GROUP MEMBER'S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

A Group Cognitive Behavioral Therapy for Depression in Clients with Co-Occurring Alcohol and Drug Use Problems

Kimberly A. Hepner • Jeanne Miranda • Stephanie Woo • Katherine E. Watkins
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Sponsored by the National Institute on Alcohol Abuse and Alcoholism

RAND HEALTH

The research described in this report was sponsored by the National Institute on Alcohol Abuse and Alcoholism and was conducted in RAND Health, a division of the RAND Corporation.

The authors adapted this publication from the May 2000 revision of the "Manual for Group Cognitive Behavioral Therapy for Major Depression: A Reality Management Approach" by Ricardo F. Muñoz, Chandra Ghosh Ippen, Stephen Rao, Huynh-Nhu Le, and Eleanor Valdes Dwyer with their permission.

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Thoughts and Your Mood



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

This workbook belongs to:

_____

(Name)

_____

(Date)

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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.

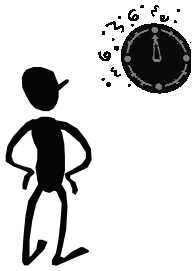
OUTLINE

I. Welcome
II. Group Rules
III. Announcements
IV. Introductions
V. What Is Depression?
VI. What Is Group 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.



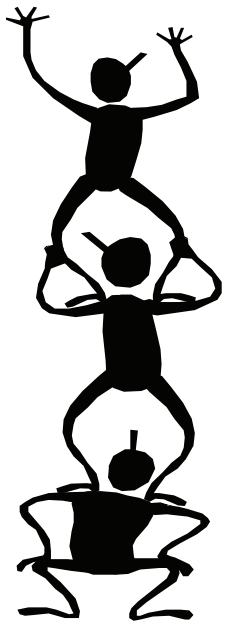
Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

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 on your own will help you learn how to use the skills you learn and make it more likely that you will get well.

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

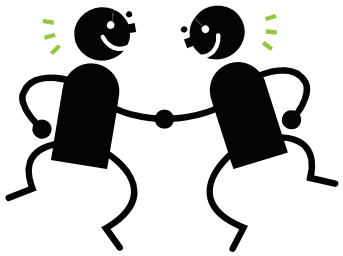
Group Leaders

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.

Now group members will introduce themselves. We will be talking about your experiences with depression or substance abuse 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 feels sad at some point in their lives.
- 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

- Use of drugs or alcohol
- 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?

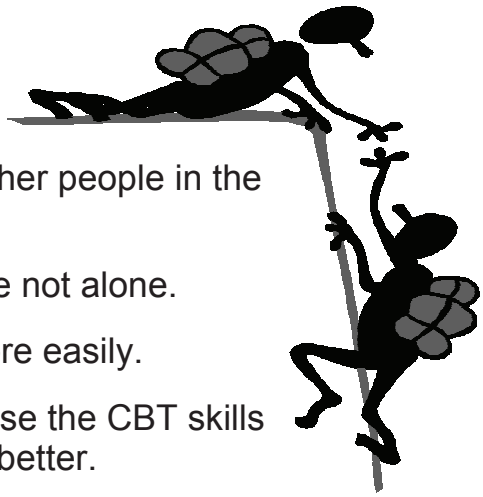
This treatment provides a specific kind of help—cognitive behavioral therapy, or CBT for short—to people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

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.
- Learn how staying free of drugs or alcohol can improve your mood.

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
  - Interactions with other people.
- Improve the way you feel and support your recovery.

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?

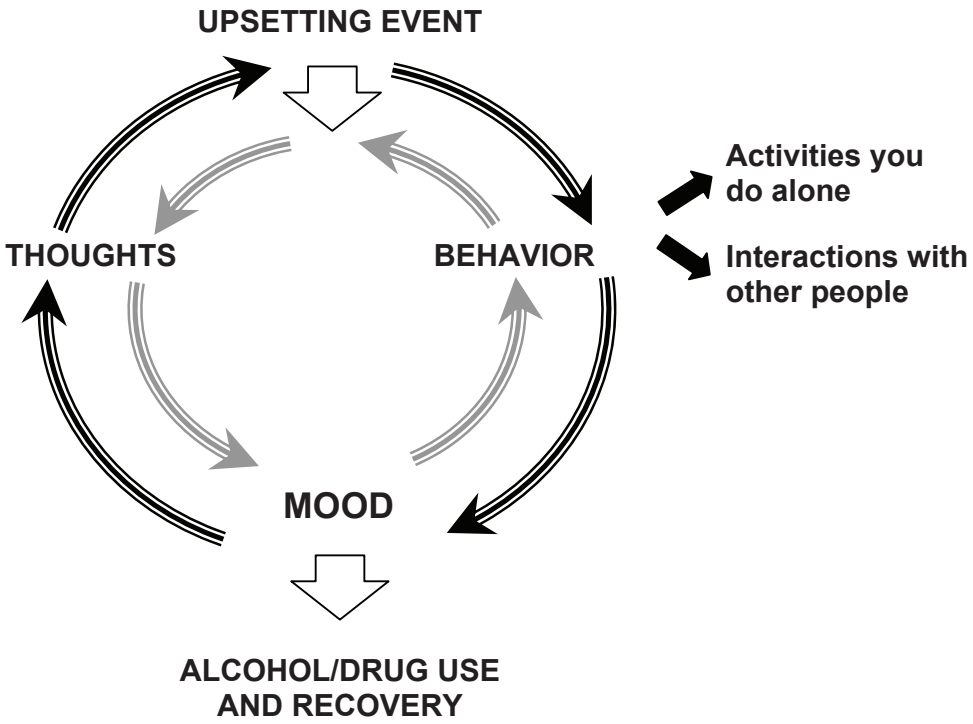
Cognitive refers to **thoughts**.

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.

Because this CBT program is for people with depression and substance abuse, we will also discuss how mood and substance abuse are connected.

The CBT Circle



This CBT treatment program is organized into four 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**
- Module: How **using drugs or alcohol** affects your mood **= 4 sessions**

Total CBT sessions = 16 sessions

Group members can join the group at any module. However, each group member must begin with Session 1 of a module. That means that if the Activities module is #1 for you, the People Interactions module will be #2.

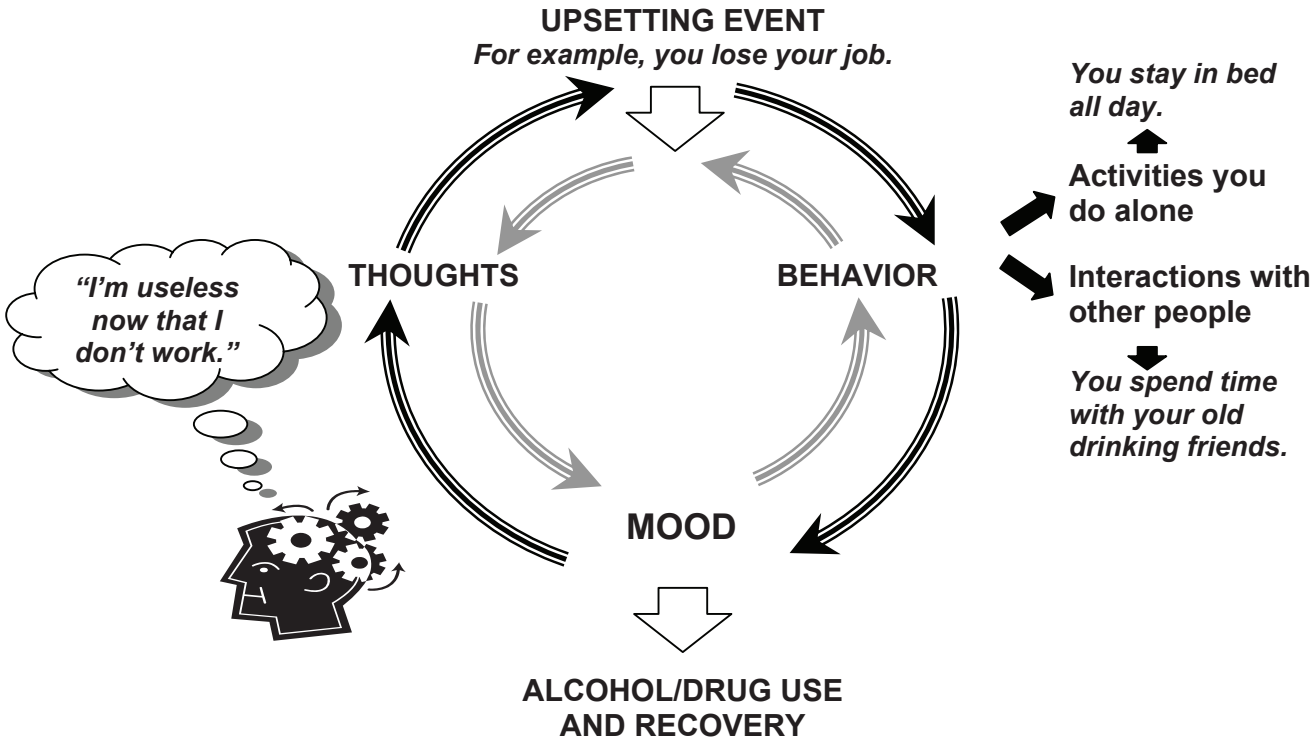
Each module focuses on one subject, but they overlap with each other, and you will find that we mention the other subjects throughout the treatment.

How does CBT treat depression?

Using the CBT Circle, we can understand the cycle of depression. An upsetting event might happen such as losing a job or the death of a relative. An upsetting event can also be less extreme such as being late to work or having a disagreement with a friend. 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 (your behavior).
- Interactions you have with other people.
- Use of drugs or alcohol.

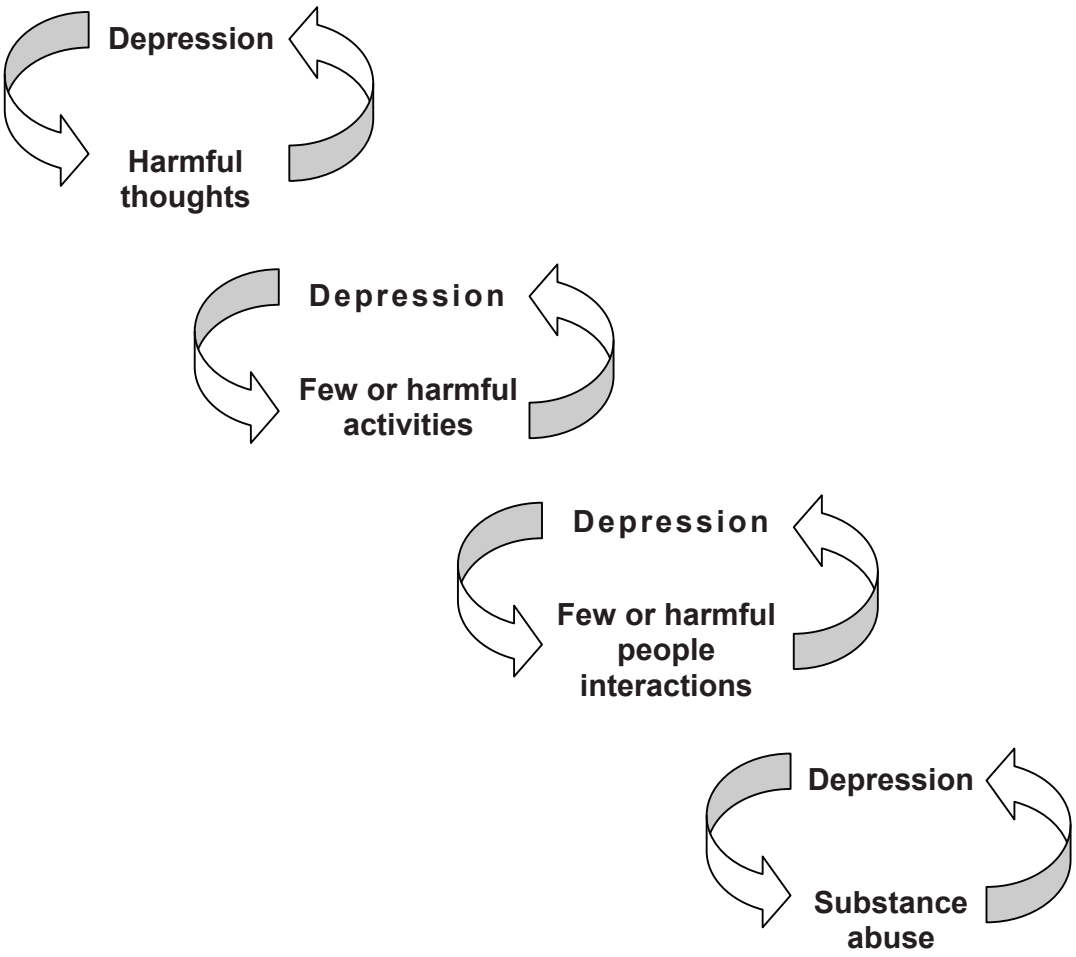
The CBT Circle



CBT helps break this cycle of depression by teaching you that for each of these factors—thoughts, activities, people interactions, and substance abuse—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 Session 1 and Session 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

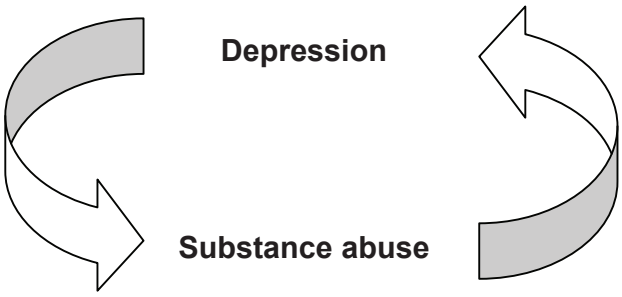
Practice

If you were part of the CBT group for the last module ("Substance Abuse and Your Mood"), 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: Depression and Your Mood

- Your mood can affect your decision on whether or not to use drugs or alcohol.
- Using drugs or alcohol can affect your mood.
- Using drugs or alcohol can also lead to other changes in your thinking and activities that are symptoms of depression.

Session 2: Thoughts, Mood, and Substance Abuse

- Thoughts are helpful or harmful based on how they make you feel.
- The harmful thoughts that lead you to feel depressed can make it more likely you will use.
- The helpful thoughts that help improve your mood may also help you with your recovery.
- You can learn to catch your harmful thoughts and replace them with helpful ones.

Session 3: Activities, Mood, and Substance Abuse

- Harmful activities can lead to depression and the use of drugs or alcohol.
- Doing helpful activities will help you feel better and support your recovery.
- Start slow, but steadily replace harmful activities with helpful activities.
- You can take steps to increase your physical activity and improve your sleep.

Session 4: Interactions with People, Mood, and Substance Abuse

- Helpful interactions with others can have a positive effect on your mood and your recovery.
- If most of your friends are involved with drugs or alcohol, you may have to make new friends.
- You can meet new people by doing activities you enjoy in the company of other people.
- It is possible to problem solve around the obstacles that get in the way of meeting and being with people.

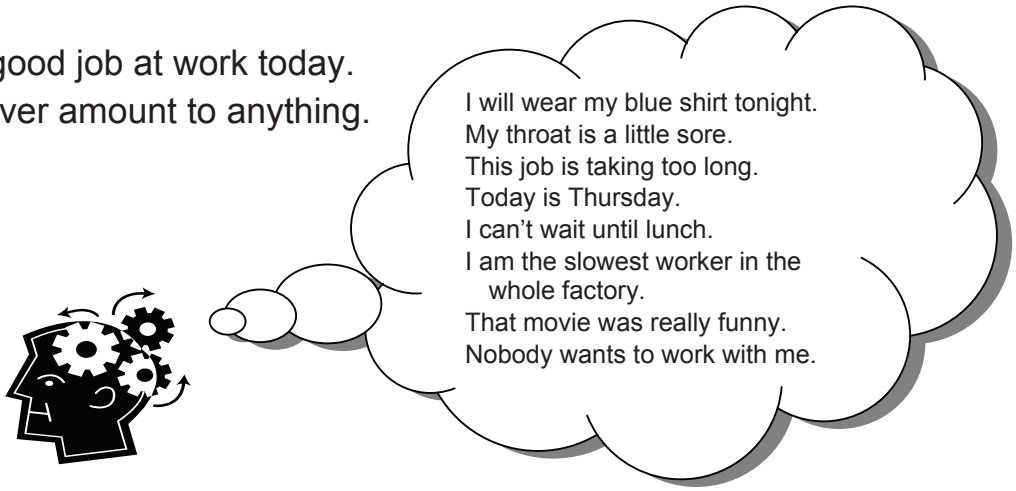


NEW TOPIC: THE CONNECTION BETWEEN THOUGHTS AND MOOD

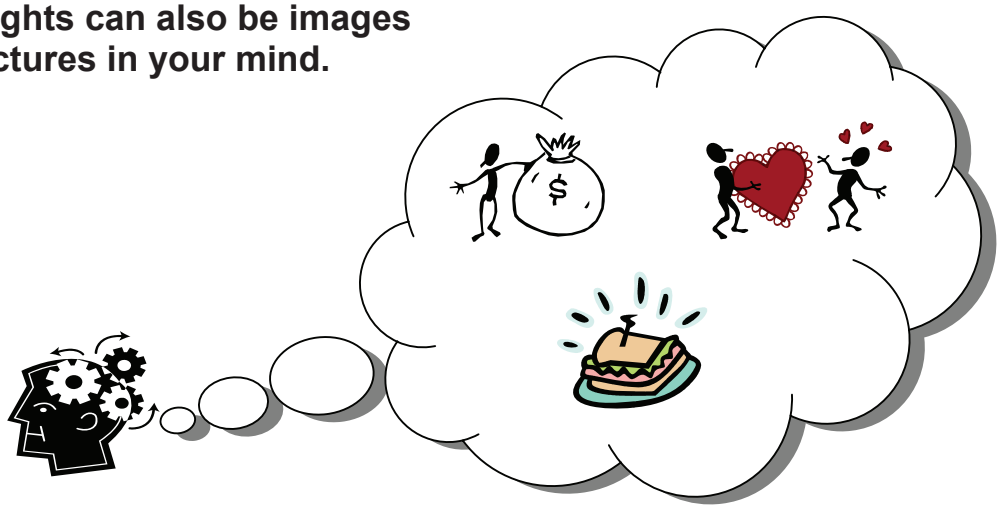
Thoughts Are Sentences We Tell Ourselves

Thoughts: sentences you tell yourself.

