

- Being sick with medical problems
- Biological/chemical imbalance in your body
- Economic/money problems
- Losing someone you love
- Upsetting things happening, or continual problems
- Struggles with people you are close to
- Big life changes
- Stress that lasts a long time

***What was happening in your life when you got depressed?***

## **What You Can Do**

- Come to this CBT group!
- Practice the skills you learn during the CBT group.
- Get help and support from family members, friends, and others.
- Discuss how you feel with your doctor, nurse, therapist, or counselor.
- Ask your doctor if antidepressant medicines might be helpful.

***Let the group leader know if you have thoughts of death or suicide. We can help you get the support you need to feel better.***

# WHAT IS COGNITIVE BEHAVIORAL THERAPY?

---

This treatment provides a specific kind of help—Cognitive Behavioral Therapy, or CBT for short—for people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

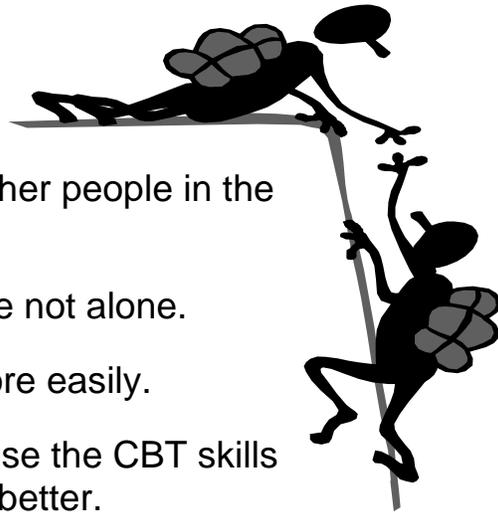
This approach does not mean that your thoughts and behaviors caused your depression in the first place. Making changes in your thinking and behavior can help your depression no matter what caused you to feel down.

## ***“Managing” your depression means to:***

- Make the feelings of depression less intense.
- Make the time that you are depressed shorter.
- Learn ways to prevent getting depressed again, despite real problems.

***The group meetings are helpful because they:***

- Provide you with support from other people in the group.
- Help you understand that you are not alone.
- Help you learn the CBT skills more easily.
- Show many ways other people use the CBT skills to deal with depression and feel better.



***During the group you will learn skills to:***



- Change your thoughts.
- Change your behaviors, including your
  - Activities, and
  - Interactions with other people.
- Improve the way you feel.

***During the group you will NOT be asked to:***



- Lie down on a couch.
- Share all your painful thoughts and experiences.
- Talk at length about your family or childhood.

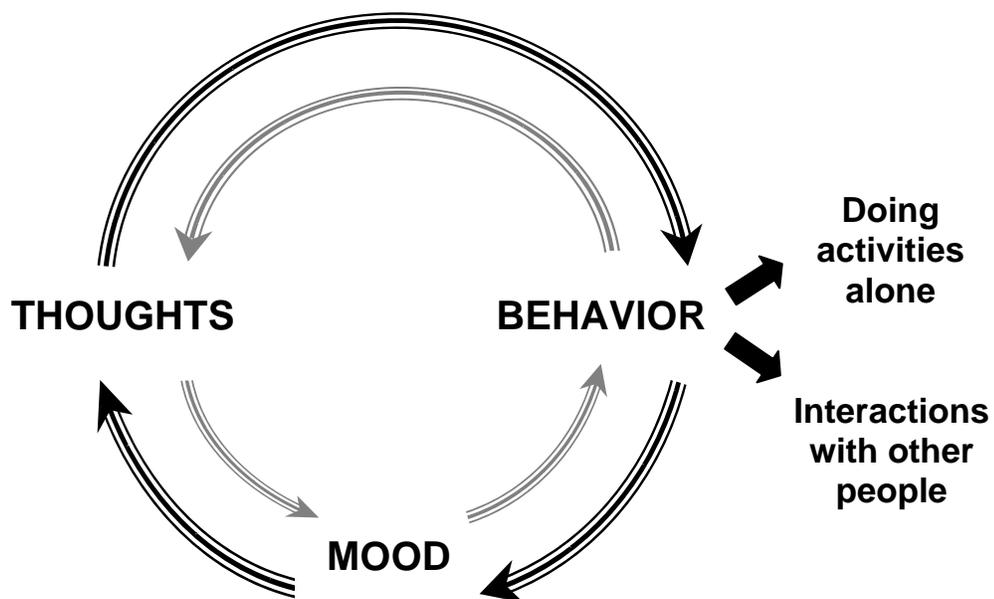
***The group will focus on practical strategies to improve things right now.***

**What does the name “Cognitive Behavioral Therapy” mean?**

**Cognitive** refers to **thoughts**.

**Behavioral** refers to **how you act** or **what you do**. In CBT, when we talk about behavior, we mean how you act, including what activities you do and how you interact with other people.

We will focus on your thoughts and your behavior to improve your mood.



***This CBT treatment program is organized into three modules***  
with four sessions in each module.

- Module: How your **thoughts** affect your mood    **= 4 sessions**
- Module: How your **activities** affect your mood    **= 4 sessions**
- Module: How your **interactions with other people** affect your mood    **= 4 sessions**

---

**Total CBT sessions    = 12 sessions**

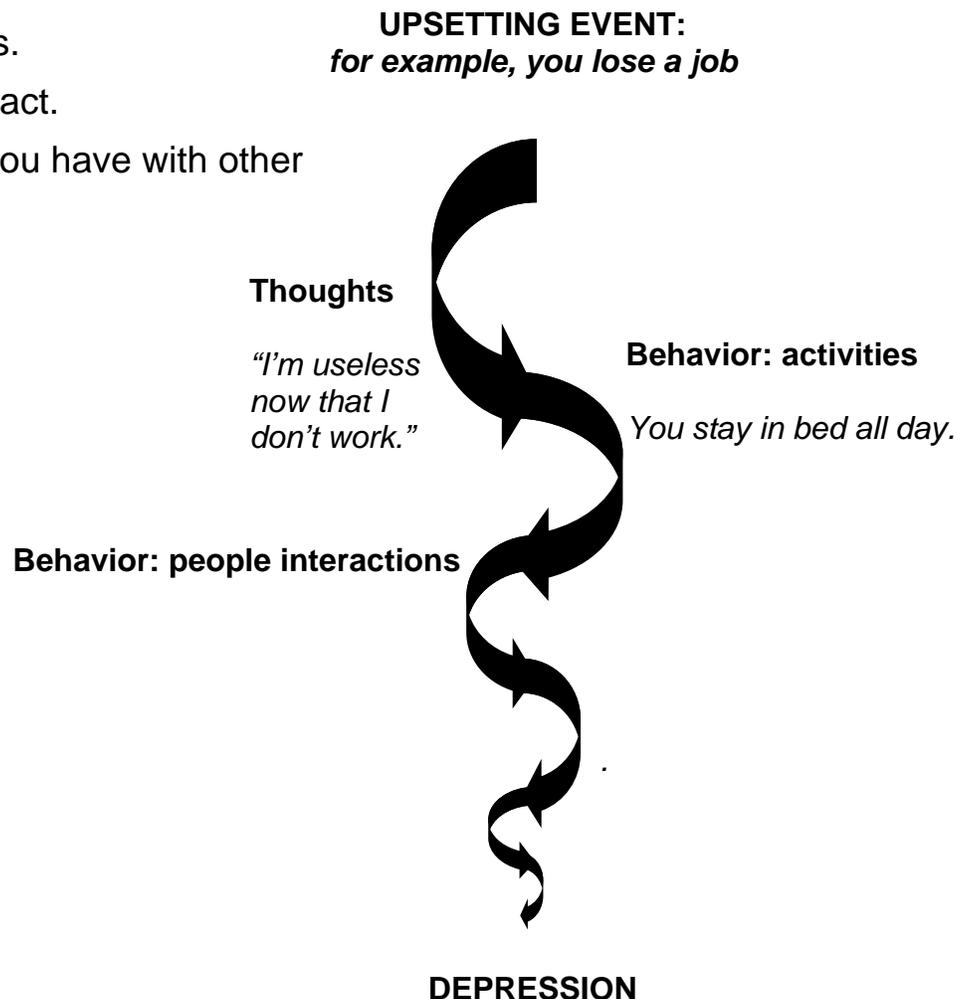
Group members can join the group at any module. However, each group member must begin with Session 1 of a module. For example, if you begin with the “Activities” module and complete all 4 sessions, you would then continue onto the “People Interactions” module.