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



Thoughts can also be images or pictures in your mind.



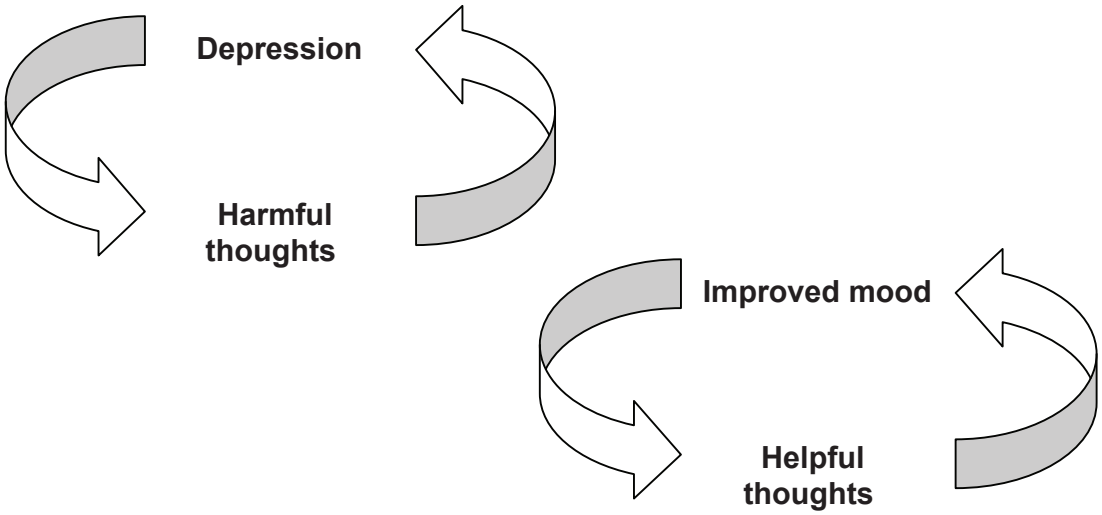
Feelings: emotions or moods.
(See more examples on the next page.)

- Happy
- Sad
- Angry

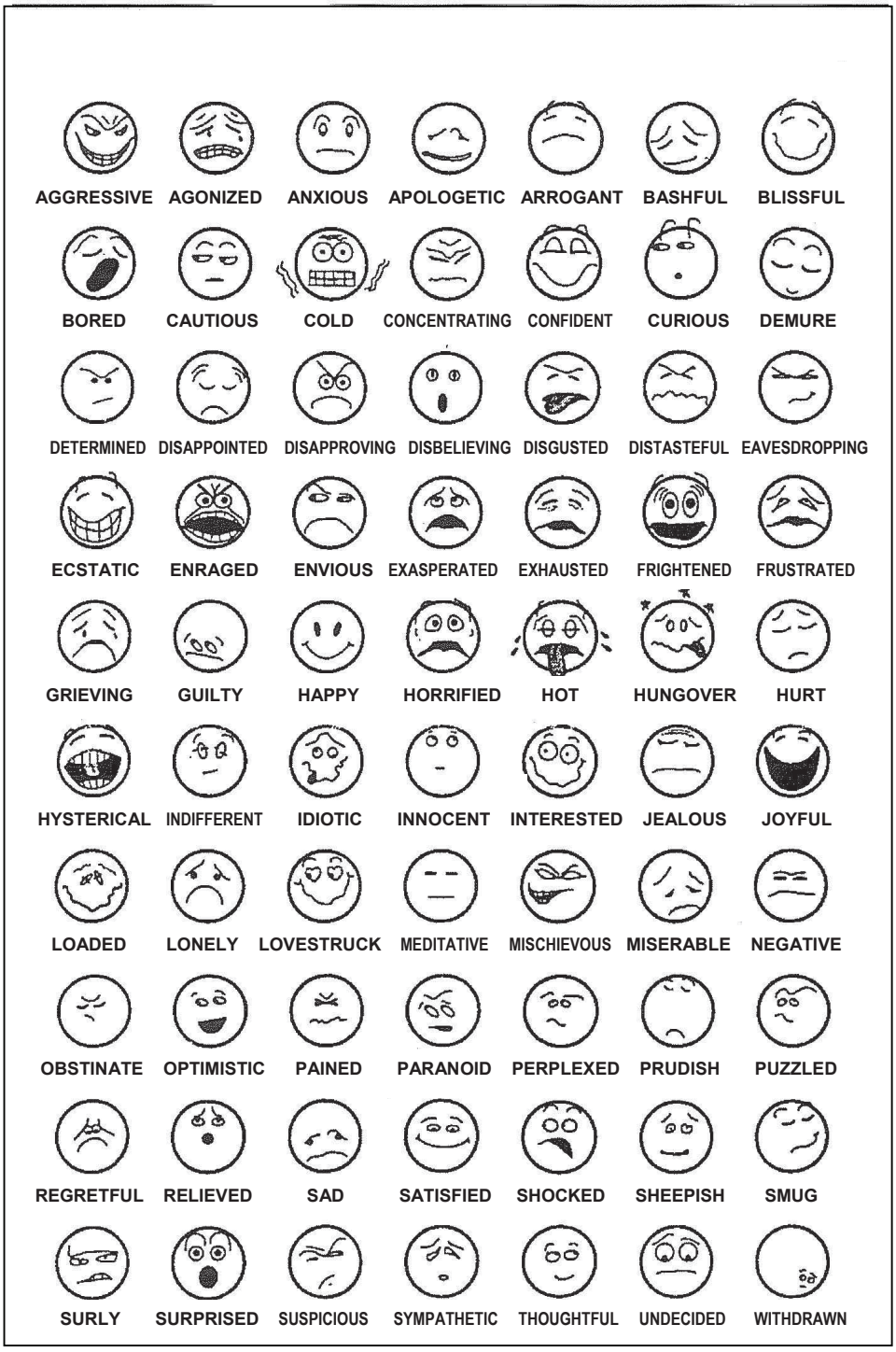




In this workbook we talk about "**harmful**" and "**helpful**" thoughts. These terms are just shortcuts—a thought is not harmful or helpful all by itself. The power of thoughts is in how they make you feel and act.



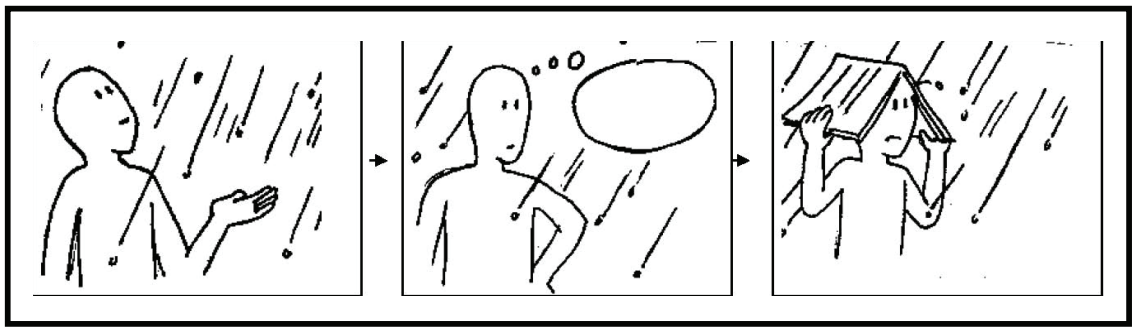
Examples of Feelings



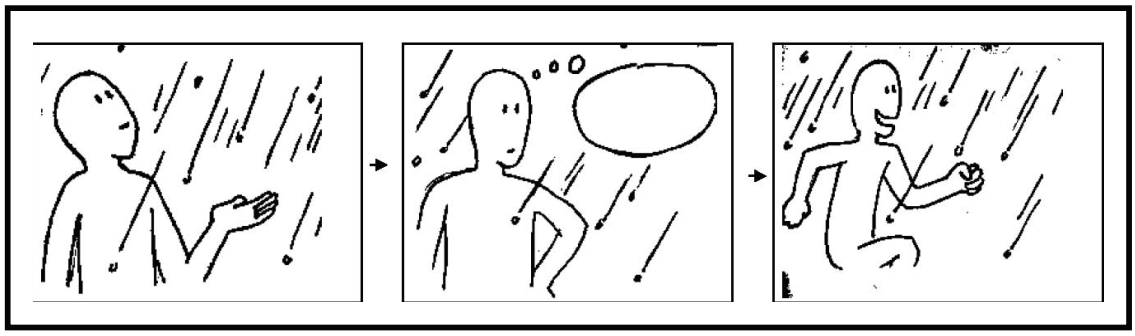
What You Think Affects How You Feel

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 (i.e., true), complete (i.e., include all the facts), and balanced (i.e., fair and reasonable)?

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. I have wasted my life because I have used drugs or alcohol
42. I can't have fun without getting high, so if I choose to stay drug-free, I will never have fun again.
43. If I have a relapse, all my hard work for sobriety was wasted.
44. With these health problems, I will always be miserable.
45. The problems my children are having are my fault.

What are your harmful thoughts?

46. _____

_____

47. _____

_____

48. _____

_____

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.
42. I was able to turn down drugs when that person offered them to me.
43. I didn't have even one drink last week.

What are your helpful thoughts?

44. _____

_____

45. _____

_____

46. _____

_____



KEY MESSAGES

- A thought is a sentence you say to yourself or a picture in your mind.
- 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.

Thoughts, Day 1 +



(Write in the day of the week.)

- Use one separate card for each day (using either the separate index cards or the "cards" printed in your workbook).
- 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	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**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.)

Thoughts, Day 7 –



(Write in the day of the week.)

Thoughts, Day 7 +



(Write in the day of the week.)



Feedback

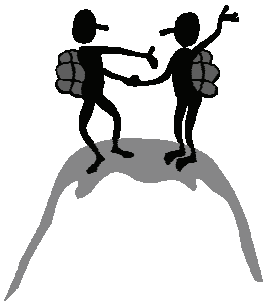
The group leaders will ask for your comments about how the session went. They might ask the following questions.

- 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?



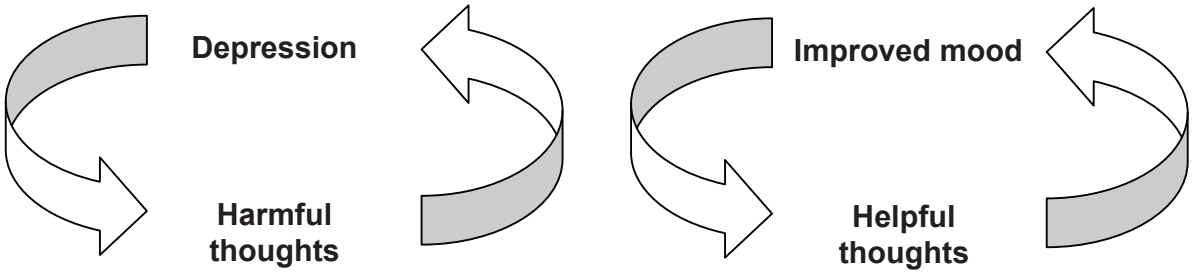
Review

Practice

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

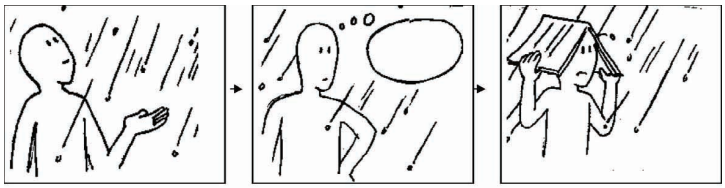
1. ***Track your mood using the Quick Mood Scale.***
2. ***Keep track of your thoughts each day.***

Last Session

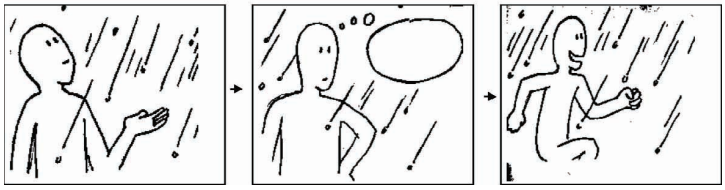


Key messages from last session are:

- A thought is a sentence you say to yourself or a picture in your mind.



- A feeling is an emotion or mood.
- Your thoughts can affect how you feel.



- You can use your thoughts to improve your mood.

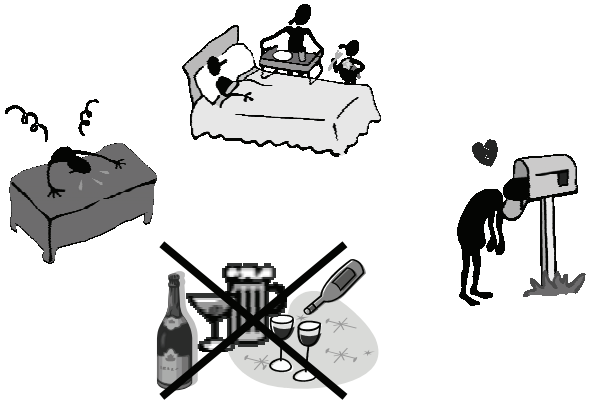
Today we will talk more about the link between your thoughts and your mood. We will also give you some ideas for how to notice your harmful thoughts and replace them with helpful thoughts.

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.
- You stop drinking alcohol.



Instructions

1. In the table on p. 41, **write a statement of 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 

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

Your chaining activity 

Best mood	**9.**	
↑	**8.**	
	7.	
	6.	
Okay/ average mood	**5.**	**Statement of fact** _____
↓	**4.**	
	3.	
	2.	
Worst mood	**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.

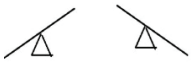
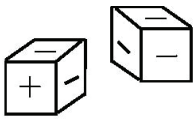
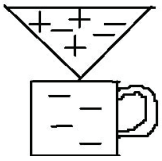
Harmful Thoughts Are Not Accurate, Complete, and Balanced

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

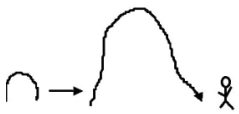
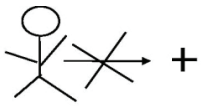
Common Habits of Harmful Thinking

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.

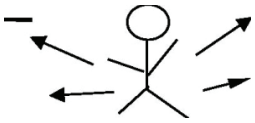
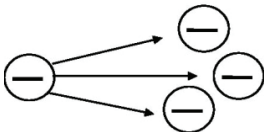
Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	***All-or-Nothing Thinking*** 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. Examples: • I am not capable of loving. • I can't express my feelings.	Are there shades of gray? Maybe a more accurate thought is somewhere in the middle. Try to think in a more balanced way.
	***Pessimism*** Believing negative things are more likely to happen and positive things are never or hardly ever going to happen Example: • Why bother talking to the doctor; he/she probably can't help me.	Why choose to believe that negative things are more likely to happen? Are you really giving positive and negative things an equal chance?
	***Negative Filter (Ignoring the Positive)*** Only remember negative events. Filtering out positive events. Your cup of life ends up very bitter and negative. Examples: • I can't work, so I am useless. • If we lose it will be all my fault. • Nothing good happened to me this week. • My life is worthless if I can't see.	Is it true that there is nothing positive about your situation?

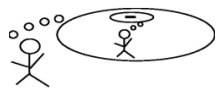
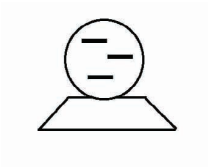
Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	***Exaggerating*** 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." Examples: • I can't stand it. • I will never be able to complete this task.	How big is the problem really? Where is it likely to lead? How might you deal with the problem?
	***Labeling (either yourself or others)*** 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. Examples: • I can't believe I don't know the answer. I must be stupid. • I am ugly (or unattractive).	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?
	***Not Giving Oneself Credit*** Thinking positive things that happen are either just luck or somebody else's doing and never the results of one's effort. Example: • Yes, I came to group today, but it's no big deal.	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?

Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	***Blaming Oneself*** Thinking negative things happen, and they are always entirely your fault. Examples: • Things would have gone well if I hadn't been there. • My partner seems very upset today, maybe I did something wrong. • If we lose it will be all my fault.	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?
	***Overgeneralization*** Taking one negative characteristic or event and seeing it as a never-ending pattern. He/she doesn't like me = no one likes me. I couldn't do this one thing = I can't do anything. Examples: • If I can't get this job, then everything's lost. I might as well give up. • I can't believe my friend did what she did. • I don't think I can trust anyone ever again.	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?
	***"Should"ing yourself*** Telling yourself you should, ought, and must do something. Makes you feel forced to do things, controlled, and resentful. Weighing yourself down with "shoulds." Example: • I should be the best. • This shouldn't have happened to me.	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?

Common Habits of Harmful Thinking

Symbol	Category	Examination: Are your thoughts accurate, complete, and balanced?
	***Mind Reading*** Thinking that you know what others are thinking, and they are thinking negatively about you. Examples: • My partner seems very upset today; I must have done something wrong. • I did not get the answer first. My team members must be mad at me. • I can't tell others how I feel because they will think I am crazy. • Other people think I am boring (or depressing).	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?
	***Negative Fortune Telling*** Thinking that you can see how things will be in the future and it is bad. Examples: • I will never be able to stay sober. • The party is going to be really boring so why bother going. • I'll never be happy again. • I am not capable of loving.	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.



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 workbook).
- 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.

Write down the categories of each of your harmful thoughts on the index cards or the "cards" printed in your workbook.

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**
	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
Were you able to notice your harmful thoughts?	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
	No	**No**	**No**	**No**	**No**	**No**	**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.)

Thoughts, Day 7 −



(Write in the day of the week.)

Thoughts, Day 7 +



(Write in the day of the week.)



FEEDBACK

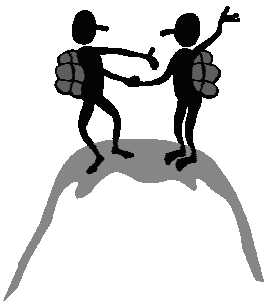
The group leaders will ask for your comments about how the session went. They might ask the following questions.

- 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 workbook.

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

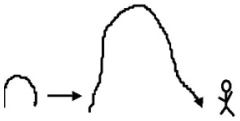
Questions to think about:

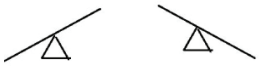


- Were you able to notice when you were having harmful thoughts?
- Which harmful thinking habits do you think affect your mood the most?
- Were your thoughts accurate, complete, and balanced?

Last Session

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







Key messages from last session are:

- 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: WHAT CAN YOU DO ONCE YOU HAVE IDENTIFIED 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**.

Harmful Thoughts		***Helpful Thoughts***
Inaccurate	→	Accurate, true
Incomplete	→	Complete, whole
Unbalanced	→	Balanced, reasonable

Examples of Replacement Thoughts



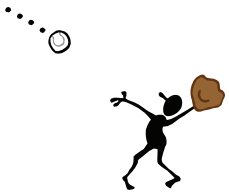


All-or-nothing thinking	
I was a terrible parent.	I made mistakes as a parent, but I tried my best.
My mistake ruined everything.	My mistake cost me some time, but I can learn from it.
I am a complete mess.	I do some things well and I need to improve on others.
I have wasted my entire life because of using alcohol/ drugs.	Even though some time has been lost, I am now sober/ drug-free, and I can still do things that are important to me.
Pessimism	
Why even try?	I know if I try hard I will succeed at some things, but not everything.
Once a drug user, always a drug user.	Just because I used drugs in the past doesn't mean I can't get clean now. Many other people have.
Once a drinker, always a drinker.	Many people who drink too much try several times before they quit drinking. I am working hard to stop drinking, and I can be successful if I keep trying.
Negative filter	
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 
Exaggerating	
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.
Trying to stay sober is impossible.	Getting sober can be tough, but I will take things one day at a time and try my hardest.
Labeling	
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.
I'm nothing but a drunk.	I have had trouble drinking too much alcohol, but I am working hard to get sober. And there are good parts of me that have nothing to do with drinking.
Not giving oneself credit	
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 makes our household work.	I contribute to our family in different ways from my husband.
It's just luck that I got clean.	I worked really hard to get off drugs.
Blaming oneself	
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 
Overgeneralization	
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. I can still be proud of the time I was sober and of my efforts to stay sober now.
You can't trust anyone.	There are some people you can trust, and others you cannot.
"Should"ing	
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.
Mind reading	
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.
Negative fortune telling	
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)?** "It's just luck that I got clean."

  or

- **Accurate (true)?** "I worked really hard to get off drugs and alcohol."

- **Incomplete (leaves out some facts)?** "I used yesterday. I will never stay clean."

  or

- **Complete (includes all the facts)?** "I had a slip after being sober for a month. But I should give myself credit for the time I was clean and continue to work hard to maintain my recovery."

- **Unbalanced (too extreme)?** "Nothing has worked out for me. I know I will start using again."

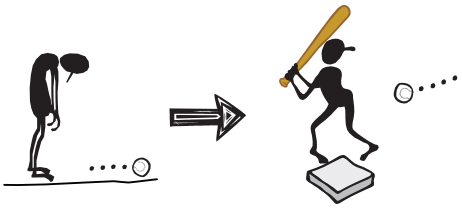
  or

- **Balanced (fair and reasonable)? "**Starting recovery is stressful, but that doesn't mean I will start using again."

Does the thought fall into any of the categories of harmful thinking?

If a thought is not accurate, complete, and balanced, it can bring your mood down and increase the chances that you will use drugs or alcohol. It is harmful to you because it has negative consequences.

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.)





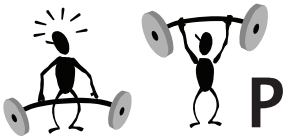


What happened? *I had a fight with my partner.*	**What were your feelings?** *Sad, angry.*	**What was your thought?** *My partner always gets his/her way.*	**Examine your thought. Is it accurate, complete and balanced?** *Was there a time when I got what I wanted? Maybe my thought isn't complete.*	**Replace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



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 whether 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**
	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
Were you able to notice your harmful thoughts?	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
	No	**No**	**No**	**No**	**No**	**No**	**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.)







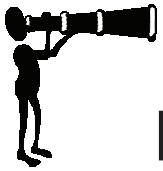
What happened? *I had a fight with my partner.*	**What were your feelings?** *Sad, angry.*	**What was your thought?** *My partner always gets his/her way.*	**Examine your thought. Is it accurate, complete and balanced?** *Was there a time when I got what I needed? Maybe my thought isn't complete.*	**Replace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



Feedback

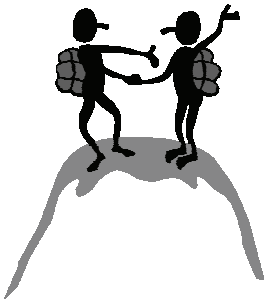
The group leaders will ask for your comments about how the session went. They might ask the following questions.

- 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. 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.

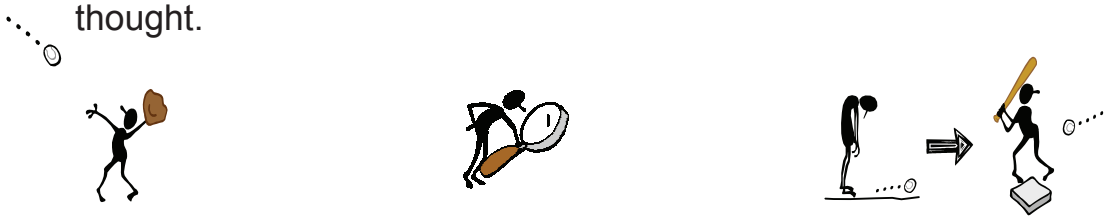
Last Session

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 last session are:

- 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 whether 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:



- 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 using alcohol or drugs 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.	**Yes**, I was fired because I didn't do my best work, **but** I now am putting a lot of effort into improving my depression and staying sober. I will find another job and do great work.
I am always depressed.	**Yes**, I may be depressed right now, **but** I am going to group therapy to help me change my mood.
I will never stop drinking.	**Yes**, I have relapsed in the past, **but** I am working hard at a realistic plan for staying sober.

My examples of harmful thoughts	**Add a *"yes, but"* statement**
	Yes, **but**
	Yes, **but**
	Yes, **but**

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. While you may not be able to dismiss your worries entirely, consciously focusing on more helpful thoughts and activities may improve your mood.

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.

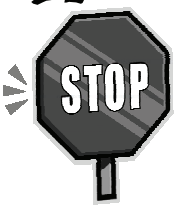
(what time each day?)

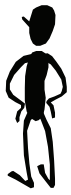
I will worry for:



_____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 shift my focus of attention to something more positive/helpful 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.

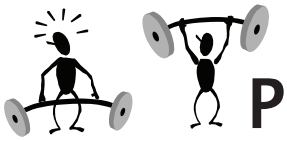
_____

(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.
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- 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	____	____	____	____	____	____	____
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	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
Were you able to notice your harmful thoughts?	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
	No	**No**	**No**	**No**	**No**	**No**	**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 in 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 or a picture in your mind.
- 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 whether 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

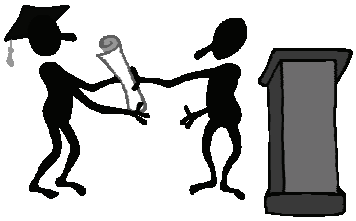
If you have completed all four modules in CBT, you are now a CBT graduate.

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?
5. What will you do the next time you feel like using?

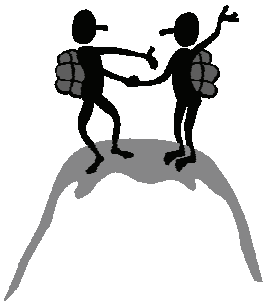
If you still feel depressed, tell your group leader, and he or she will help you get further treatment.





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 AND SUBSTANCE ABUSE

Alcoholics Anonymous (AA)
1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)
1-800-826-3632
www.dbsalliance.org

Narcotics Anonymous (NA)
www.na.org

National Alliance for the Mentally Ill (NAMI)
1-800-950-6264
www.nami.org

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

Recovery Inc. (self-help program for mental health)
1-312-337-5661
www.recovery-inc.org

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE

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.

GROUP MEMBER'S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

A Group Cognitive Behavioral Therapy for Depression in Clients with Co-Occurring Alcohol and Drug Use Problems

Activities and Your Mood



RAND HEALTH

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

This workbook belongs to:

_____

(Name)

_____

(Date)

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SESSION 1: HELPFUL ACTIVITIES CAN IMPROVE YOUR MOOD

PURPOSE

- Get an overview of the group, Cognitive Behavioral Therapy, and depression.
- Understand the connection between activities and mood.
- Understand why you are not doing the activities you used to enjoy.
- Identify activities you enjoyed in the past that do not involve using drugs or alcohol.
- Choose one activity that you can still do.

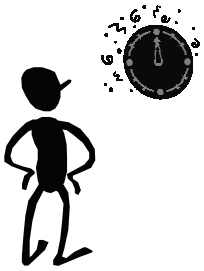
OUTLINE

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 Activities and Your Mood
    A. How Does Depression Get in the Way of Doing Activities?
    B. What Activities Did You Used to Enjoy?
    C. Coming to Group CBT Is a Helpful Activity
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 on your own will help you learn how to use the skills you learn and make it more likely that you will get well.

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

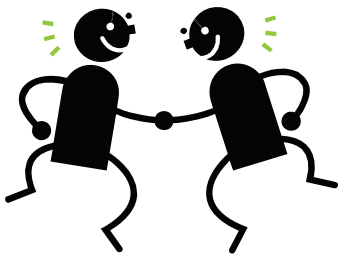
Group Leaders

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.

Now group members will introduce themselves. We will be talking about your experiences with depression or substance abuse 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 feels sad at some point in their lives.
- 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

- Use of drugs or alcohol
- 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?

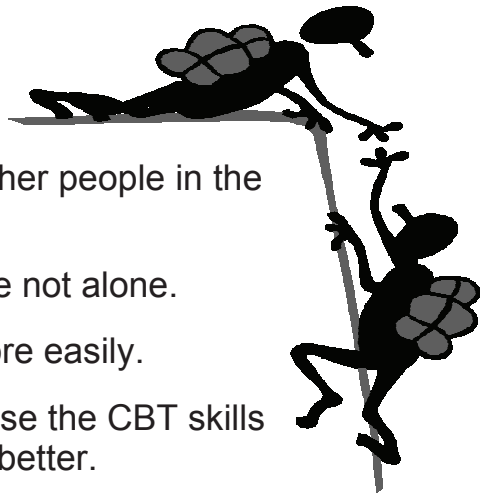
This treatment provides a specific kind of help—Cognitive Behavioral Therapy, or CBT for short—to people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

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

"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.
- Learn how staying free of drugs or alcohol can improve your mood.

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
  - Interactions with other people.
- Improve the way you feel and support your recovery.

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?

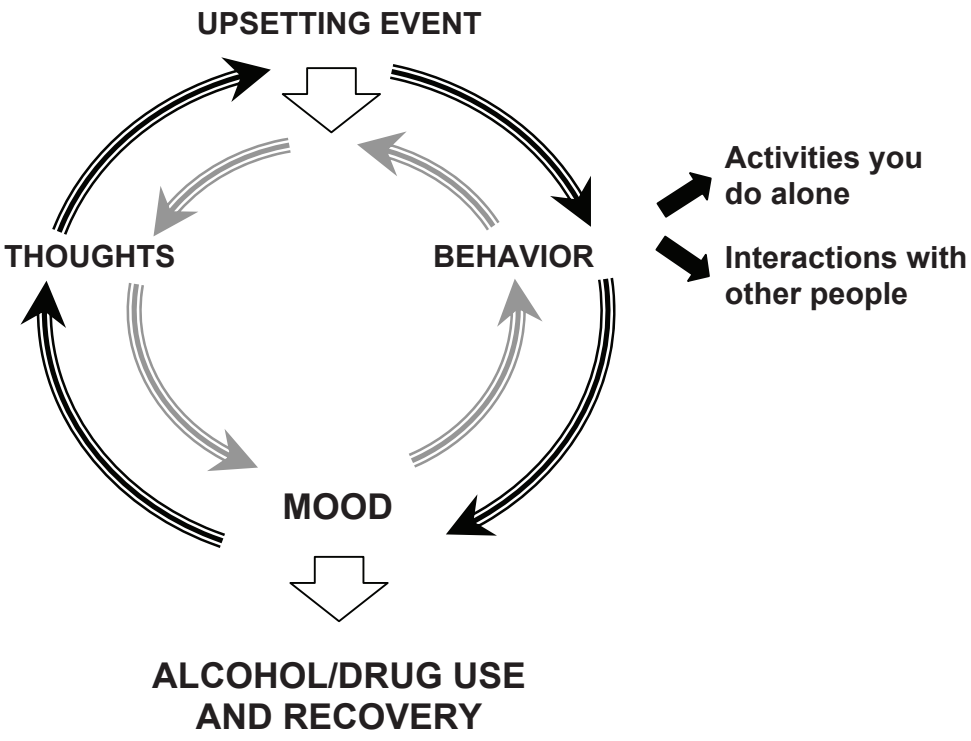
Cognitive refers to **thoughts**.

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.

Because this CBT program is for people with depression and substance abuse, we will also discuss how mood and substance abuse are connected.

The CBT Circle



This CBT treatment program is organized into four 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**
- Module: How **using drugs or alcohol** affects your mood **= 4 sessions**

Total CBT sessions = 16 sessions

Group members can join the group at any module. However, each group member must begin with Session 1 of a module. That means that if the Activities module is #1 for you, the People Interactions module will be #2.

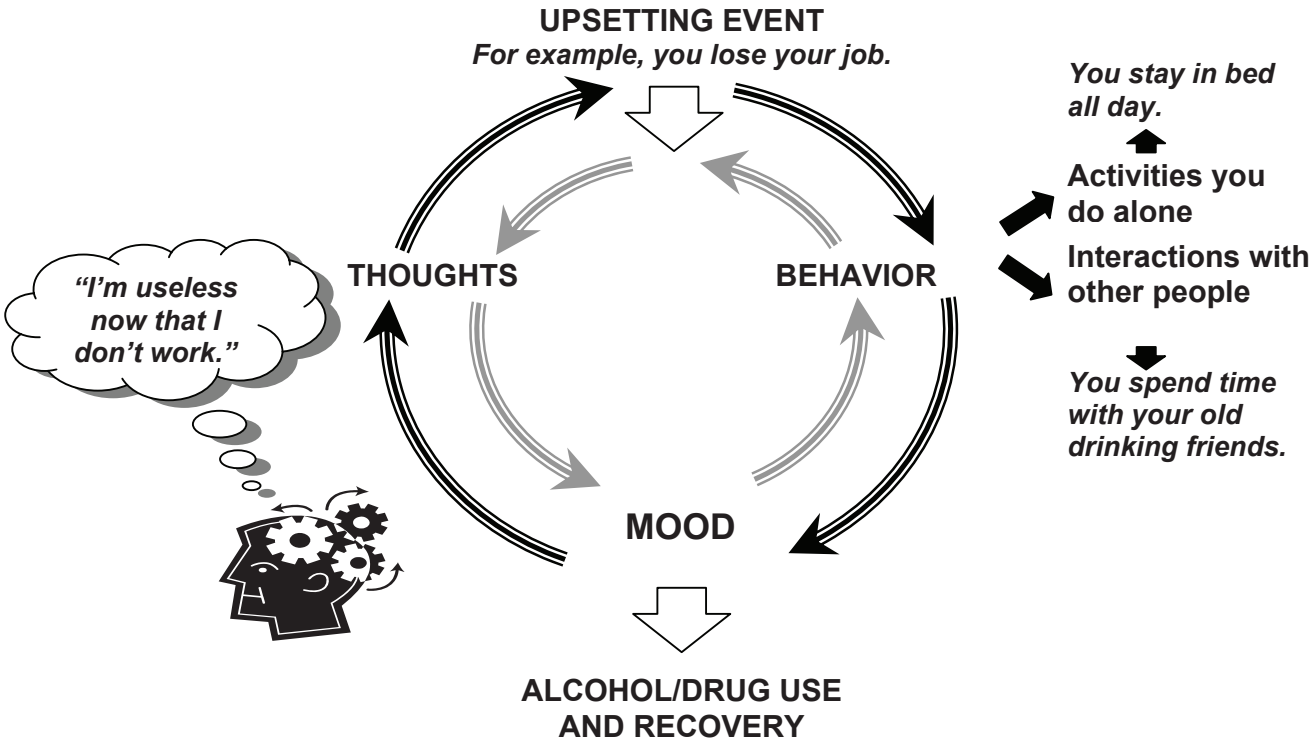
Each module focuses on one subject, but they overlap with each other, and you will find that we mention the other subjects throughout the treatment.