Each module focuses on one subject, but they overlap with each other and you will find that we mention the other subjects throughout the treatment.

# HOW DOES CBT TREAT DEPRESSION?

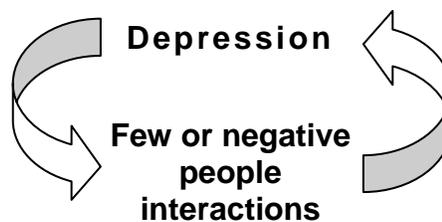
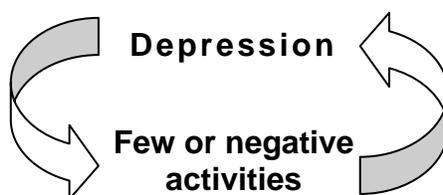
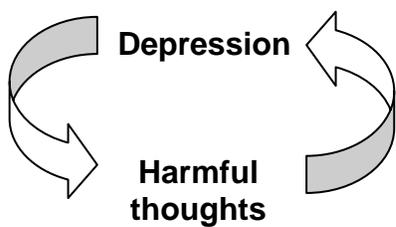
Depression can be looked at as a downward spiral. You might enter the spiral when something upsetting happens. For example: you lose a job or friend, a relative dies, you get sick, or you experience a big disappointment. These upsetting events are real and almost anyone would feel a certain amount of sadness, anger, or frustration because of them. But other factors can add to your suffering. They include:

- Your thoughts.
- The way you act.
- Interactions you have with other people.

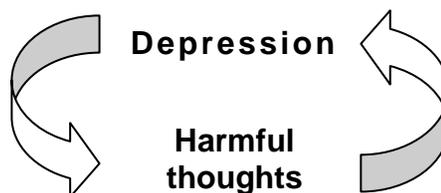


CBT helps you break the downward spiral of depression by teaching you that for each of these factors—thoughts, activities, and people interactions—there is a part that you can manage and change. Also, because they are all connected, you can make changes in one area to affect the other areas.

***We will be working on breaking these connections.***



In this module, we focus on the connection between depression and thoughts.



# HOW HAVE YOU BEEN FEELING?

---

The depression questionnaire you filled out at the beginning of the session is called the “Patient Health Questionnaire” or PHQ-9 for short. You will fill out the PHQ-9 before Sessions 1 and 3 of each CBT module. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.



## REVIEW

---

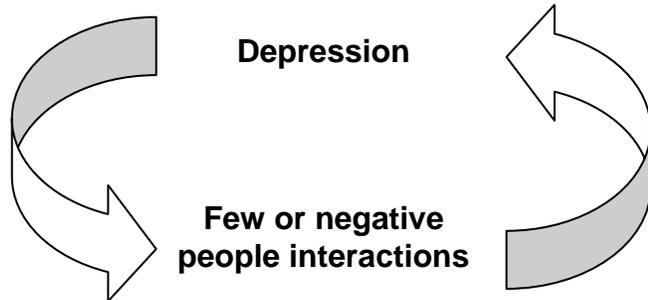
### Practice

If you were part of the CBT group for the last module, you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

- 1. Track your mood using the Quick Mood Scale.***
- 2. Take a step to get to know somebody new.***

## Last Module

- What do you remember most from the last module?
- What did you learn that was most helpful, in terms of improving your mood?
- What was less helpful?



**Key messages** from the last module include:

### ***Session 1: Your People Interactions and Mood are Connected***

- Healthy interactions with people can make your mood better.
- You can choose to spend time around people who improve your mood.
- You can build a balanced social network.

### ***Session 2: What Gets in the Way of Good Relationships?***

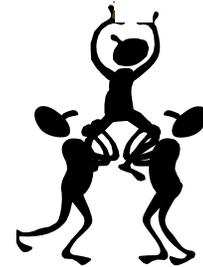
- You can mourn losses and then reach out to others.
- You can adjust to role changes.
- Disagreements are often outside of you and the other person; you can look for solutions together.

### ***Session 3: Good Communication is Key to Improving your Relationships and your Mood***

- You can choose how to communicate.
- Active listening is important.
- Assertiveness improves your mood and relationships.

### ***Session 4: Use Your New Skills to Improve your Relationships***

- Overcome obstacles that get in the way of good relationships.
- You have a right to express your thoughts and feelings.
- You can choose how you want to think and act with others to improve your mood and relationships.



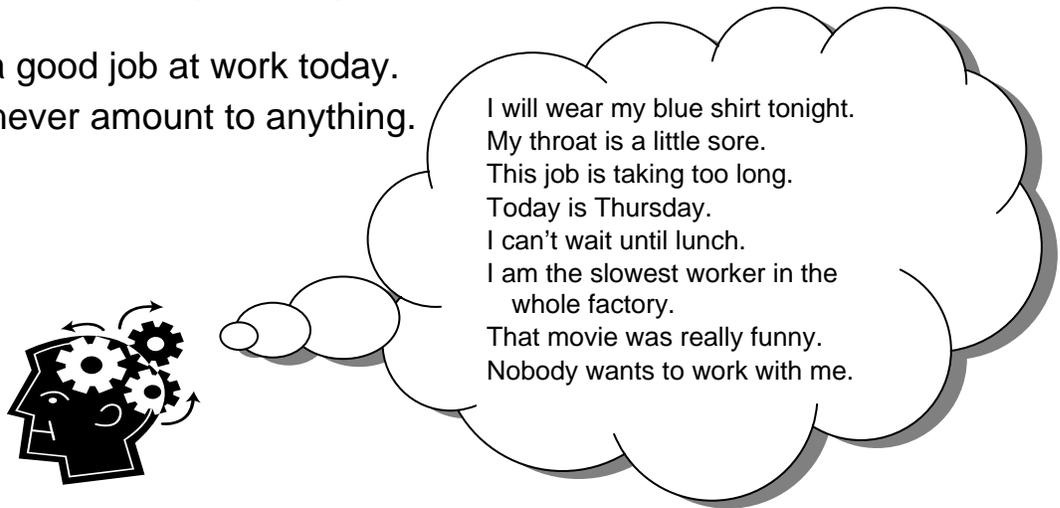
# NEW TOPIC: THE CONNECTION BETWEEN THOUGHTS AND MOOD

---

## Thoughts are Sentences We Tell Ourselves

**Thoughts: sentences you tell yourself.**

- I did a good job at work today.
- I will never amount to anything.