How does CBT treat depression?

Using the CBT Circle, we can understand the cycle of depression. An upsetting event might happen, such as losing a job or the death of a relative. An upsetting event can also be less extreme, such as being late to work or having a disagreement with a friend. 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 (your behavior).
- Interactions you have with other people.
- Use of drugs or alcohol.

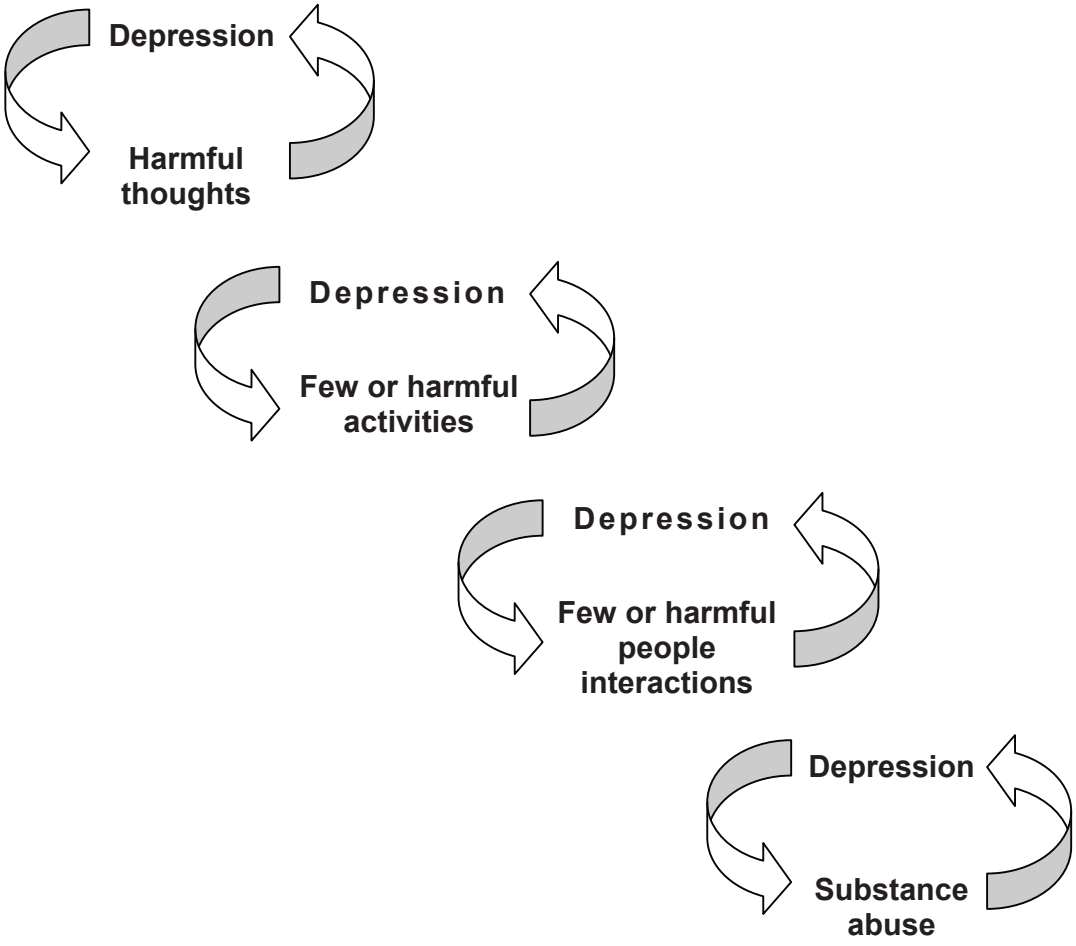
The CBT Circle



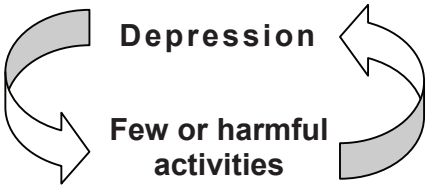
CBT helps break this cycle of depression by teaching you that for each of these factors—thoughts, activities, people interactions, and substance abuse—there is a part that you can manage and change.

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 activities.



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 Session 1 and Session 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

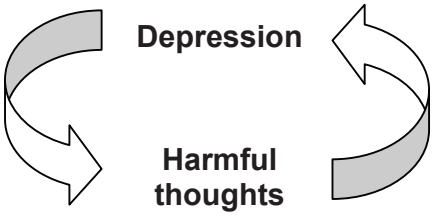
Practice

If you were part of the CBT program for the last module (“Thoughts and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

1. Use the Quick Mood Scale to track your moods and your thoughts.

2. Review in your workbook the ideas for how to have more helpful thoughts. Try them out and think about which worked best for you.

Last Module



The key messages from the Thoughts module were:

Session 1: Your Thoughts and Mood are Connected

- A thought is a sentence you say to yourself or a picture in your mind.
- 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.

NEW TOPIC: THE CONNECTION BETWEEN ACTIVITIES AND YOUR MOOD

What you do affects the way you feel. Things that you do are called activities. When you are active and do things that are helpful for you, your mood is likely to improve.

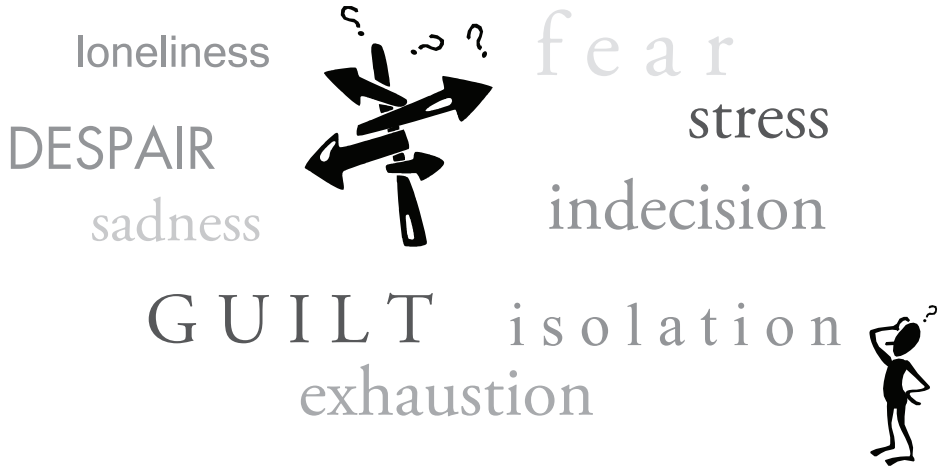
Doing helpful activities:

- Can help you feel more positive.
- Creates pleasant thoughts—memories—that stay in your head even after the activity is over.
- Gives you a break from your worries.
- Can help you become healthier physically.

How Does Depression Get in the Way of Doing Activities?

The thoughts below might get in the way of doing activities. Check any that sound familiar to you. ***They are related to depression. You can feel better, and CBT can help!***

- ☐ I don't really feel like doing anything.
- ☐ Nothing sounds that enjoyable to me.
- ☐ I don't remember what I did when I was sober.
- ☐ All I want to do is sleep.
- ☐ I don't have the energy to take a shower or get dressed.
- ☐ I don't deserve to have fun.
- ☐ I have to do all my work before I do anything else.
- ☐ I need to focus on getting better.





How else does depression get in the way of doing activities?

What Activities Did You Used to Enjoy?

What activities did you enjoy before you became depressed, and before you started using drugs and alcohol?

Write down one activity you used to enjoy.

Coming to Group CBT Is a Helpful Activity

Did you find it hard to come to this CBT group? You are normal! When you are depressed, it is hard to do activities. It is also normal to feel nervous about sharing your feelings with a new group of people.

Give yourself a pat on the back—by coming to the group meeting you are doing a helpful activity to help yourself feel better.

Try to remember how you felt before you came to today's session and rate your mood on the scale. Then rate what your mood is now. Can you see that the effort to do an activity can help you feel better?

Rate Your Mood Before and After CBT

Before I came to CBT today my mood was (circle one number).	
Best mood	9
	8
	7
	6
OK/average mood	5
	4
	3
	2
Worst mood	1

Now my mood is (circle one number).	
Best mood	9
	8
	7
	6
OK/average mood	5
	4
	3
	2
Worst mood	1



KEY MESSAGES

- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing helpful activities can help you feel better. And when you feel better, you will feel more like doing helpful activities.



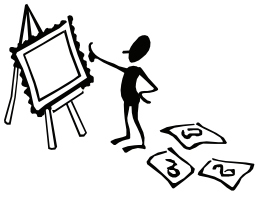
PRACTICE

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 projects that everybody in the group will do. 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. Do an activity that you used to enjoy.



What activity will you do?

_____

_____

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.

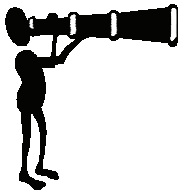
Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**9**	**9**	**9**	**9**	**9**	**9**	**9**
	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**5**	**5**	**5**	**5**	**5**	**5**	**5**
	4	**4**	**4**	**4**	**4**	**4**	**4**
	3	**3**	**3**	**3**	**3**	**3**	**3**
	2	**2**	**2**	**2**	**2**	**2**	**2**
Worst mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**



FEEDBACK

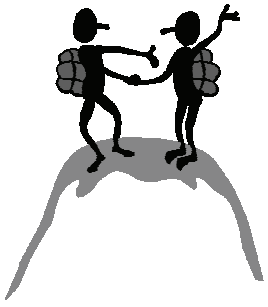
The group leaders will ask for your comments about the session. They might ask the following questions.

- What was helpful about today's session?
- What was less helpful?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

In the next session we will talk about how to think of new activities you might enjoy doing.



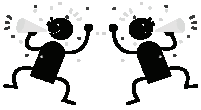
SESSION 2: DOING A NEW ACTIVITY

PURPOSE

- Find a way to do activities even when you don't feel like it.
- Get some ideas for activities you might like to do.
- Make a commitment to doing a new activity.

OUTLINE

I. Announcements
II. Review
III. New Topic: Doing New Activities
  A. The Link Between Activities and Mood: A Chaining Activity
  B. Getting Past Depression: Doing Activities Even When You Don't Feel Like It
  C. How to Get Ideas for Activities
  D. Think About Activities That You Can Do
  E. More Ideas for Helpful Activities
IV. Key Messages
V. Practice
VI. Feedback
VII. Looking Ahead



Announcements

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

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



Review

Practice

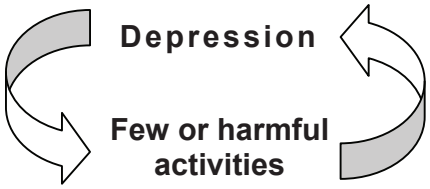
In Session 1, we talked about some practice activities. How did your practice go?

1. Track your mood using the Quick Mood Scale.

2. Do an activity that you used to enjoy.

Last Session

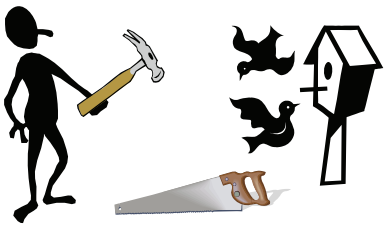
Key messages from last session are:

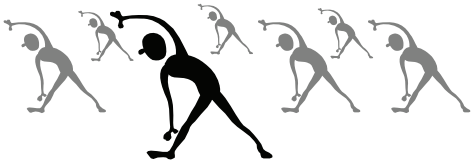


- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing helpful activities can help you feel better. And when you feel better, you will feel more like doing helpful activities.

Today we will talk more about the connection between activities and mood. You will get some ideas for new activities that you might enjoy.







NEW TOPIC: DOING NEW ACTIVITIES

The Link Between Activities and Mood: A Chaining Activity



Instructions

1. In the table on the next page, **write a statement of fact or an event** on the line next to #5.

2. Think about things you could do that would bring your mood down. What activity might bring your mood down just a little? Don't take a step that is too big. Choose an activity instead of a thought and make sure it is realistic. **Write that activity next to #4.**

3. Think of a continuous chain of activities that make you feel worse, until your mood is at its lowest. Write that chain of activities on lines #3, #2, and #1.

4. Complete the rest of the chaining activity spiraling up. What is an activity that would make your mood improve just a little? **Write that activity next to #6.**

5. Fill in lines #7 and #8.

6. What activity might make you really happy? **Write that next to #9**.

Example



Best mood	**9.**	Join a bowling league.
↑	**8.**	Go bowling with my new friend.
	7.	Make a new friend at work.
	6.	Join a divorce support group.
Okay/ average mood	**5.**	**I got a divorce.**
↓	**4.**	Don't see old friends who knew my husband too.
	3.	Don't answer the phone.
	2.	Don't get dressed on weekends.
Worst mood	**1.**	Stay in bed all day.

Your Chaining Activity



Best mood	**9.**	
↑	**8.**	
	7.	
	6.	
Okay/ average mood	**5.**	**Statement of fact:** _____
↓	**4.**	
	3.	
	2.	
Worst mood	**1.**	

The chaining activity illustrates that:

- When you do one activity, you often start a chain—one activity could lead to another activity, other thoughts, other feelings, and contacts with other people. In general, more helpful activities lead to more helpful thoughts and feelings. So it is important to keep in mind that you have some choice in the thoughts and activities you engage in.
- Activities are linked to mood. When you feel down, it may be hard to find the energy to do helpful activities. But when you do activities you are more likely to:
  - Feel happier and healthier.
  - Have helpful thoughts about yourself and your life.
  - Have helpful contact with other people.

Getting Past Depression: Doing Activities Even When You Don't Feel Like It



Depression presents a sneaky problem.

When you are depressed you often don't feel like doing activities …

but

… activities can help you feel less depressed.

How can you solve this problem? What thoughts might help you to do an activity even when you don't feel like it? Try to finish these sentences to help you get going.

1. Yes, I don't feel like doing an activity, but _____

_____

2. If I don't do an activity, I will feel _____

_____

3. If I do an activity, I might feel _____

_____

How can you increase the chances that you will do a helpful activity?

Act "as if."

Even if you are feeling down, see what it feels like to act "as if" you feel good. Smile, even if you don't feel like smiling. Research shows that smiling can help people feel better.

The same applies to doing activities. Try to do an activity even if you don't feel like it. You might be surprised at how your mood improves.

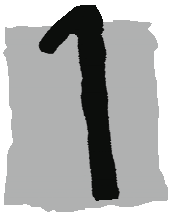


***Make a move* by taking small steps.**



Once you get started doing an activity, it is easier to keep going. What small step could you take right now? If you are standing in your living room, you could either sit down or put on your walking shoes. ***Make a move***— put on your walking shoes. What step could you take next? Opening the door? Take one step or walk to the end of the block. See what happens next!

How to Get Ideas for Activities



Ask yourself some questions that get you thinking.
For example:

- Before you were depressed, did you have plans to try something you had never done before?
- What have you been meaning to do, but keep putting off?
- What were your dreams when you were a child? What did you want to "be" when you grew up? Do those dreams give you ideas for something new you might try?
- What do other group members enjoy? What do your family, friends, or coworkers enjoy (other than drugs or alcohol)?
- When you look at the newspaper or walk outside, do you see people doing helpful activities that you could do?



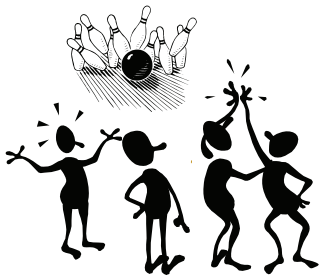
Think about activities that you can do:

- ***Alone***
- ***With other people***
- ***For free***
- ***Quickly and simply***

It is good to have activities you can do alone.

- You can control when you do them and you are not dependent on anyone else.
- It is important to have time alone to think and enjoy your own thoughts.

It is also good to have activities you can do with other people.



- Pleasant contacts with people often make us feel better.
- Other people may increase your motivation to do the activity.
- Doing fun stuff together helps people enjoy each other more, and can build and improve relationships.

Activities that are inexpensive or free are important.

- You can do more of them.
- You won't feel stressed because you are spending money.
- You can do them at any time, whether you have extra money or not.



Activities that don't take too much time are important.

- You can do more of them.
- They are useful when you are busy and can't find a lot of time.
- Brief activities give you a glimpse of the beauty of the world.

Helpful Activities: What Could You Do?

Alone	
With other people	
Free or low cost	
Short and simple	

"I will do one or more of these activities before the next CBT session."

_____

Your Signature



It may be helpful to think about helpful activities in four general categories.

Self-care activities are the things you do to take care of yourself and the business of your life. For example:

- Taking a shower
- Getting to sleep on time
- Paying the electric bill
- Going to AA meetings

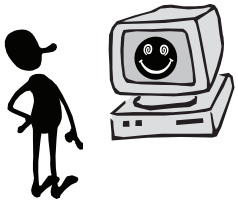


Fun activities are simple, helpful things you do that bring you pleasure. For example:

- Going to a movie with a friend
- Walking
- Listening to music
- Watching a bird in a tree

Learning activities give you a sense of accomplishment or of having learned to do something well. For example:

- Learning how to work a computer
- Starting an exercise program
- Reading a book or newspaper
- Practicing the CBT skills



Meaningful activities fit with your values. Meaningful activities boost your healthy self image and bring purpose to your life. For example:

- Being a good parent or friend
- Working
- Letting somebody else go first in line
- Participating in church, social, political, or community activities

More Ideas for Helpful Activities



Here are some ideas of helpful activities that you could do.

1. Wear clothes you like
2. Listen to the radio
3. Watch people
4. Look at clouds
5. Eat a good meal
6. Help a neighbor mow the lawn
7. Care for a houseplant
8. Show an interest in what others say
9. Notice good things that happen
10. Give a compliment or praise someone
11. Talk about sports or current events
12. See beautiful scenery
13. Take a walk
14. Make a new friend
15. Go to a movie or play
16. Go to a museum
17. Play cards or chess
18. Watch a sunset
19. Do artwork or crafts
20. Learn something new
21. Collect things
22. Join a club
23. Read something inspiring
24. Volunteer at the animal shelter
25. Go to a garage sale
26. Help someone
27. Rearrange your room or house
28. Talk on the telephone
29. Volunteer
30. Accept a compliment
31. Read books, magazines, or poetry
32. Daydream
33. Brush your teeth
34. Cook a good meal
35. Do crossword puzzles
36. Take a long bath or shower
37. Talk about old times
38. Write stories or poetry
39. Spend time with friends
40. Sing
41. Go to church
42. Read the newspaper
43. Go to a meeting or a lecture
44. Exercise
45. Solve a personal problem
46. Listen to music
47. Do outdoor work
48. Get a haircut or your hair done
49. Pray
50. Sit in the sun
51. Have peace and quiet
52. Go to a park, fair, or zoo
53. Write letters
54. Listen to birds sing
55. Go to the library
56. Keep a clean house
57. Plant flower seeds
58. Spend play time with family/children
59. Eat a piece of fresh fruit
60. Do your laundry
61. Shine your shoes
62. Recycle
63. Practice playing the guitar
64. Take a class
65. Improve your math or reading skills
66. Have the oil changed in your car
67. Learn yoga or Tai Chi

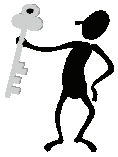
Add your own ideas for helpful activities.

68. _____

69. _____

70. _____

71. _____



KEY MESSAGES

- Because of your depression, it may feel difficult to get started doing helpful activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.



PRACTICE

1. Track your mood using the Quick Mood Scale. Notice that at the bottom there is a place for you to keep track of how many helpful activities you do each day.

***2. Do one or more new activities*.** They can be activities:

- You do alone
- You do with other people
- That are free or low cost
- That are quick and simple

They can be any of the four types of activities:

- Self-care
- Fun
- Learning
- Meaningful

Hint: You don't have to feel like doing something to start doing it. Do an activity anyway.

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.
- 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.
- Try to remember about how many helpful activities you did each day and write the number at the bottom of each column.

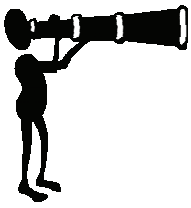
Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**9**	**9**	**9**	**9**	**9**	**9**	**9**
	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**5**	**5**	**5**	**5**	**5**	**5**	**5**
	4	**4**	**4**	**4**	**4**	**4**	**4**
	3	**3**	**3**	**3**	**3**	**3**	**3**
	2	**2**	**2**	**2**	**2**	**2**	**2**
Worst mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful activities did you do each day?							



FEEDBACK

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

- What was difficult about today's session?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

The next session, Session 3 in "Activities and Your Mood" is called "Overcoming Obstacles to Doing Helpful Activities."



SESSION 3: OVERCOMING OBSTACLES TO DOING HELPFUL ACTIVITIES

PURPOSE

- Identify the obstacles that may come up as you begin to do helpful activities.
- Learn how to overcome obstacles.
- Learn how to create balance in your life with a variety of activities.

OUTLINE

I. Announcements
II. How Have You Been Feeling?
III. Review
IV. New Topic: Overcoming Obstacles
    A. Problem Solving
    B. Pacing Yourself
    C. Balancing Your Activities
    D. Predicting Pleasure
V. Key Messages
VI. Practice
VII. Feedback
VIII. Looking Ahead



Announcements

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

Is there anything you would like to let the leader 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

1. Track your mood using the Quick Mood Scale.

Did you track your mood using the Quick Mood Scale? Did you count the helpful activities you did each day?

2. Do a new activity. Were you able to do the new activity you committed to doing? How did you make it happen? How did you feel after doing the activity? If not, what got in the way?

Last Session

Last session's key messages were:

- Because of your depression, it may feel difficult to get started doing helpful activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.



NEW TOPIC: OVERCOMING OBSTACLES

Problem Solving

Be a detective. Try using this problem-solving method to figure out what is making it hard for you to do activities, and then to get past the obstacles.



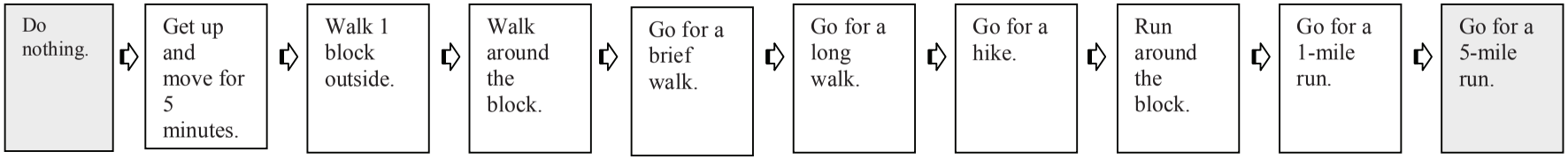
Step 1: Identify the Problems	Step 2: How can you overcome the obstacles?
Tell yourself out loud or in your head what is getting in your way. • I would have done it BUT… • I can't do it BECAUSE…	Think about all the possible solutions to the problems. Don't think about whether the solutions are good or bad, possible or not.
1. I would have done an activity after work, but I worked late and didn't have time.	1. Do an activity that does not take a lot of time. You could: • Call a friend to plan an activity for another day. • Water a plant. • Read a story in the newspaper. • Eat an apple. • Take a warm bath before bed.
2.	2.
3.	3.
4.	4.

Step 3	**Choose the solution that is the best for you**, even if it isn't perfect. Or combine two or three of your ideas.
Step 4	**Try the solution** and see if it works.
Step 5	**If the solution doesn't work, choose a different solution** and try it.

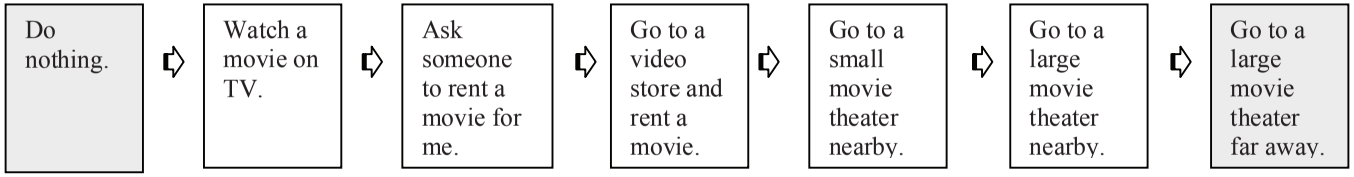
Pacing Yourself

When you begin to do more activities, you can start small, at your own speed—you don't have to run a marathon the first time you step outside. It is more important to do ***something*** than it is to do ***everything***. What pace is right for you?

1. Given my energy level, health, and time, if I wanted to exercise, what might I do? **(Circle one or write your own.)**



2. If I wanted to see a movie, what might I do? **(Circle one.)**



What kind of movie might I watch, given my energy level, health, time, mood, and personal preference?

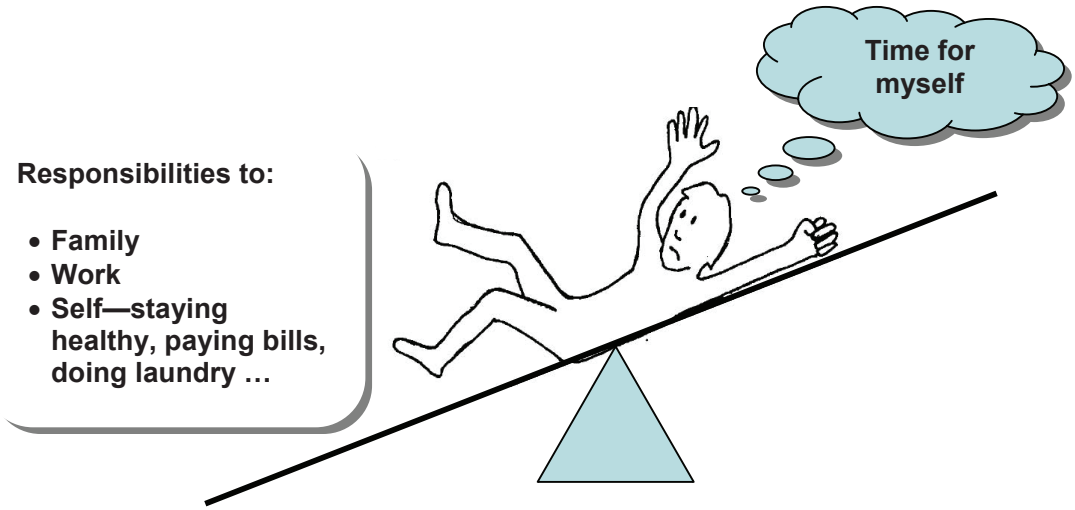
(Circle one.) romantic comedy comedy action adventure drama horror documentary

3. What is something else I would like to do? _____

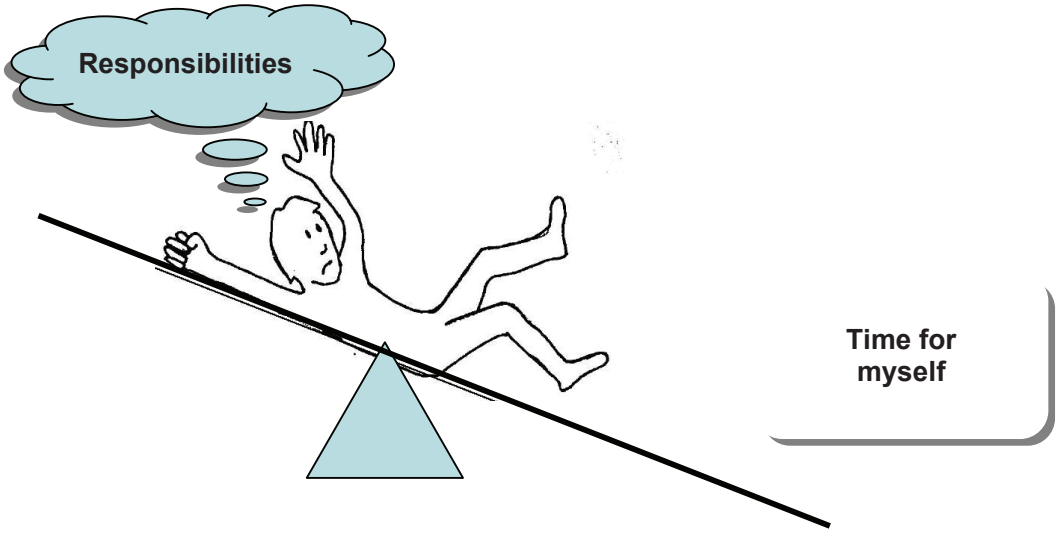
4. How can I make sure that I do activities at a pace that fits me? _____



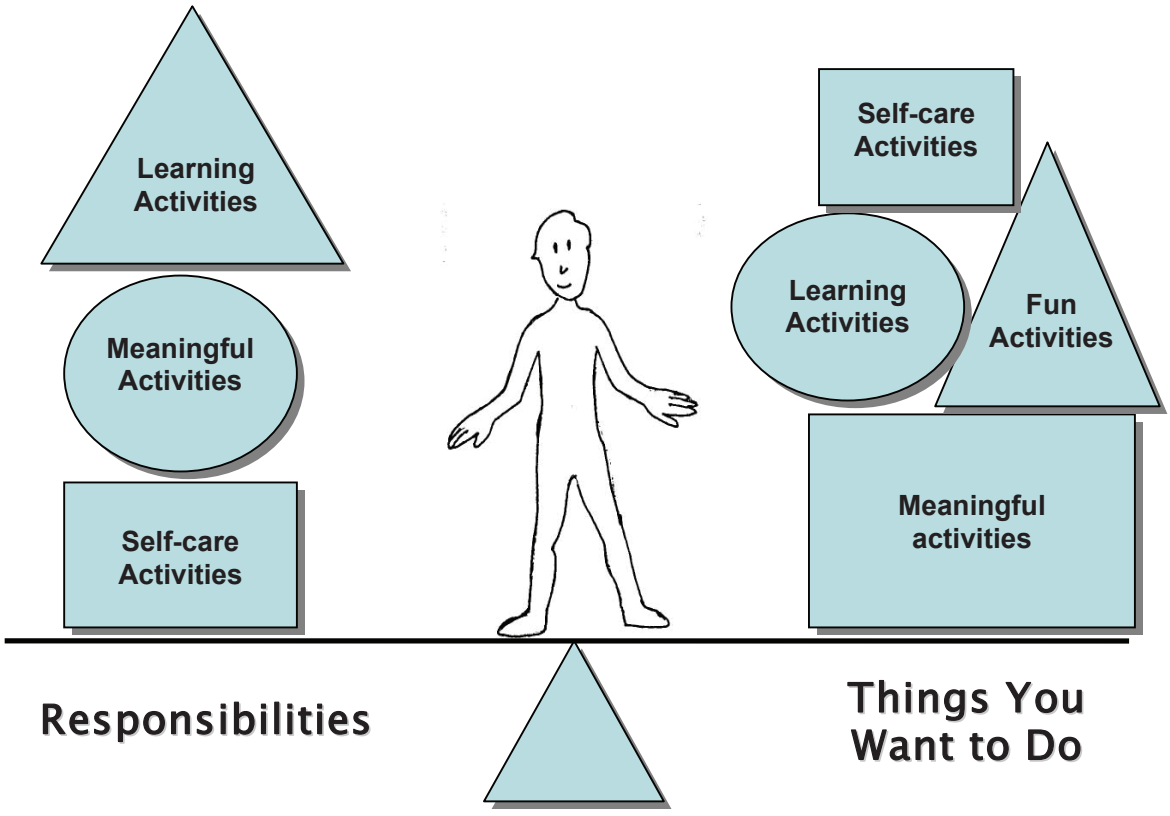
Balancing Your Activities



How you spend your time is important to how you feel. If you spend much of your time doing activities of only one kind, you are likely to feel down more than if you ***balance*** the types of activities that you do.