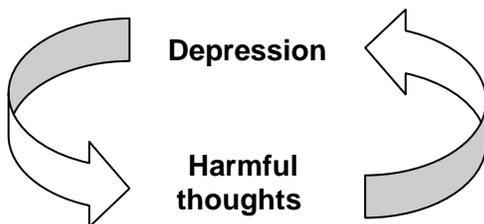


**Feelings: emotions or moods.** (See more examples on the next page.)

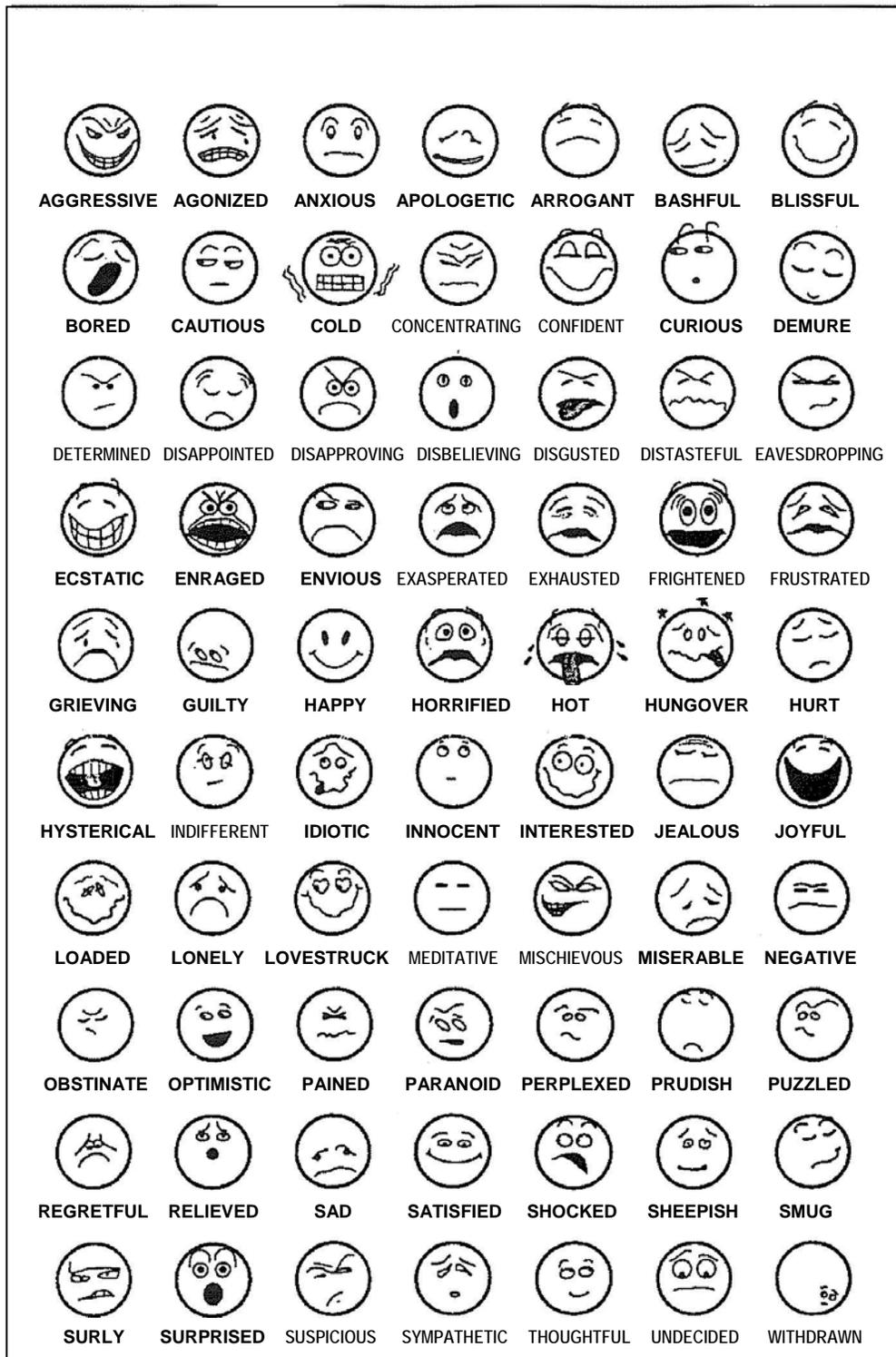
- Happy
- Sad
- Angry



In this guidebook we talk about “**harmful**” and “**helpful**” thoughts. These terms are just shortcuts--a thought is not harmful or helpful all by itself. The power of thoughts is in how they make you feel and act.



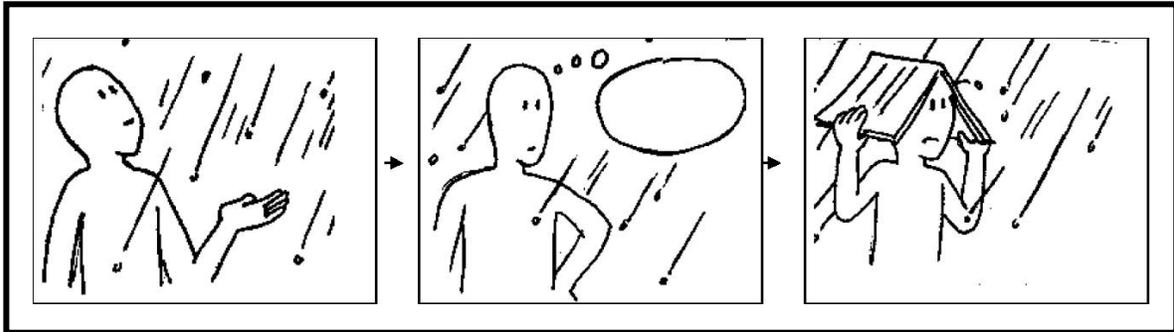
## Examples of Feelings



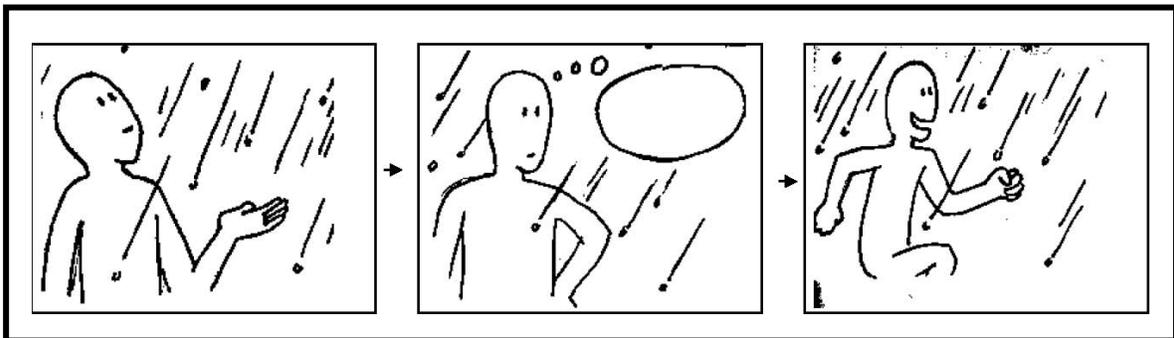
## What You Think Affects How You Feel

Look at the cartoons below. What do you think the person is thinking in each cartoon? There are no right or wrong answers.

1.



2.



- The person was faced with the same reality in both cartoons: it is raining.
- The person's mood was different in the two cartoons.
- Why did the person have different moods?

**Depression can be improved by how you think and how you react to what happens to you.**

## Identify Your Harmful Thoughts

Try to remember a time in the last week when you felt really low. Close your eyes and try to picture yourself in the situation you were in then. What were you thinking?

Write down your thoughts.

---

---

### ***Questions to think about:***



- How do these thoughts make you feel?
- Are these thoughts accurate, complete, and balanced?

## Examples of Harmful 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 am a coward.
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. It's no use to try.
11. That was a dumb thing for me to do.
12. I will be a burden to others.
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. Everything bad always happens 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. There is no point in getting out of bed.
29. I wish I were dead.
30. I know 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 am too sensitive.
41. With these health problems, I will always be miserable.
42. The problems my children are having are my fault.

### ***What are your harmful thoughts?***

43. \_\_\_\_\_

\_\_\_\_\_

44. \_\_\_\_\_

\_\_\_\_\_

45. \_\_\_\_\_

\_\_\_\_\_

## Examples of Helpful Thoughts

1. It will be fun going to a movie 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 a reasonable 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 do 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 [a certain 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.
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 am looking forward to that event.
41. I am doing the best I can.

### ***What are your helpful thoughts?***

42. \_\_\_\_\_

\_\_\_\_\_

43. \_\_\_\_\_

\_\_\_\_\_

44. \_\_\_\_\_

\_\_\_\_\_



## KEY MESSAGES

---

- A thought is a sentence you say to yourself.
- A feeling is an emotion or mood.
- Your thoughts can affect how you feel.
- You can use your thoughts to improve your mood.



## PRACTICE

---

This treatment will be successful for you if you learn skills for managing your mood and you feel confident using these skills in your daily life. You will need to practice. If you don't practice the skills, you won't learn them.