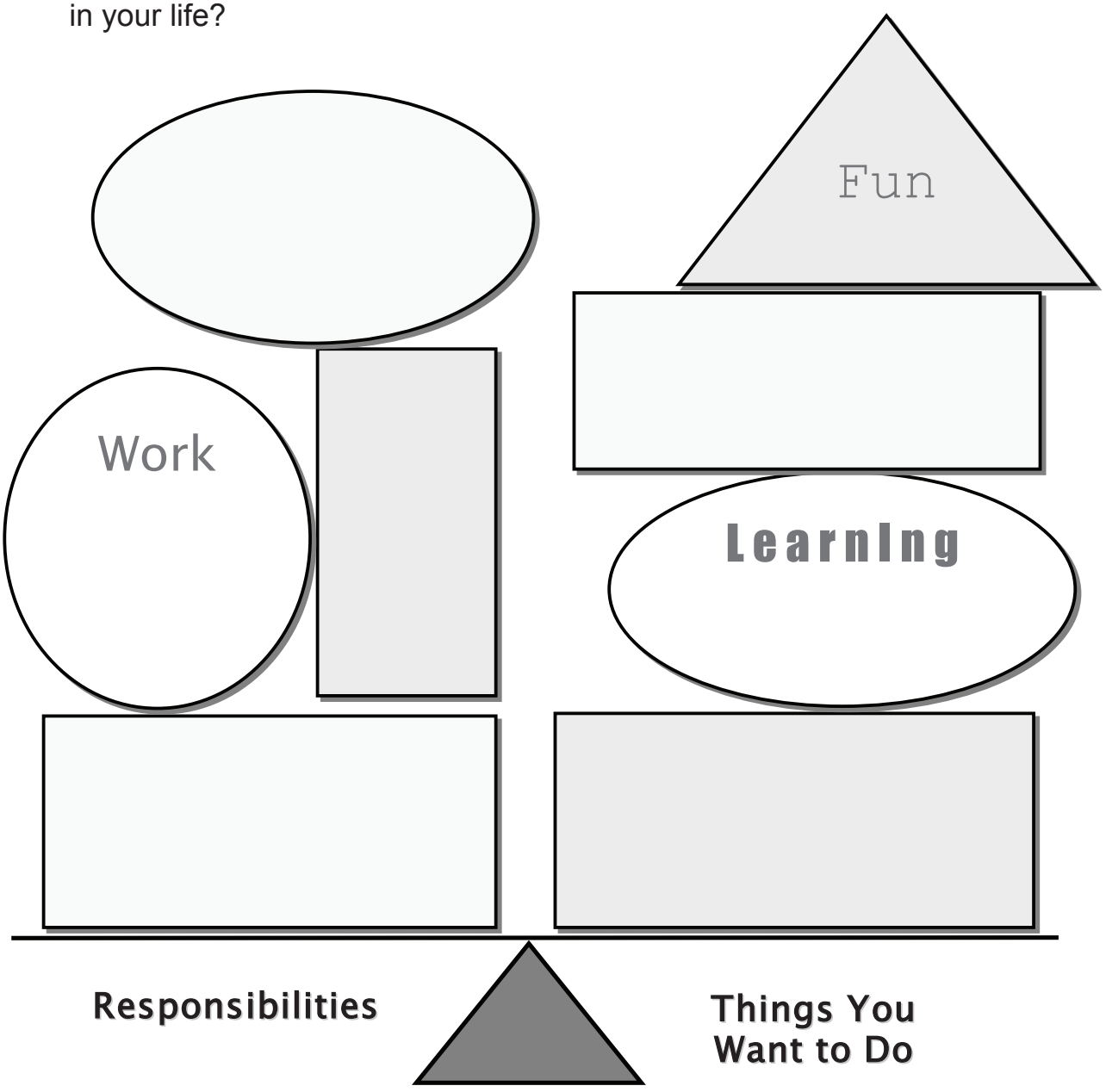
Most people feel best when they balance their time among all types of activities. They take care of themselves and their families, work, have fun, learn, and do things that are meaningful for them.



Make your own to-do list

Make a to-do list of some activities that you will do. Write your list in the shapes below. Make sure your list includes a variety of activities so that your life is in balance.

Is one side of the scale heavier than the other? Do you have balance in your life?



Predicting Pleasure



A common problem for people who are depressed is that even before they do an activity they think it won't be enjoyable. They avoid doing activities, thinking "what's the use?"

You can do three things to increase the chances that you will DO activities and that you will ***enjoy*** them.

- ***First***, pick an activity that sounds like it might be ***fun for you***. Write it down in the first column in the chart at the bottom of the page.
- ***Second***, do the activity under ***conditions that will make it most enjoyable for you***. For example, if you have picked a movie to see, choose whether you see it alone or with someone. Choose the time that you go and where you sit to make the activity as much fun as possible for you.
- ***Third***, do some "pleasure predicting." Before you do an activity, ***guess how much you think you will enjoy it.*** Even if you don't think you will enjoy it, do it anyway. After you have done the activity, ***think about how much you actually enjoyed it***. Most people find that they enjoyed doing the activity more than they expected—and then they are motivated to do another activity.

Pleasure Predicting Chart (Sample)

Star rating system: * not at all ** a little bit *** moderately **** quite a bit ***** extremely		
Activity	**Before** How much do you **think** you will enjoy this activity?	**After** How much did you **actually** enjoy this activity?
Going to a museum	**	***



KEY MESSAGES

- You can use problem-solving to help you find solutions to what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.



PRACTICE

1. Track your mood using the mood scale.

Continue tracking the number of helpful activities you do each day.

2. Pick one activity from each of the four categories—self-care, fun, learning, and meaningful—and do them.

3. Before and after you do a new activity, ***fill out the Pleasure Predicting Chart*** (it is in your workbook after the Quick Mood Scale).

4. If you find it difficult to do the activities, ***try using the strategies we talked about*** to overcome obstacles—problem solving, pacing yourself, balancing activities, and predicting pleasure.

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.
- 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.
- Try to remember about how many helpful activities you did each day and write the number at the bottom of each column.

Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful activities did you do each day?							



Pleasure Predicting Chart

Instructions: See how good you are at predicting fun. Write in the left column some new activities that you could do. Use the star rating system to predict how much you will enjoy the activities. Do two or more of the activities, then afterwards rate how much you actually enjoyed the activities.

Do you see a pattern? What have you learned? Notice in the examples that sometimes a person enjoys an activity more than he or she expects to.

* **not at all** ** **a little bit** *** **moderately** **** **quite a bit** ***** **extremely**

Activity	**Before you do the activity:** **How much do you think you will enjoy this activity?**	**After you do the activity:** **How much did you actually enjoy this activity?**
Going to a museum	**	***
Talking to a friend	***	*****



FEEDBACK

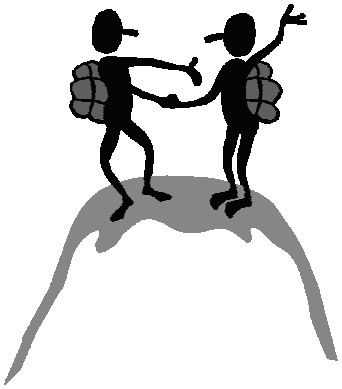
The group leaders will ask for your comments about the session. They might ask the following questions.

- What was helpful about today's session?
- What was less helpful?
- What did you learn that was most helpful in terms of improving your mood?
- What suggestions do you have to improve your treatment?



LOOKING AHEAD

In the next session of the Activities module, we will talk about how doing activities can help you meet some goals.



SESSION 4: DOING HELPFUL ACTIVITIES TO SHAPE YOUR FUTURE

PURPOSE

- Talk about setting reachable goals
- Set a long-term goal
- Define some short-term steps that will help in reaching the long-term goal
- Say goodbye to graduating group members

OUTLINE

I. Announcements
II. Review
III. New Topic: Doing Activities to Shape Your Future
    A. The Importance of Setting Goals
    B. What Are Your Dreams for the Future?
    C. Long-Term and Short-Term Goals
    D. Steps to Reach My Short-Term Goal
    E. Celebrate
IV. Key Messages
V. Practice
VI. Feedback
VII. Review of Activities Module
VIII. Goodbye to Graduating Group Members
IX. Looking Ahead to the Next Module



Announcements

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

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



Review

Practice

- Review your Quick Mood Scale. How many helpful activities were you able to do?
- What did you learn by using the Pleasure Predicting chart?
- What did you do last week when you ran into an obstacle to doing an activity?

Last Session

Last session's key messages were:

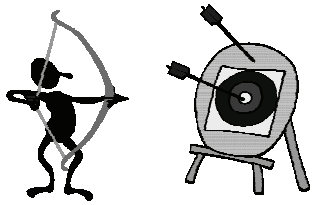
- You can use problem-solving to help you find solutions to what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.

NEW TOPIC: DOING ACTIVITIES TO SHAPE YOUR FUTURE

The Importance of Setting Goals

Depression can take away your motivation. Depressed people often say that they no longer feel a sense of purpose. This makes it difficult to find the energy to do things, even something as simple as getting out of bed. Depression often brings with it the thought: "What's the point?"

As you start to leave depression behind, you may feel a bit unsure of which way to head. Choosing a goal or goals to move toward can provide ***a sense of direction***.



Having a goal helps you to:

- Organize your energy.
- Focus.
- Figure out what is most important to you in life.

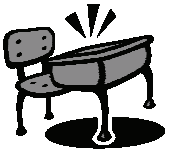
Goals can give meaning to one's life.

If you already have a set of goals in mind, choose those you want to focus on first. If you do not have a set of goals at this time, look to your personal values.

Values are general principles or personal guidelines. Ask yourself, "What do I value?" For example, you may choose to live your life with a focus on:



- Family
- Helping other people
- Being good to the environment
- Achieving as much as you can in your work
- Education



- Practicing your faith
- Expressing yourself artistically
- Physical fitness
- Being outdoors



- Meeting certain financial goals

These values would help shape your **goals**.

Goals are specific objectives.

Values give meaning to goals.

Values and Goals

Values	Long-term Goal	Short-term Goals
Family	Close relationships with immediate and extended family.	Have family dinners five evenings a week. Attend all of child's soccer games. Organize annual birthday parties for mother, sister, and father-in-law.
Helping other people	Make a difference in other people's lives. Teach children to be kind.	Volunteer at a homeless shelter once a month. Take children to visit elderly neighbor once a week.
Respecting the environment	Produce only two pounds of trash per week. Find a job in environmental field.	Recycle. Take a class to learn how to compost. Join Sierra Club and volunteer.
Achieving as much as you can at work	Be promoted within two years.	Be on time every day. Get education and training. Talk often with boss. Take extra assignments.

Warning: Some goals are destructive. For example:

- Perfectionism (because no one is perfect)
- Considering yourself "a failure" if you aren't "the best"
- Setting goals for others and making ***your*** happiness dependent on ***them*** reaching the goals

In the following section, you will work on setting helpful goals. Remember that you can change your goals later. Don't overwhelm yourself by thinking that you have to choose the "best" goals possible, or that your goals have to be ambitious or even special. You are learning to live without depression once again. Think of this as a way to practice setting goals again. Goals can help motivate you to get going.

What Are Your Dreams for the Future?



Working towards your goals will help you feel better.

The self-care, fun, learning, and meaningful activities that you choose to do now can help you reach your goals for the long term (one year from now or longer). Follow these steps to fulfill your dream and improve your mood.



Step 1. First, set a long-term goal. It is important that the goal is important to you, to make it worth the work.

It is helpful to set a goal to ***do*** something instead of ***not doing*** something. For example, it is easier to "eat more vegetables" than it is to "not eat junk."



Step 2. Make sure your goal is realistic. You might like to travel to Jupiter, but that is a little unlikely. Choose something that is possible and that is right for you.

- Work with the money you have.
- Give yourself a deadline.



***Step 3. Be specific*.** Pick your goals and nail them down, stating when, what, how much, where, and how.

Which is more specific?

I am going to start exercising more, **OR**

I will exercise three times a week starting Monday at the YMCA.

I want to do more activities, **OR**

I will do at least one activity a day, even if it is a small activity that take less than five minutes.



Step 4. Make sure your goal is something* you *can manage.

You can't make other people do what you want or control their actions no matter how much you ask, beg, plead, or yell.

There are many things in life that you can't control. You can't control what other people do or how they feel.

Make sure your goal is under ***your*** control.

Make sure that you aren't setting goals for other people; for example, "Next year my son will get all A's and B's on his report card."

If you do what ***you*** set out to do, you have reached your goal, whether or not other people behave the way you want them to.



Step 5. Break your goal into steps. Long-term goals are often big and complicated. It can be overwhelming to try to reach them.

Breaking goals into steps makes your work easier and less stressful.

Steps are like small goals. They need to be specific and under your control.

It's easier to see the progress you are making towards your goal when you take small steps.

Ask for help when you can't reach your goal alone.



Step 6. Set a short-term goal.

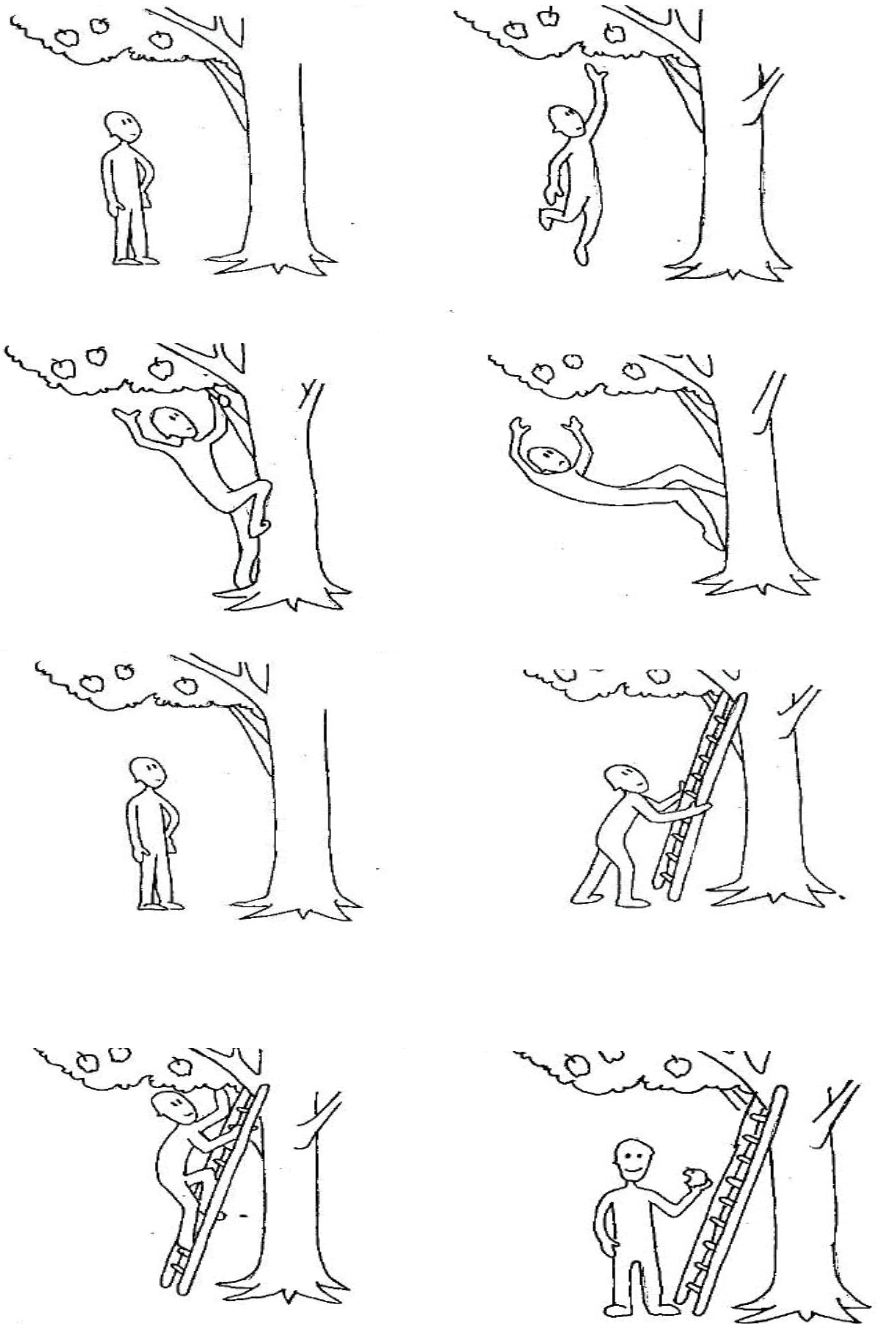
Think of a goal that can be finished in six months—one that will get you closer to your long-term goal.



Step 7. When you reach your goal or complete a step toward your goal, celebrate.

Why is it important to celebrate when you make progress towards your goals?

You can't get to the top of the tree by jumping, but it's easy if you use a ladder and take one step at a time.



Long- Term and Short- Term Goals



My long-term goal (at some point in the next year or more)

_____

_____

_____

My short-term goal (in the next six months)

To achieve my long-term goal, I need to set a short-term goal that will help me get there. My short-term goal is to:

_____

_____

_____

Steps to Reach My Short- Term Goal



Think about these questions related to what you need to do to achieve your short-term goal.

I will begin (when):

_____

I will do (what):

_____

_____

I will do this much (how much or how little):

_____

_____

I will do it in this place (where):

_____

_____

I will do it in this way (your method, or the steps you will take):

_____

_____

Celebrate!

I will celebrate reaching my short-term goal by:



_____



_____

_____

I will celebrate reaching my long-term goal by:



_____

_____

_____



KEY MESSAGES

- To feel good, it is helpful to have daily reasons to enjoy life (activities) and something to look forward to (short-term and long-term goals).
- You can reach your long-term goals by doing short-term activities.
- By setting goals and doing activities, you can shape your future.



PRACTICE

1. ***Quick Mood Scale.*** Keep track of your mood on the Quick Mood Scale. Track the number of helpful activities you do each day.

2. ***Do one of the steps*** you wrote down to work towards your short-term goal.

3. ***Do another new activity.***

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.
- 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.
- Try to remember about how many helpful activities you did each day and write the number at the bottom of each column.

Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful activities did you do each day?							



FEEDBACK

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

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

REVIEW OF MODULE: ACTIVITIES AND YOUR MOOD

Over the past four sessions, we have been focusing on activities, and you have been learning about how the way you act affects how you feel. You have learned to make changes in the way you act to affect the way you feel.

- How have you made changes in what you do since beginning the Activities module?
- What message or ideas will you take away?