Each session's practice will consist of one or more short activities that everybody in the group will try. This session's practice is:

**1. Track your mood using the Quick Mood Scale.** The Quick Mood Scale and instructions for how to use it are on the next page. The scale provides a "quick" way for you to keep track of your moods. Try to complete the Quick Mood Scale at the same time each day—for example, before you go to sleep each night. As the treatment progresses and as you practice the skills you learn in each session, you will probably find that your mood improves.

## 2. Track your thoughts using index cards.

<b>Thoughts, Day 1</b>	<b>+</b>	
<hr/>		
(Write in the day of the week.)		
<b>S A M P L E      C A R D</b>		

- Use one separate card for each day (using either the separate index cards or the “cards” printed in your guidebook).
- Write the day of the week on the cards. For example, if you start tracking your thoughts for the week on a Wednesday, write “Wednesday” (or “W”) on the first card.
- Mark one side of the first day’s card with a minus sign (-) and write 4-5 negative (harmful) thoughts that you have that day. Mark the other side of the card with a plus sign (+) and on that side write 4-5 positive (helpful) thoughts that you have on the same day. You can look back at the lists of harmful and helpful thoughts for examples.
- Bring your cards with you to the next session.

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.

Day of the Week							
<b>Best mood</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
<b>OK/average mood</b>	6	6	6	6	6	6	6
	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
<b>Worst mood</b>	1	1	1	1	1	1	1

## Thoughts, Day 1

—



---

(Write in the day of the week.)

## Thoughts, Day 1

+



---

(Write in the day of the week.)

## Thoughts, Day 2

—



---

(Write in the day of the week.)

**Thoughts, Day 2**

+



---

(Write in the day of the week.)

**Thoughts, Day 3**

-



---

(Write in the day of the week.)

**Thoughts, Day 3**

+



---

(Write in the day of the week.)

**Thoughts, Day 4**

—



---

(Write in the day of the week.)

**Thoughts, Day 4**

+



---

(Write in the day of the week.)

**Thoughts, Day 5**

—



---

(Write in the day of the week.)

**Thoughts, Day 5**

+



---

(Write in the day of the week.)

**Thoughts, Day 6**

-



---

(Write in the day of the week.)

**Thoughts, Day 6**

+



---

(Write in the day of the week.)

<b>Thoughts, Day 7</b>	<b>-</b>	
<hr/>		
(Write in the day of the week.)		

<b>Thoughts, Day 7</b>	<b>+</b>	
<hr/>		
(Write in the day of the week.)		



## FEEDBACK

---

The group leaders will ask for your comments about how the session went. They might ask the following questions:

- What was helpful about today's session?
- What was less helpful?
- What was difficult about today's session?
- What suggestions do you have to improve your treatment?
- If you are continuing CBT from a previous module, how have you made changes since beginning the group?



## LOOKING AHEAD

---

In Session 2, we will talk more about how to notice and identify your thoughts and we will look at some common habits of harmful thinking.





# SESSION 2: HOW TO IDENTIFY HARMFUL AND HELPFUL THOUGHTS

## PURPOSE

- See how harmful thoughts can bring mood down and helpful thoughts can improve mood.
- Understand some common habits of harmful thinking.
- Understand that changing common habits of harmful thinking can improve mood.

## OUTLINE

- I. Announcements
- II. Review
- III. New Topic: How to Identify Harmful and Helpful Thoughts
  - A. The Link between Thoughts and Mood: A Chaining Activity
  - B. Harmful Thoughts are not Accurate, Complete, and Balanced
  - C. Common Habits of Harmful Thinking
- IV. Key Messages
- V. Practice
- VI. Feedback
- VII. Looking Ahead



## ANNOUNCEMENTS

---

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



## REVIEW

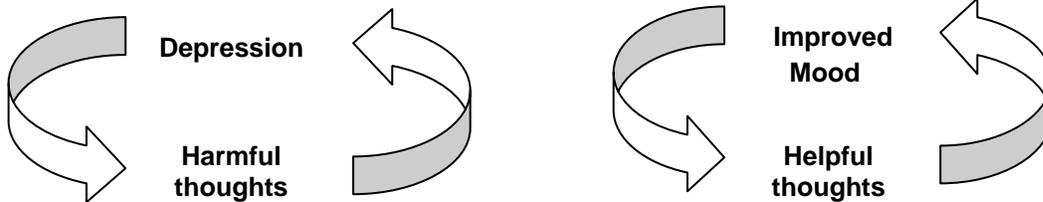
---

### Practice

Last session, we asked you to complete these practice activities. How did your practice go?

- 1. Track your mood using the Quick Mood Scale.***
- 2. Keep track of your thoughts each day.***

### Last Session



**Key messages** from the last session were:

- A thought is a sentence you say to yourself.



- A feeling is an emotion or mood.

- Your thoughts can affect how you feel.



- You can use your thoughts to improve your mood.

Today we will talk more about the link between your thoughts and your mood. We will also give you some ideas for how to notice your harmful thoughts and replace them with helpful thoughts.

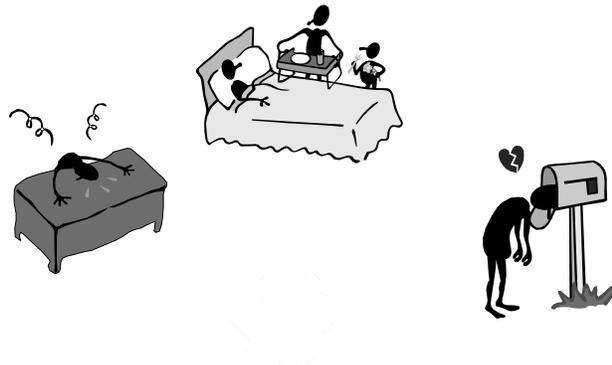
# NEW TOPIC: IDENTIFYING HARMFUL AND HELPFUL THOUGHTS

---

## The Link between Thoughts and Mood: A Chaining Activity

In the last session, we talked about how the downward spiral of depression can begin with a straightforward fact or event. Here are some examples.

- You lose a job.
- A relative or friend dies.
- You get sick.
- You were diagnosed with diabetes.
- You have no energy.



### Instructions

1. In the table on the next page, **write a statement of a fact or an event** on the line next to #5.
2. What thought might cause your mood to go down just a little? **Write that thought next to #4.**
3. Think of a chain of thoughts that make you feel worse until your mood is at its lowest. **Write that chain of thoughts on lines #3, #2, and #1.**
4. Complete the rest of the chaining activity spiraling up. What is a thought that would make your mood improve just a little? **Write that thought next to #6.**

5. Fill in lines #7 and #8.

6. What thought might make you feel really happy? Write that thought next to #9.

**7. Do you see the link between thoughts and mood?**

- Your thoughts affect how you feel and act.
- You can make choices about the way you think.

**Example** 

<b>Best mood</b>	<b>9.</b>	I will keep trying until I find a job that is right for me.
	<b>8.</b>	I have skills that employers will want.
	<b>7.</b>	I learned a lot at my last job.
	<b>6.</b>	I will work hard to find another job.
<b>Okay/average mood</b>	<b>5.</b>	<b>I have just lost my job.</b>
	<b>4.</b>	I'm not sure if I can find another job.
	<b>3.</b>	I don't think I did my job well.
	<b>2.</b>	I will never be a good worker.
<b>Worst mood</b>	<b>1.</b>	I am no good.

## Your chaining activity

<b>Best mood</b>	9.	
↑	8.	
	7.	
	6.	
<b>Okay/ average mood</b>	5.	<b>Statement of a fact or an event</b> _____
↓	4.	
	3.	
	2.	
<b>Worst mood</b>	1.	

The chaining activity illustrates that:

- Thoughts and mood are connected. When you have harmful thoughts, you are more likely to feel down. When you have helpful thoughts, your mood is likely to improve.
- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- Most of the time, your mood won't be either the worst mood possible (a "1") or the best mood possible (a "9") but somewhere in between.