The key messages from "Activities and Your Mood" are:

Session 1: Doing Helpful Activities to Improve Your Mood

- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing helpful activities can help you feel better. And when you feel better, you will feel more like doing helpful activities.

Session 2: Doing a New Activity

- Because of your depression, it may feel difficult to get started doing helpful activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.

Session 3: Overcoming Obstacles to Doing Helpful Activities

- You can use problem solving to help you find out what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.

Session 4: Doing Helpful Activities to Shape Your Future

- To feel good, it is helpful to have daily reasons to enjoy life (activities) and something to look forward to (short-term and long-term goals).
- You can reach your long-term goals by doing short-term activities.
- By setting goals and doing activities, you can shape your future.



GOODBYE TO GRADUATING GROUP MEMBERS

If you have completed all four 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?

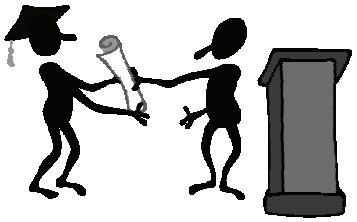
2. What have you learned that will help you reach some of your goals?

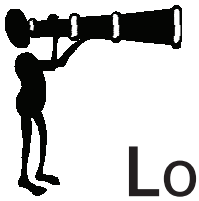
3. How will you get support in your everyday life when you are no longer coming to group meetings?

4. What will you do the next time you feel depressed?

5. What will you do the next time you feel like using?

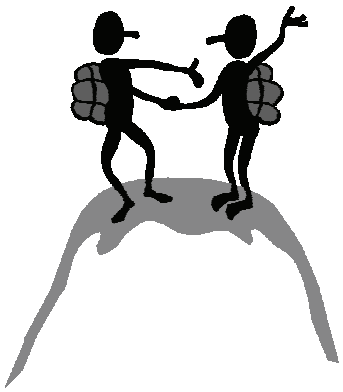
If you still feel depressed, tell your group leader, and he or she will help you get further treatment.





LOOKING AHEAD TO THE NEXT MODULE

The next module is called “People Interactions and Your Mood.” You will learn how depression may cause problems in your relationships and how important it is to have helpful contacts with supportive people.



RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND SUBSTANCE ABUSE

Alcoholics Anonymous (AA)
1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)
1-800-826-3632
www.dbsalliance.org

Narcotics Anonymous (NA)
www.na.org

National Alliance for the Mentally Ill (NAMI)
1-800-950-6264
www.nami.org

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

Recovery Inc. (self-help program for mental health)
1-312-337-5661
www.recovery-inc.org

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE

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.

GROUP MEMBER'S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

A Group Cognitive Behavioral Therapy for Depression in Clients with Co-Occurring Alcohol and Drug Use Problems

People Interactions and Your Mood



RAND HEALTH

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

This workbook belongs to:

_____

(Name)

_____

(Date)

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SESSION 1: YOUR PEOPLE INTERACTIONS AND YOUR MOOD ARE CONNECTED

PURPOSE

- Learn about the Cognitive Behavioral Therapy group and depression.
- Learn that there is a connection between people interactions and mood.
- Identify supportive people in your life.
- Learn how to meet new people and make your support network larger and stronger.
- Talk about managing your mood by making choices about the people you spend time with.

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 Depression and Helpful Interactions with People

- A. The Importance of Helpful Relationships
- B. The Link Between People Interactions and Mood:

  A “Chaining” Activity
- C. Your Social Support Network
- D. Meeting New People

XI. Key Messages

XII. Practice

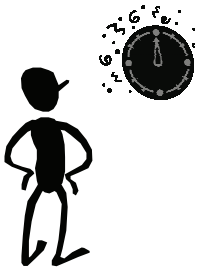
XIII. Feedback

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 on your own will help you learn how to use the skills you learn and make it more likely that you will get well.

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

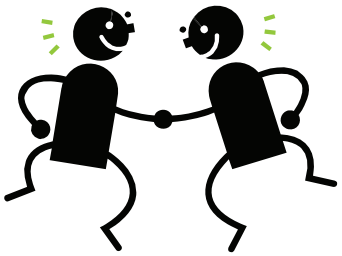
Group Leaders

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.

Now group members will introduce themselves. We will be talking about your experiences with depression or substance abuse 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 feels sad at some point in their life.
- 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

- Use of drugs or alcohol
- 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?

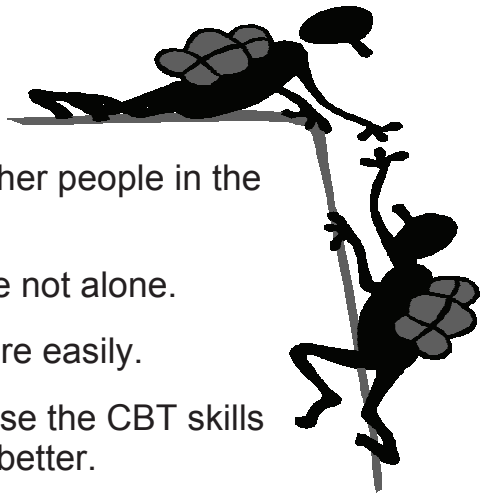
This treatment provides a specific kind of help—Cognitive Behavioral Therapy, or CBT for short—to people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

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.
- Learn how staying free of drugs or alcohol can improve your mood.

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
  - Interactions with other people.
- Improve the way you feel and support your recovery.

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?

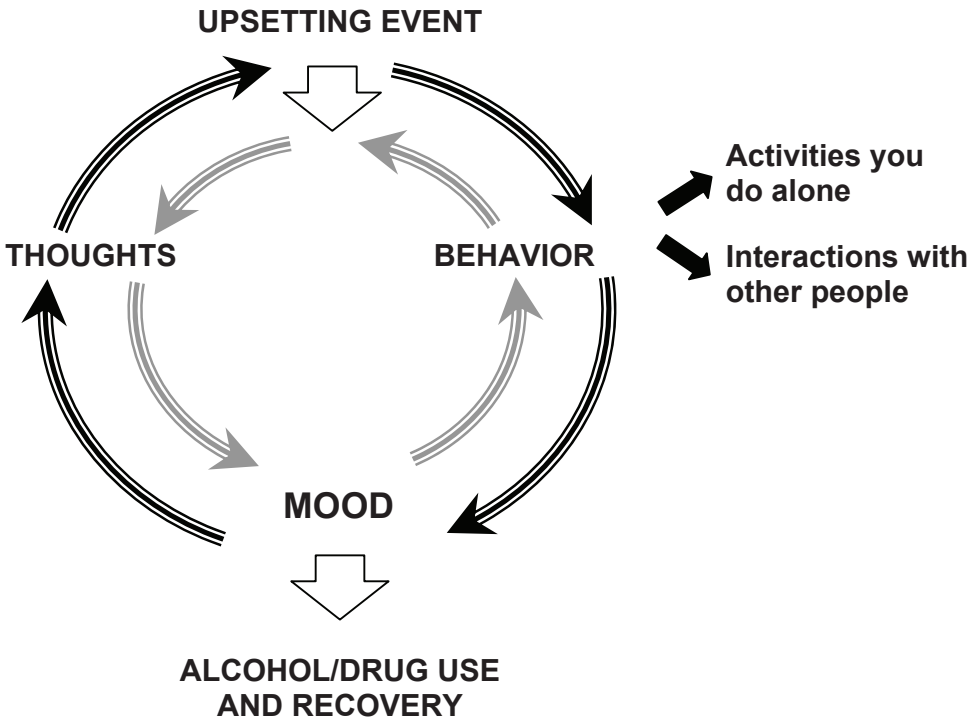
Cognitive refers to **thoughts**.

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.

Because this CBT program is for people with depression and substance abuse, we will also discuss how mood and substance abuse are connected.

The CBT Circle



This CBT treatment program is organized into four 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**
- Module: How **using drugs or alcohol** affects your mood **= 4 sessions**

Total CBT sessions = 16 sessions

Group members can join the group at any module. However, each group member must begin with Session 1 of a module. That means that if the Activities module is #1 for you, the People Interactions module will be #2.

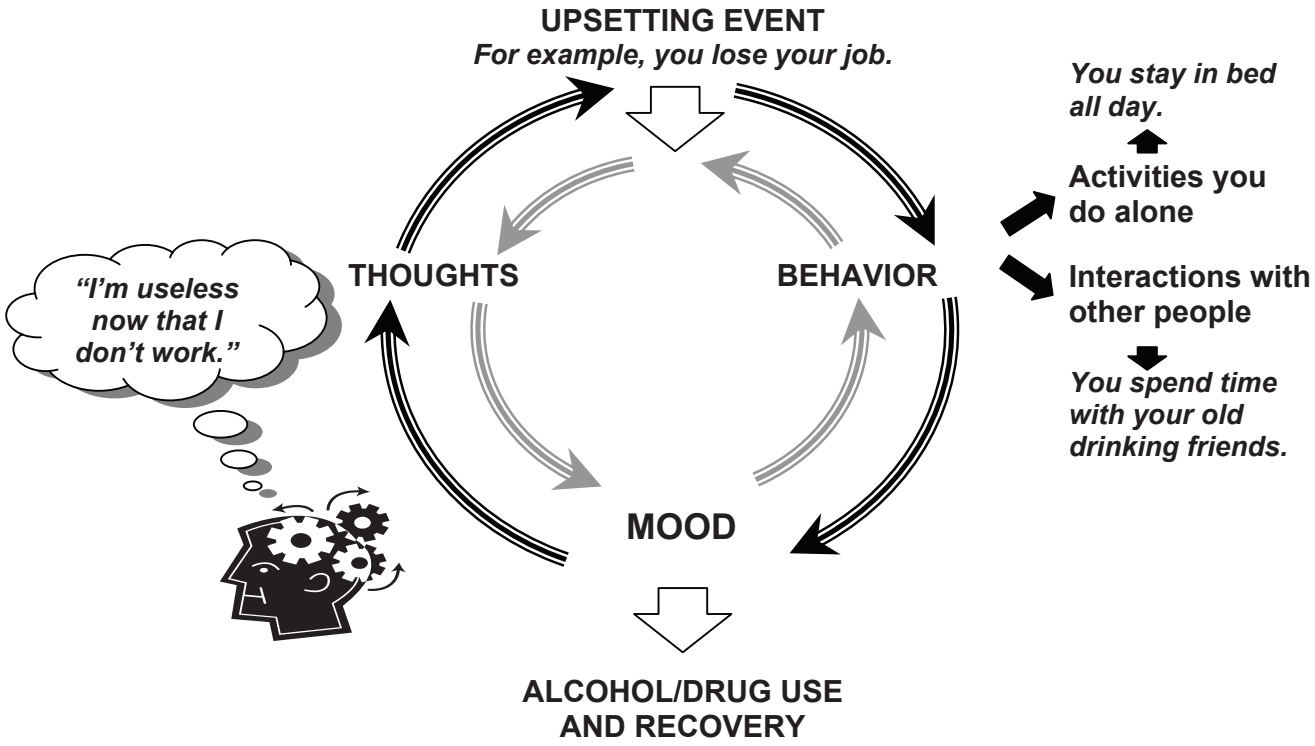
Each module focuses on one subject, but they overlap with each other, and you will find that we mention the other subjects throughout the treatment.

How does CBT treat depression?

Using the CBT Circle, we can understand the cycle of depression. An upsetting event might happen such as losing a job or the death of a relative. An upsetting event can also be less extreme, such as being late to work or having a disagreement with a friend. 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 (your behavior).
- Interactions you have with other people.
- Use of drugs or alcohol.

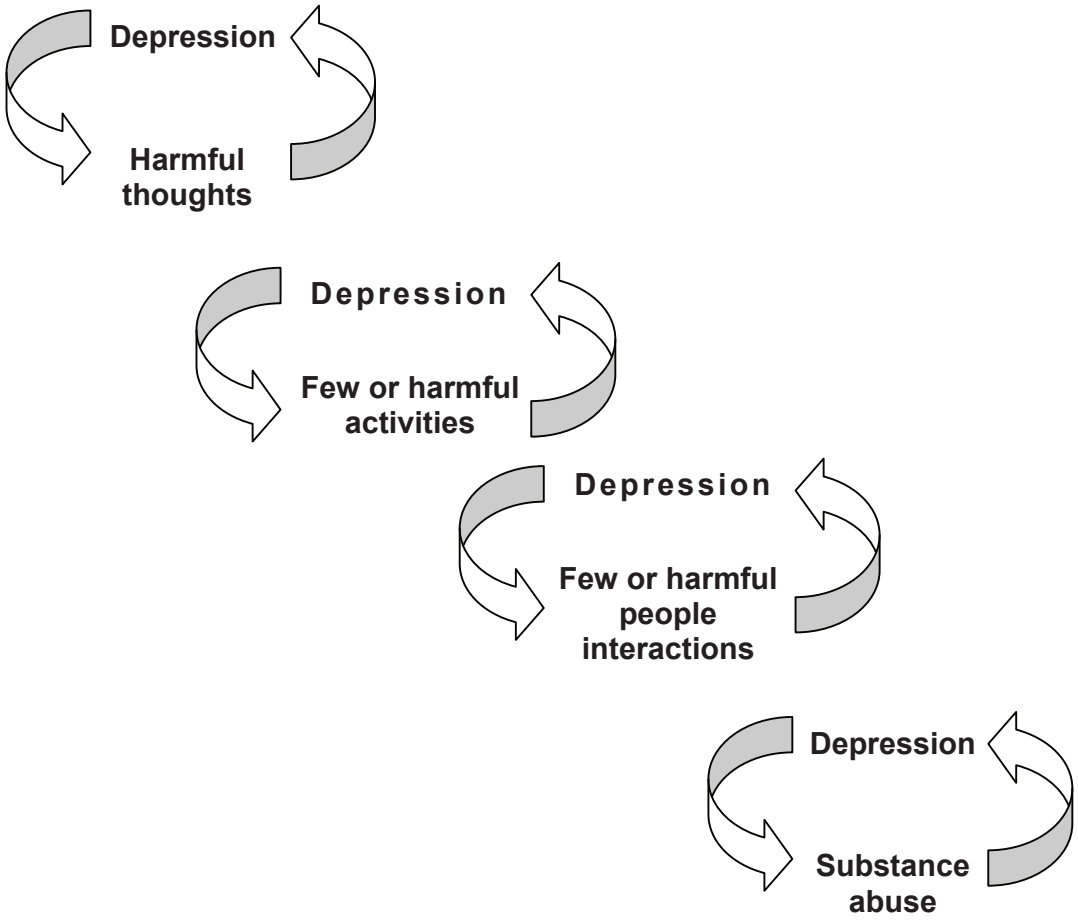
The CBT Circle



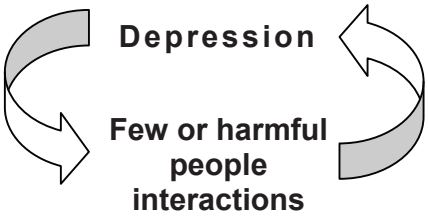
CBT helps break this cycle of depression by teaching you that for each of these factors—thoughts, activities, people interactions, and substance abuse—there is a part that you can manage and change.

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 people interactions.



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 Session 1 and Session 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.



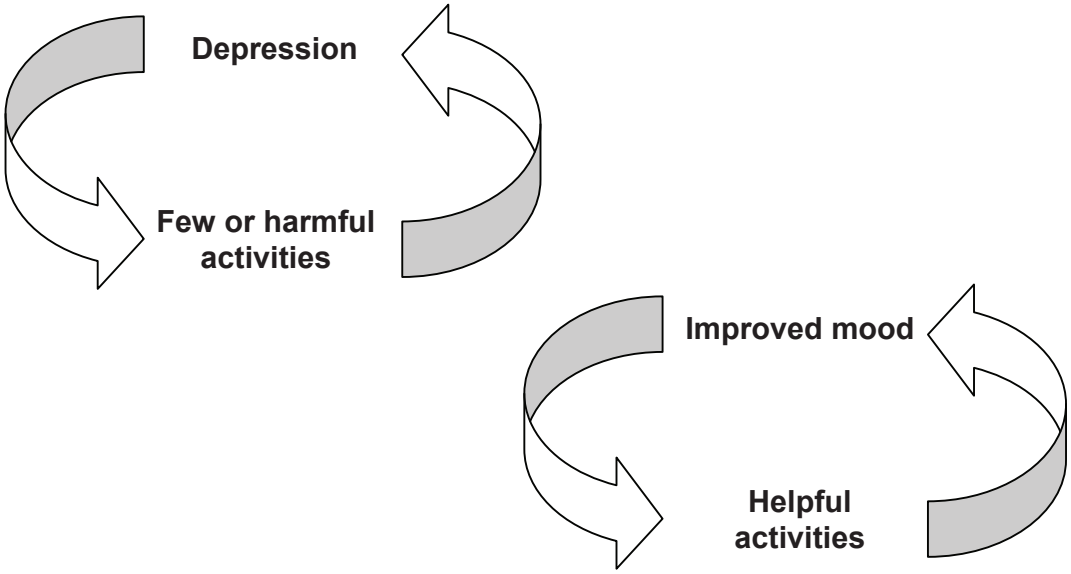
Review

Practice

If you were part of the CBT group for the last module ("Activities and Your Mood"), 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. ***Do one of the steps*** you wrote down to work towards your short-term goal.
3. ***Do another new activity.***

Last Module



Key messages from the last module are:

Session 1: Doing Helpful Activities to Improve Your Mood

- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing helpful activities can help you feel better. And when you feel better, you will feel more like doing helpful activities.