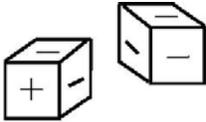
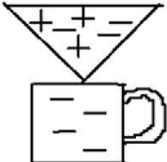
## Harmful Thoughts are not Accurate, Complete, and Balanced

<b>Harmful</b>		<b>Helpful</b>	
<b>Inaccurate (not true)</b>			<b>Accurate (true)</b>
I never do anything right.	<b>vs.</b>	I have made mistakes, but I do many things right.	
I will never be able to trust people.	<b>vs.</b>	My trust has been broken in the past, but I am working to build relationships with trustworthy people.	
<b>Incomplete (leaves out some facts)</b>			<b>Complete (includes all the facts)</b>
My marriage was a failure.	<b>vs.</b>	During my previous marriage, I learned what I want from a relationship.	
I can't work, so I am useless.	<b>vs.</b>	I can't work now, but I am providing emotional support to my family.	
<b>Unbalanced (too extreme)</b>			<b>Balanced (fair and reasonable)</b>
I don't know anything.	<b>vs.</b>	I know a lot of things and I don't have to know everything.	
I am a failure.	<b>vs.</b>	I've made mistakes, but I'm trying hard to do the right thing now.	

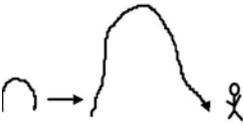
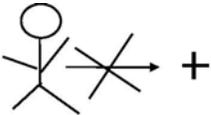
## Common Habits of Harmful Thinking

Before you can replace a harmful thought with a helpful thought, you have to be able to identify your harmful thoughts. Understanding more about common ways of harmful thinking can help. Try to identify the categories that describe your ways of harmful thinking.

## Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	<p><b>All-or-Nothing Thinking</b></p> <p>Can only be at one end of the scale, top or bottom. Black or white. All good or all bad. Best or worst. Perfect or a failure.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• I am not capable of loving.</li> <li>• I can't express my feelings.</li> </ul>	<p>Are there shades of gray? Maybe a more accurate thought is somewhere in the middle. Try to think in a more balanced way.</p>
	<p><b>Pessimism</b></p> <p>Believing negative things are more likely to happen and positive things are never or hardly ever going to happen</p> <p>Example:</p> <ul style="list-style-type: none"> <li>• Why bother talking to the doctor; he/she probably can't help me.</li> </ul>	<p>Why choose to believe that negative things are more likely to happen? Are you really giving positive and negative things an equal chance?</p>
	<p><b>Negative Filter (Ignoring the Positive)</b></p> <p>Only remember negative events. Filtering out positive events. Your cup of life ends up very bitter and negative.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• I can't work, so I am useless.</li> <li>• If we lose it will be all my fault.</li> <li>• Nothing good happened to me this week.</li> <li>• My life is worthless if I can't see.</li> </ul>	<p>Is it true that there is nothing positive about your situation?</p>

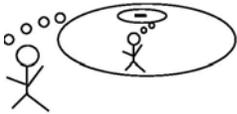
## Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	<p><b><i>Exaggerating</i></b></p> <p>Exaggerating problems and the possible harm they could cause, and underestimating your ability to deal with them. Making a “mountain out of a mole hill.”</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• I can’t stand it.</li> <li>• I will never be able to complete this task.</li> </ul>	<p>How big is the problem really? Where is it likely to lead? How might you deal with the problem?</p>
	<p><b><i>Labeling (either yourself or others)</i></b></p> <p>Attaching a negative label, instead of seeing an error or problem. Labels can become self-fulfilling prophecies. “Stupid” vs. not good at math. “Clumsy” vs. drop things occasionally.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• I can’t believe I don’t know the answer. I must be stupid.</li> <li>• I am ugly (or unattractive).</li> </ul>	<p>What is it specifically that you can’t do or that you are upset about? Think about what you did rather than who you are. Have there been times when people seemed to enjoy doing something in your company?</p>
	<p><b><i>Not Giving Oneself Credit</i></b></p> <p>Thinking positive things that happen are either just luck or somebody else’s doing and never the results of one’s effort.</p> <p>Example:</p> <ul style="list-style-type: none"> <li>• Yes, I came to group today, but it’s no big deal.</li> </ul>	<p>Are you overlooking your strengths and accomplishments? Pat yourself on the back for something good that you made happen. Did you contribute in some way?</p>

## Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	<p><b><i>Blaming Oneself</i></b></p> <p>Thinking negative things happen, and they are always entirely your fault.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• Things would have gone well if I hadn't been there.</li> <li>• My partner seems very upset today, maybe I did something wrong.</li> <li>• If we lose it will be all my fault.</li> </ul>	<p>Are you to blame for everything, always? Do bad things happen only to you? Are there good things that you have made happen? Are there things that went well because you were there?</p>
	<p><b><i>Overgeneralization</i></b></p> <p>Taking one negative characteristic or event and seeing it as a never-ending pattern. He/she doesn't like me = no one likes me.</p> <p>I couldn't do this one thing = I can't do anything.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• If I can't get this job, then everything's lost. I might as well give up.</li> <li>• I can't believe my friend did what she did.</li> <li>• I don't think I can trust anyone ever again.</li> </ul>	<p>Are you assuming that every situation and every person are the same? This is just one situation and one person. Can you remember other situations and people that are different? Even the same person may act differently next time—do you always act the same?</p>
	<p><b><i>"Should"ing yourself</i></b></p> <p>Telling yourself you should, ought, and must do something. Makes you feel forced to do things, controlled, and resentful. Weighing yourself down with "shoulds."</p> <p>Example:</p> <ul style="list-style-type: none"> <li>• I should be the best.</li> <li>• This shouldn't have happened to me.</li> </ul>	<p>Do you really have to do anything? Do things have to turn out a certain way? Is it necessary for things to turn out the way you want in order for you to be happy?</p>

## Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	<p><b><i>Mind Reading</i></b></p> <p>Thinking that you know what others are thinking, and they are thinking negatively about you.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• My partner seems very upset today; I must have done something wrong.</li> <li>• I did not get the answer first. My team members must be mad at me.</li> <li>• I can't tell others how I feel because they will think I am crazy.</li> <li>• Other people think I am boring (or depressing).</li> </ul>	<p>Can you really know what others are thinking? Most people are focused on their own problems. Maybe they are acting in a certain way for reasons that don't have anything to do with you. What are some possible reasons?</p>
	<p><b><i>Negative Fortune Telling</i></b></p> <p>Thinking that you can see how things will be in the future and it is bad.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>• The party is going to be really boring so why bother going.</li> <li>• I'll never be happy again.</li> <li>• I am not capable of loving.</li> </ul>	<p>Can you predict the future? What would it be like to help shape the future rather than just imagining that it will be bad? Things may change from how they used to be.</p>



## KEY MESSAGES

---

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- You can learn to notice your harmful thoughts by being aware of common ways of harmful thinking.
- You can begin to question your harmful thoughts.
- You can try to think in ways that help you have a healthy mood.



## PRACTICE

---

### **1. Track your mood using the Quick Mood Scale.**

Notice at the bottom of the Quick Mood Scale that we have added a place where you answer “Yes” or “No” to whether you were able to notice your harmful thoughts each day. Of course you won’t notice every thought that you have in the course of a day—but try to become more aware of what your thoughts are when you are most depressed or feeling the most at peace. Eventually, you will probably notice that on the days when you have fewer negative thoughts, your mood will be better.

### **2. Track your thoughts using index cards.**

- Use one separate card for each day (using either the separate index cards or the “cards” printed in your guidebook).
- Write the day of the week on the cards. For example, if you start tracking your thoughts for the week on a Wednesday, write “Wednesday” (or “W”) on the first card.
- Mark one side of the first day’s card with a minus sign (-) and write 4-5 negative (harmful) thoughts that you have that day. Mark the other side of the card with a plus sign (+) and on that side write 4-5 positive (helpful) thoughts that you have on the same day. You can look back at the lists of harmful and helpful thoughts for examples.
- Bring your cards with you to the next session.

### **3. Notice which categories of harmful thoughts your thoughts tend to fall into.**

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- At the bottom, answer “Yes” or “No” indicating how successful you were in noticing your thoughts.

Day of the Week	_____	_____	_____	_____	_____	_____	_____
<b>Best mood</b>	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
<b>OK/average mood</b>	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
<b>Worst mood</b>	1	1	1	1	1	1	1
<b>Were you able to notice your harmful thoughts?</b>	Yes						
	No						

## Thoughts, Day 1

—



---

(Write in the day of the week.)

## Thoughts, Day 1

+



---

(Write in the day of the week.)

## Thoughts, Day 2

—



---

(Write in the day of the week.)

**Thoughts, Day 2**

+



---

(Write in the day of the week.)

**Thoughts, Day 3**

-



---

(Write in the day of the week.)

**Thoughts, Day 3**

+



---

(Write in the day of the week.)

**Thoughts, Day 4**

—



---

(Write in the day of the week.)

**Thoughts, Day 4**

+



---

(Write in the day of the week.)

**Thoughts, Day 5**

—



---

(Write in the day of the week.)

**Thoughts, Day 5**

+



---

(Write in the day of the week.)

**Thoughts, Day 6**

-



---

(Write in the day of the week.)

**Thoughts, Day 6**

+



---

(Write in the day of the week.)

<b>Thoughts, Day 7</b>	<b>-</b>	
<hr/>		
(Write in the day of the week.)		

<b>Thoughts, Day 7</b>	<b>+</b>	
<hr/>		
(Write in the day of the week.)		



## FEEDBACK

---

The group leaders will ask for your comments about how the session went. They might ask the following questions:

- What was helpful about today's session?
- What was less helpful?
- What suggestions do you have to improve your treatment?



## LOOKING AHEAD

---

In Session 3, you will learn how to “talk back” to your harmful thoughts. You will practice replacing your harmful thoughts with helpful thoughts.





# SESSION 3: TALKING BACK TO YOUR HARMFUL THOUGHTS

## PURPOSE

- Understand that after identifying harmful thoughts, the next step is learning how to manage them to improve your mood.
- Learn three strategies for “talking back” to harmful thoughts to improve your mood.

## OUTLINE

- I. Announcements
- II. How Have You Been Feeling?
- III. Review
- IV. New Topic: Talking Back to Your Harmful Thoughts
  - A. Examine the Evidence
  - B. Find a Replacement Thought for Your Harmful Thought
  - C. Catch It, Check It, Change It: Three Steps to Manage Your Harmful Thoughts
- V. Key Messages
- VI. Practice
- VII. Feedback
- VIII. Looking Ahead



## **ANNOUNCEMENTS**

---

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?

## **HOW HAVE YOU BEEN FEELING?**

---

The questionnaire you filled out at the beginning of Session 1 and again today is called the “Patient Health Questionnaire” or PHQ-9 for short. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.



## REVIEW

---

### Practice

At the end of the last session, we asked you to do the following practice activities.

- 1. Keep track of your moods on the Quick Mood Scale.***
- 2. Track your thoughts using index cards or on the “cards” included in your guidebook.***
- 3. Notice which categories of harmful thoughts your thoughts tend to fall into.***

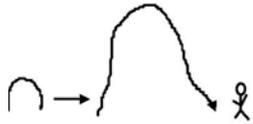
### ***Questions to think about:***

- Were you able to notice when you were having harmful thoughts?
- Which harmful thinking habits do you think affect your mood the most?
- Have you found healthy ways to balance your thinking and improve your mood?



## Last Session

- What do you remember most from last session?
- What do you remember about common habits of harmful thinking?



### ***Key messages from the last session were:***

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- You can learn to notice your harmful thoughts by being aware of common ways of thinking.
- You can begin to question your harmful thoughts.
- You can try to think in ways that help you have a healthy mood.

# NEW TOPIC: TALKING BACK TO YOUR HARMFUL THOUGHTS

---

The way you think is probably familiar, comfortable, and automatic. Changing your thinking habits may be difficult at first. It requires practice. But it is possible!

You can use several strategies to “talk back” to your harmful thoughts to improve your mood. Three strategies are described in this session.

- Be a detective--gather evidence to find out more about your thoughts and whether they are harmful or helpful.
- Replace a harmful thought with a helpful thought.
- When you feel down, stop and notice your thoughts. If you notice that you are having a harmful thought, change it to a more helpful thought.

## Examine the Evidence

The next time you have a thought that brings your mood down or causes a strong negative feeling, try examining your thought to find out more about it. Follow these steps.



**1. First, write down the thought on the lines below.**

---

---

**2. Ask yourself:** Is the thought mostly true, mostly false, or neither?

- What is the evidence that your thought is true?
- What is the evidence that your thought is false?
- How much of your thought do you think is true?
- How much of your thought is false?

**3. Share your thought with another person**--someone whose opinion you trust. Ask the person what they think about your thought. Often we think differently when we say our thoughts out loud to others. Different people have different points of view. What is the other person's point of view?

On the other hand, the opinion of someone else is only one piece of evidence and you, as the detective, should take into account all the evidence and come to your own conclusions.

**4. Gather more evidence by experimenting.** When you're not sure if your thought is accurate, complete, and balanced, you might need to gather more evidence.

If your thought is, "If I go to the party, I will not have a good time" (an example of negative fortune telling), it might be useful to actually go to the party with an open mind and see how it really is.

To test the accuracy of your thought and gather more evidence about your thought, what are some other experiments you might try? Write one idea on the lines.

---

---

**5. When you are finished collecting evidence, *what is the verdict on your thought?*** How realistic was it? Was it harmful or helpful?

Circle one.

Very  
helpful

Helpful

Neither helpful  
nor harmful

Harmful

Very  
harmful

**6. Considering all the evidence, how could you change your *thought*** to be more helpful? Write a helpful thought on the lines below.

---

---

# Find a Replacement Thought for Your Harmful Thought

## *Practice using replacement thoughts.*

1. The next time you have a moment during the day when you notice a change in your mood, stop and take a deep breath. Look into your mind. What are your thoughts at that moment? Do you recognize your thoughts as harmful or helpful?

2. Try to replace a harmful thought with a helpful one. Think about these questions.

- If you apply a replacement thought, how does your thinking change?
- When your thinking changes, how does your mood change?



The tables on the next few pages give examples of some helpful thoughts to replace harmful thoughts. Notice that the helpful thoughts are **accurate, complete, and balanced**.

<i><b>Harmful Thoughts</b></i>		<i><b>Helpful Thoughts</b></i>
Inaccurate	→	Accurate, true
Incomplete	→	Complete, whole
Unbalanced	→	Balanced, reasonable

## Examples of Replacement Thoughts

**Harmful  
Thought**



**Helpful  
Thought**



<b>All-or-nothing thinking</b>	
I was a terrible parent.	I made mistakes as a parent, but I tried my best.
My mistake ruined everything.	My mistake cost me some time, but I can learn from it.
I am a complete mess.	I do some things well and I need to improve on others.
<b>Pessimism</b>	
Why even try?	I know if I try hard I will succeed at some things, but not everything.
Things never go my way.	Right now, things aren't going my way, but at other times they have
<b>Negative filter</b>	
Everything in the news is terrible.	Some things in the news are upsetting (dramatic news sells newspapers), but good things happen every day.
Today was awful.	Some bad things happened today, but tomorrow is another day.
All you do is criticize me.	I feel bad when you criticize me, but I appreciate it when you bring me coffee in the morning.

## Harmful Thought

## Helpful Thought

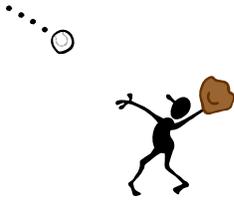
<b>Exaggerating</b>	
If he leaves me, I'll die.	I would like to keep my marriage, but many people go on to live happily after a divorce if they have to, and I could too.
My kid is a terrible mess.	My kid is having some problems right now, but I know he will learn from his mistakes.
Life is too hard.	Sometimes it feels hard to have the energy to keep trying, but I know that I can take one step at a time.
<b>Labeling</b>	
I am a total mess.	I have trouble with some things, but I am good at others; for example, I am good at being a friend.
My daughter is horrid.	I don't like my daughter's behavior right now, but I am proud that she is so bright.
My life is a disaster.	I have had many difficult losses, but many things in my life are good, including my friends and my health.
<b>Not giving oneself credit</b>	
I'm lucky I lived.	I lived because I worked hard with my doctors and did everything they said before the surgery.
I don't deserve my job.	I have made mistakes in my job, but I have also made valuable contributions.
My husband/wife/partner makes our household work.	I contribute to our family in different ways from my husband/wife.
<b>Blaming oneself</b>	
I should support my family better.	I supported my family for years and there are still many things I can do for them.
My divorce is my fault.	I made some mistakes in my marriage, but not all of the problems were my fault.
I failed at my job.	I was fired from this job, but I did the best I could at the time.

## Harmful Thought

## Helpful Thought

<b>Overgeneralization</b>	
When I had that drink, I ruined my sobriety.	I had a lapse, but that doesn't mean that I'll have a full-blown relapse.
You can't trust anyone.	There are some people you can trust, and others you cannot.
<b>"Should"ing</b>	
I should have known better than to trust him.	I am learning that I need to move slowly when learning to trust others and wait to make sure they are trustworthy.
He should be nicer to me.	I would like it if he wasn't so rude, but he is who he is.
<b>Mind reading</b>	
I know John is mad at me; he didn't even speak.	John may be having his own problems.
My boss frowned at me; I'm going to get fired.	I don't really know why my boss frowned at me. Maybe he is having a bad day.
<b>Negative fortune telling</b>	
I just know something terrible is about to happen.	I'm worried right now, but that doesn't mean something bad is bound to happen.
This will never work.	This may work or not, but it is worth trying.
Everything will turn out bad.	Some things won't turn out the way I want, but others will.

# Catch It, Check it, Change It



## 1. Catch it

The first step is to notice—or “catch”—your harmful thought.

If you find that your feelings are easier to catch than your thoughts, you can use your feelings as a signal to stop and focus on what you are thinking. For example, when you notice that your mood changes or that you feel sad or angry, stop. Ask yourself some questions.

- What thought was I having when I noticed a change in my mood?
- What was happening at the time?



## 2. Check it

Examine your thought more closely. You can ask yourself the following questions to help you consider whether your thought is helpful or harmful—that is, whether the consequences of the thought are good or bad for you.

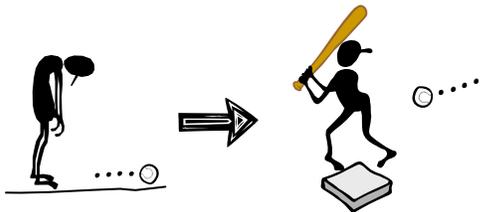
**Is the thought:**

- **Inaccurate (not true)?** I am a total failure as a parent.  
or
- **Accurate (true)?** I’ve tried hard to be a good parent, but my kids are in trouble.

- **Incomplete (leaves out some facts)?** I failed my children.  
or
- **Complete (includes all the facts)?** There were times that I was not as good a parent as I would have liked to be, but there were times things went well.
- **Unbalanced (too extreme)?** “Nothing has worked out for me.”  
or
- **Balanced (fair and reasonable)?** I had a hard time lately, but I can get back on my feet if I try.

If a thought is not accurate, complete, and balanced, it can bring your mood down.

### 3. Change it



How could you change your harmful thought? What helpful thought could replace your harmful thought?

## Catch It, Check it, Change It

Think about a time in the last week when you noticed a change in your mood. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)



<b>What happened?</b>  <i>I had a fight with my partner.</i>	<b>What were your feelings?</b>  <i>Sad, angry.</i>	<b>What was your thought?</b>  <i>My partner always gets his/her way.</i>	<b>Examine your thought. Is it accurate, complete and balanced?</b>  <i>Was there a time when I got what I wanted? Maybe my thought isn't complete.</i>	<b>Replace the harmful thought with a helpful thought.</b>  <i>We won't always agree. My partner gets his/her way sometimes, but I often get what I want too.</i>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>



## KEY MESSAGES

---

- You can learn ways to “talk back” to your harmful thoughts to improve your mood.
- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.
- You can learn to replace a harmful thought with a helpful thought.



## PRACTICE

---

**1. Track your mood using the Quick Mood Scale.** Don't forget to try to notice your harmful thoughts each day.

**2. Use the Catch it, Check It, Change It steps** in the next week to notice your thoughts and feelings, examine them, and change your harmful thoughts to helpful thoughts. **Fill in the Catch It, Check It, Change It chart** that you will find after the Quick Mood Scale.

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- At the bottom, answer “Yes” or “No” indicating how successful you were in noticing your thoughts.

### Day of the Week

#### Best mood

9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6

#### OK/average mood

5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2

#### Worst mood

1	1	1	1	1	1	1	1
---	---	---	---	---	---	---	---

Were you able to notice your harmful thoughts?

Yes							
No							

## Catch It, Check it, Change It

Think about a time in the last week when you noticed a change in your mood. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)



<b>What happened?</b>  <i>I had a fight with my partner.</i>	<b>What were your feelings?</b>  <i>Sad, angry.</i>	<b>What was your thought?</b>  <i>My partner always gets his/her way.</i>	<b>Examine your thought. Is it accurate, complete and balanced?</b>  <i>Was there a time when I got what I needed? Maybe my thought isn't complete.</i>	<b>Replace the harmful thought with a helpful thought.</b>  <i>We won't always agree. My partner gets his/her way sometimes, but I often get what I want too.</i>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>



## FEEDBACK

---

The group leaders will ask for your comments about how the session went. They might ask the following questions:

- What was helpful about today's session?
- What was less helpful?
- What was difficult about this session?
- What suggestions do you have to improve your therapy?



## LOOKING AHEAD

---

In Session 4 of the Thoughts module, we will talk about more strategies for changing your harmful thoughts to helpful ones. We also will review the Thoughts module.





# SESSION 4: HOW TO HAVE MORE HELPFUL THOUGHTS TO IMPROVE YOUR MOOD

## PURPOSE

- Learn strategies for having more helpful thoughts.
- Understand that having more helpful thoughts can improve your mood and help you live the life you want.
- Say goodbye to graduating group members.

## OUTLINE

- I. Announcements
- II. Review
- III. New Topic: How to Have More Helpful Thoughts
  - A. Identify Your Helpful Thoughts
  - B. Balancing Your Thoughts with “Yes, But” Statements
  - C. Set Aside Some Worry Time
- IV. Key Messages
- V. Practice
- VI. Feedback
- VII. Review of Module
- VIII. Goodbye to Graduating Group Members
- IX. Looking Ahead to the Next Module



## ANNOUNCEMENTS

---

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



## REVIEW

---

### Practice

- 1. Track your mood using the Quick Mood Scale.***
- 2. Use the Catch it, Check It, Change It steps.***

## Last Session

1. Last session we talked about three ways to manage a harmful thought.

- Examine the evidence.



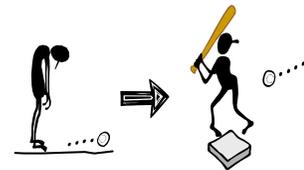
- Replace a harmful thought



with a helpful thought.



- **Catch** the thought, **check** the thought, and **change** the thought.



2. What do you remember most from the last session?

### ***Key messages from the last session were:***

- You can learn ways to “talk back” to your thoughts to improve your mood.
- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.
- You can learn to replace a harmful thought with a helpful thought.

# NEW TOPIC: HOW TO HAVE MORE HELPFUL THOUGHTS

---

## Identify Your Helpful Thoughts

Try to remember a time in the last week when you felt good. Close your eyes and try to picture yourself in the situation you were in then. What were you thinking? Write down these thoughts.

---

---

### ***Questions to think about:***

- Was your thought accurate, complete, and balanced?
- How does this thought make you feel?
- What thoughts help you feel good about yourself?
- What thoughts give you strength?
- What thoughts can keep you feeling good?



## **Balancing Your Thoughts With “Yes, But” Statements**

### ***What If Your Thought is True?***

What if you examine the evidence and find that your thought is true? For example, it may be true that when you were depressed and you were not able to do your best work and you lost a job. Can you accept what you can't change and let go of it so that it doesn't bring your mood down?

### ***Imagine What You Would Say to Someone Else in the Same Situation***

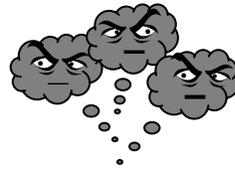
You might find that you are more accepting of other people than you are of yourself. If a friend had the same thought or was in the same situation, what would you say? Try giving yourself the same advice you would give to your friend.

### ***Accept the Truth and Move On—Add “Yes, But” to Your Thinking***

When you are depressed, you might find it difficult to think helpful thoughts about yourself or your situation. One way to fight back is to add “yes, but” to your thoughts. You don't have to ignore or deny your problems—but you can add balance to your thinking.

# Strategies for Talking Back to Harmful Thoughts:

Add "Yes, But"



**Example of a harmful thought**

**Add a "yes, but" statement**

I was fired because I performed poorly at my job. Nobody will want to hire such a terrible worker.	<b>Yes</b> , I was fired because I didn't do my best work, <b>but</b> I now am putting a lot of effort into improving my depression. I will find another job and do great work.
I am always depressed.	<b>Yes</b> , I may be depressed right now, <b>but</b> I am going to group therapy to help me change my mood.

**My examples of harmful thoughts**

**Add a "yes, but" statement**

	<b>Yes,</b>  <b>but</b>
	<b>Yes,</b>  <b>but</b>
	<b>Yes,</b>  <b>but</b>

## Set Aside Some Worry Time

Totally avoiding thoughts that make us feel stressed is not realistic—there are some situations that **are** difficult to solve. But you can limit how often you focus on these draining thoughts by planning a "worry time" once each day. Set aside five or ten minutes a day where you allow yourself to focus on your worries. Don't try to do anything else during this time. Just consider alternatives for how you might deal with what's worrying you.

When the worry time is over, move on with the rest of your day. Try out the solutions you came up with, think pleasant thoughts, or do activities you enjoy. You could set a timer to go off at the end of your worry time and have an activity ready to do, or plan to meet a friend so you have to "break your thoughts" and focus on something pleasant.

The point is to set aside time to consider things that you really need to face, but not to allow the worrying to color your whole day.

## My Worry Time Plan



I am worried about my problems. But I know that if I worry 24 hours a day, I will feel bad all the time and not solve anything. I am going to set aside some time and allow myself to think about my problems.



***My worry time will be on:***

\_\_\_\_\_ (every day, or only on a certain day of the week?)



***My worry time will be at:***

\_\_\_\_\_ o'clock.  
(what time each day?)



***I will worry for:***

\_\_\_\_\_ minutes.  
(how many minutes?)



***Then I will stop worrying*** and move on with the rest of my day. If I find myself worrying again, I will push the thoughts aside and remind myself that I have set aside time to worry later. I will keep a pen and paper handy in case I want to write down something to think about later during worry time.

\_\_\_\_\_  
(your signature)



## KEY MESSAGES

---

- You can use strategies to have more helpful thoughts.
- Having more helpful thoughts can improve your mood and help you live the life you want.



## PRACTICE

---

***1. Track your mood using the Quick Mood Scale.***

***2. Try adding a “Yes, But” to your harmful thoughts. Try setting aside some worry time. Think about which method worked for you.***

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- At the bottom, answer “Yes” or “No” indicating how successful you were in noticing your thoughts.

Day of the Week							
<b>Best mood</b>	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
<b>OK/average mood</b>	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
<b>Worst mood</b>	1	1	1	1	1	1	1
<b>Were you able to notice your harmful thoughts?</b>	Yes						
	No						



## FEEDBACK

---

The group leaders will ask for your comments about how Session 4 and the Thoughts module went. They might ask the following questions:

- What was helpful about today's session and the Thoughts module?
- What was less helpful?

## REVIEW OF MODULE: "THOUGHTS AND YOUR MOOD"

---

*Key messages from "Thoughts and Your Mood" are:*

### ***Session 1: Your Thoughts and Mood are Connected***

- A thought is a sentence you say to yourself.
- A feeling is an emotion or mood.
- Your thoughts can affect how you feel.
- You can use your thoughts to improve your mood.

## ***Session 2: How to Identify Harmful and Helpful Thoughts***

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- You can learn to notice your harmful thoughts by being aware of common ways of thinking.
- You can begin to question your harmful thoughts.
- You can try to think in ways that help you have a healthy mood.

## ***Session 3: Talking Back to Your Harmful Thoughts***

- You can learn ways to talk back to your thoughts to improve your mood.
- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.
- You can learn to replace a harmful thought with a helpful thought.

## ***Session 4: How to Have More Helpful Thoughts to Improve Your Mood***

- You can use strategies to have more helpful thoughts.
- Having more helpful thoughts can improve your mood and help you live the life you want.



## GOODBYE TO GRADUATING GROUP MEMBERS

---

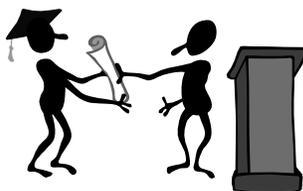
If you have completed all three modules in CBT, you are now a CBT graduate.

CONGRATULATIONS!

***Since you are leaving the group, you might want to talk about the following.***

1. What have you learned that you think will help you feel better?
2. What have you learned that will help you reach some of your goals?
3. How will you get support in your everyday life when you are no longer coming to group meetings?
4. What will you do the next time you feel depressed?

***If you still feel depressed***, tell your group leader, and he or she will help you get further treatment.





## LOOKING AHEAD TO THE NEXT MODULE

---

The next module is called “Activities and Your Mood.” One of the symptoms of depression is that you may not feel like doing the things that you used to enjoy. In the Activities module, we will discuss the importance of doing activities even when you don’t feel like it because they will help you feel better.



# RESOURCES FOR GROUP MEMBERS

## ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION

### **Depression and Bipolar Support Alliance (DBSA)**

1-800-826-3632

[www.dbsalliance.org](http://www.dbsalliance.org)

### **Los Angeles County Department of Mental Health**

1-800-854-7771

[www.dmh.co.la.ca.us](http://www.dmh.co.la.ca.us)

### **National Alliance for the Mentally Ill (NAMI)**

1-800-950-6264

[www.nami.org](http://www.nami.org)

### **Project Return** (wellness and support for people with mental illness)

1-213-250-1500 x10

[www.prtns.org](http://www.prtns.org)

### **Recovery Inc.** (self-help program for mental health)

1-312-337-5661

[www.recovery-inc.org](http://www.recovery-inc.org)

## BOOKS AND VIDEOTAPES ABOUT DEPRESSION

### ***Control Your Depression***

Authors: Peter M. Lewinsohn, Ricardo F. Muñoz, Mary A. Youngren, and Antonette M. Zeiss.

Published by Fireside Books, New York, New York, 1992.

***Coping with Depression (videotape)***

Author: Mary Ellen Copeland

Published by New Harbinger Publications, Inc., Oakland, California  
1994.

***Feeling Good: The New Mood Therapy***

Author: David D. Burns

Published by William Morrow, New York, New York, 1980.

***The Loneliness Workbook: A Guide to Developing and  
Maintaining Lasting Connections***

Author: Mary Ellen Copeland.

Published by New Harbinger Publications, Inc., Oakland, California  
2000.

***Mind Over Mood: Change How You Feel by Changing the Way  
You Think***

Authors: Dennis Greenberger and Christine A. Padesky.

Published by Guilford Press, New York, New York, 1995.