Session 2: Doing a New Activity

- Because of your depression, it may feel difficult to get started doing helpful activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.

Session 3: Overcoming Obstacles to Doing Helpful Activities

- You can use problem solving to help you find solutions to what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.

Session 4: Doing Helpful Activities to Shape Your Future

- To feel good, it is helpful to have daily reasons to enjoy life (activities) and something to look forward to (short-term and long-term goals).
- You can reach your long-term goals by doing short-term activities.
- By setting goals and doing activities, you can shape your future.

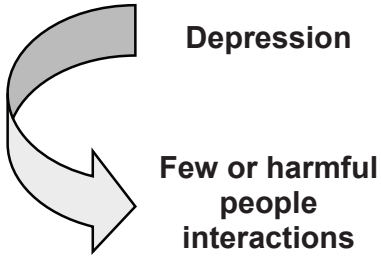
NEW TOPIC: THE CONNECTION BETWEEN DEPRESSION AND HELPFUL INTERACTIONS WITH PEOPLE

The Importance of Helpful Relationships

The contacts you have with other people can have a positive effect on your mood, thoughts, and behaviors. Other people can help you handle problems, and they can share life's pleasant moments.

How does depression affect the way you relate to other people?

When you feel depressed, you might:

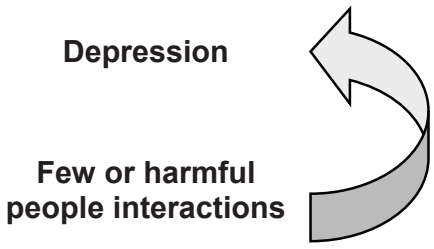


- Have less contact with people and avoid people
- Be more irritable
- Have more conflict or tension with others
- Feel more uncomfortable around people
- Act quieter and less talkative
- Be more sensitive to being ignored, criticized, or rejected
- Trust others less

How do your interactions with other people affect your mood?

When you have less contact or harmful interactions (for example, frequent conflicts or abusive interactions) with other people you might feel:

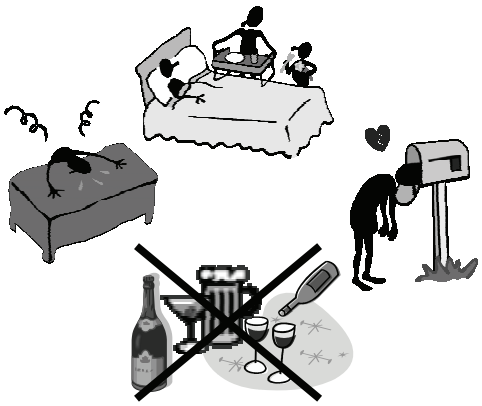
- Alone
- Sad
- Angry
- Like no one cares
- More depressed



The Link Between People Interactions and Mood: A Chaining Activity



The cycle of depression can begin with a straightforward fact or event.



- You lose a job.
- You lose a friend due to a move.
- You don't have contact with your family.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped using drugs or alcohol.

The chaining activity illustrates how your mood can get better or worse depending on how you respond to the fact or event.

Instructions

1. In the table on the next page, **write a statement of fact or an event** on the line next to #5.

2. Think about an interaction with someone that would bring your mood down. You can also think about how *avoiding* contact with people might bring your mood down. What interaction (or lack of interaction) with people might bring your mood down just a little? **Write that interaction next to #4.**

3. Think of a continuous chain of interactions with people that make you feel worse, until your mood is at its lowest. Write that chain of people interactions on lines #3, #2, and #1.

4. Complete the rest of the chaining activity going up. What is a people interaction that would make your mood improve just a little? Write that interaction next to #6.

5. Fill in lines #7 and #8.

6. What people interaction would make you really happy? Write that next to #9.

Example



Best mood	**9.**	Invite my friend to dinner.
↑	**8.**	Call my friend to try to resolve the argument.
	7.	Write my friend a letter expressing my feelings about our fight.
	6.	Talk with another friend to get advice.
Okay/ average mood	**5.**	**My friend and I had a fight.**
↓	**4.**	Tell my partner that my friend is awful.
	3.	Don't call my friend when we usually talk.
	2.	Ignore my friend when I see her.
Worst mood	**1.**	Cancel the trip we had planned.

Your Chaining Activity 

Best mood	**9.**	
↑	**8.**	
	7.	
	6.	
Okay/ average mood	**5.**	**Statement of fact:** _____
↓	**4.**	
	3.	
	2.	
Worst mood	**1.**	

The chaining activity illustrates that:

- Your interactions with people—or lack of contact—affects how you feel.
- You have some choice in how you interact with other people, who you interact with, and how you spend your time together.
- Helpful interactions with people are likely to lead to more helpful interactions, bring your mood up and support your recovery.

Your Social Support Network

Your social support network is made up of the people who are near you such as family, friends, neighbors, co-workers, and health care providers.

1. Each square on the next page is labeled for a type of support that people can give you:

- Practical support
- Advice or information
- Companionship
- Emotional support

2. Think about people who give you each kind of support. Write their names in the squares. For example, who helps you with practical, everyday things? Who would give you a ride to the doctor or hospital, loan you something, or help you move?

3. The same name can be written in more than one square.

For example, if your doctor gives you advice, you would write that name (or just "doctor") in the Advice square. If your brother gives you practical support, emotional support, and advice, write his name in all three squares.

4. If you have a square with no names in it, put a question mark in that square.

5. Social support goes two ways. Who leans on you for practical support, advice, companionship, or emotional support? Write the names of the people you support in the squares.



Mapping Your Social Support Network

Practical Support

Who would drive you to the hospital? Loan you something?

Who supports you?

Who do you support?

Advice or information

Who do you ask for advice if you are ill or don't understand how to do something?

Who supports you?

Who do you support?

Companionship

Who is good company? Who will walk around the park with you, or share your joys?

Who supports you?

Who do you support?

Emotional support

Who do you share your feelings with? Who encourages you, or helps you feel less depressed?

Who supports you?

Who do you support?

1. Balance your social support network

After you have completed the squares, what do you notice?

- How many people did you think of?
- Where do you have plenty of support?
- Where are the gaps in support?
- Whose name did you write down a lot?
- Do you rely too much on one person?

2. You may need to make friends who do not use drugs or alcohol

If you have recently stopped using drugs or alcohol, you may notice that most of the contact you have with other people involves drugs or alcohol. This "People" module of CBT will help you think about how to make new friends that offer healthy, positive support.

3. It will improve your mood to be supportive of other people

No matter how hard our own lives are, most of us find that it feels good to help somebody else.



- Who do you support?
- Who would count you as part of their social support network?

Meeting New People

The easiest way to meet people is to do something that you like doing, and do it in the company of other people. Even if you don't make a new friend, you will do something pleasant, you won't feel like you wasted your time, and there won't be any pressure on you to meet people.

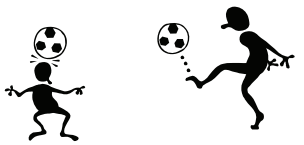
If you are in recovery from using alcohol or drugs, you will need to think of new activities that don't involve drinking or using drugs, and that allow you to meet people who do not drink or use drugs.

New friendships develop slowly. You can test a new acquaintance for trustworthiness and keep yourself physically and emotionally safe by taking small steps.

- You could make plans to have coffee. Meet in a public place, don't make a commitment to spending a long time together, and take care of your own transportation. Make similar arrangements for the next few times you get together.
- The next step might be to meet for dinner or a movie.
- Later, you might agree to share a ride, or spend more time together.

What activities could you do around other people?

- Attend church.
- Go dancing.
- Play softball.
- Attend sports events.
- Hear a free music concert in the park.





- Go to Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meetings.
- Volunteer (at an animal shelter or litter pickup day, for example).
- Help a neighbor mow the lawn.
- Join a club.
- Go to a museum, movie, or play.





KEY MESSAGES

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.



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 projects 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. Choose how you want to increase your helpful interactions with people.

- **Write your ideas** for helpful activities with others in the chart.
- **Do one** of the activities before next session.

3. Think about ways to make your social support network stronger. *How could you meet people who offer what you don't have enough of now?*

- Practical support?
- Advice?
- Emotional support?
- Companionship?

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	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**

Increasing Your People Interactions

- What activity could you do in the next few days ***where other people are around*** that might be helpful, pleasurable, relaxing, or enjoyable?
- What do you think your mood might be after you do this activity?
- Choose one idea and do it before the next CBT session.

Activity with other people around	**Your mood**
Examples: Attend the CBT group Call a friend	**Examples:** Hopeful Happy
Your examples	**Your examples**



Feedback

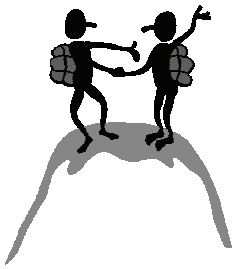
The group leaders will ask for your comments about how the session went. They might ask the following questions:

- 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 the next session, we will talk about the relationship problem areas that might be making your depression worse.



SESSION 2: WHAT GETS IN THE WAY OF GOOD RELATIONSHIPS?

PURPOSE

- Review the relationship between your mood and your interactions with people.
- Explore the relationship problem areas that can cause depression.
- Learn strategies for managing relationship problem areas.
- Talk about managing your mood by making choices about the people you spend time with.

OUTLINE

I. Announcements

II. Review

III. New Topic: What Gets in the Way of Good Relationships?

- A. Relationship Problem Areas
- B. Grief and Loss
- C. Role Changes
- D. Disagreements

IV. Key Messages

V. Practice

VI. Feedback

VII. Looking Ahead



ANNOUNCEMENTS

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

Is there anything you need to let the leader 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.

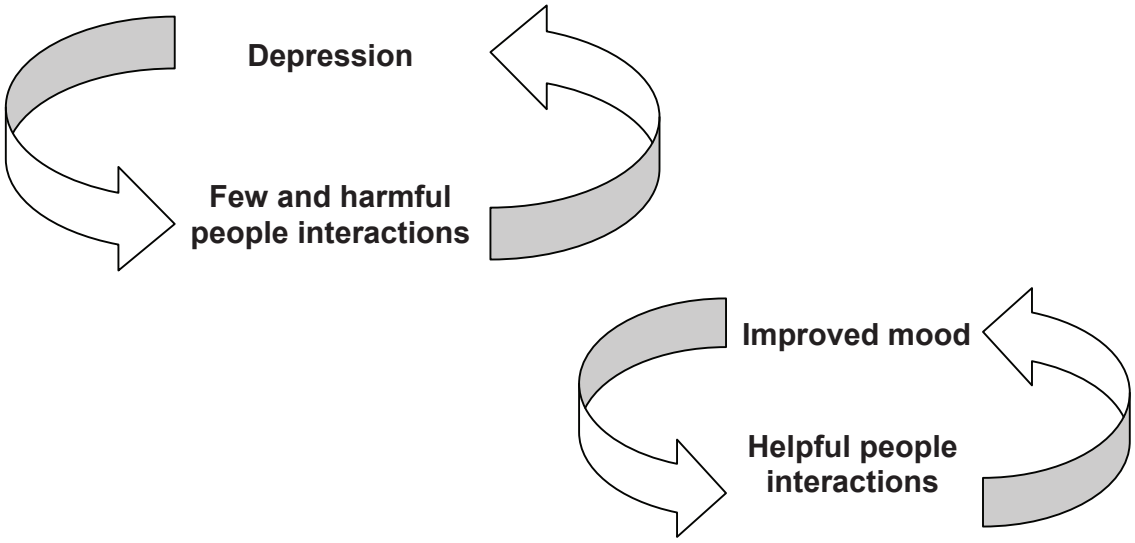
2. Choose how you want to increase your helpful interactions with people.

- **Write your ideas** for helpful activities with others in the chart.
- **Do one** of the activities before next session.

3. Think about ways to make your social support network stronger. *How could you meet people who offer what you don't have enough of now?*

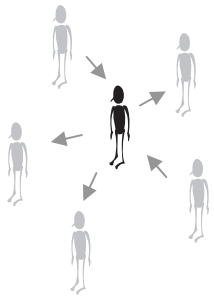
- Practical support?
- Advice?
- Emotional support?
- Companionship?

Last Session



Key messages from last session were:

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.



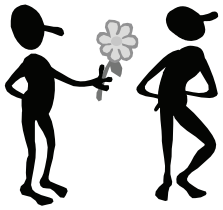
NEW TOPIC: WHAT GETS IN THE WAY OF GOOD RELATIONSHIPS?

Relationship Problem Areas

Even the best relationships with other people may not be free of disagreements. But three specific problem areas in your relationships could add to your depression.

Questions to think about:

1. Grief and loss



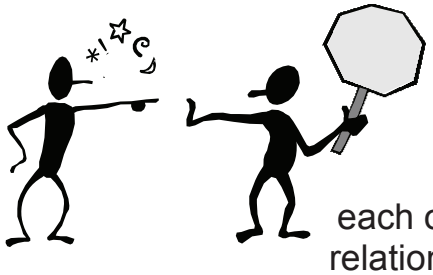
Have you lost someone important to you due to death, illness, divorce, break-up, moving, or some other kind of separation? Have you lost friends and acquaintances because you have made a positive lifestyle change, like becoming sober?

2. Role changes

Has your position in life changed recently?

For example, have you recently lost a job, moved, or started working on your sobriety? Have your children grown and left the house? Have you become a caretaker for somebody who is ill, or have you become ill yourself?





3. Disagreements

Have you had disagreements with someone about what you expect from each other or about how to act or feel in the relationship?

Grief and Loss

It is natural to feel very sad about changes in your social support network. You may have lost a husband or wife through death or divorce. A move to a new country or state can mean the loss of a familiar language, culture, or life style. You may have lost a friend because you are no longer drinking and your friend continues to drink.

The feelings in these situations won't be exactly the same, but all can contribute to depression.

If you are experiencing grief, write down what is causing the grief.

_____

_____

Questions to think about:

How has your grief affected your:

- **Interactions with people.** How have your relationships with other people changed since you experienced your loss?
- **Thoughts.** Do you have thoughts and feelings about the loss that cause you to feel depressed? For example, if you have lost a person in your life through death or another cause, do you think "I should have done more for him or her." Do you feel regret or guilt?
- **Behavior.** Have you changed how you act since your loss? How? Have you stopped doing the activities you enjoy?



Managing grief and loss

Managing your grief does not mean that you should forget about your loss. It means that you can feel the loss deeply, but continue to live your life without depression.

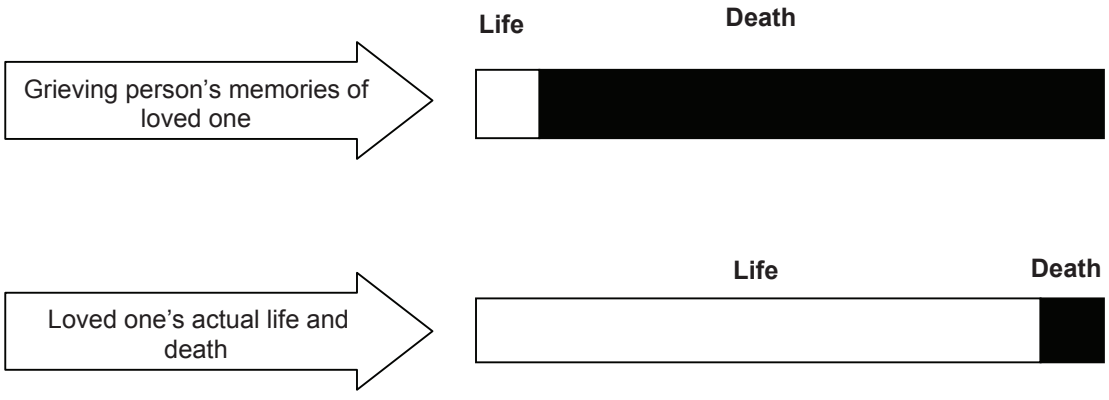
How can you live a healthy, fulfilling life? Look for solutions in the same way that CBT looks at depression—in terms of your people interactions, thoughts, and activities.

Interactions with People. Ask other people, including group members, how they have managed grief and sadness, and how they take care of their emotional and physical health even while grieving.

Use the support of family and friends. Who could you reach out to for support? Write their names on the line.

_____

***Thoughts*.** Memories are thoughts, and you can manage your thoughts to help you feel better.



It is common for someone whose loved one has recently died to focus on the death. Try to think about the person's whole life, and focus on pleasant memories. Write a pleasant thought about the person's life on the line below.

_____

Sometimes we lose significant people in our lives due to other unpleasant circumstances such as betrayal or rejection. Write a pleasant thought about yourself that can be helpful when coping with this type of painful situation.

_____

***Behavior*.** You can do activities that help you take note of your loss, honor the person who is gone, and move on. For example, if the person has died, you could go through rituals or cultural customs such as having a memorial service or special church service.

If you have lost an important person for another reason, you will no longer be able to spend time doing things with that person. Instead, you will have to build into your life other pleasant or meaningful activities.

Think of an activity you could do in the next week that would help you feel better. Write it on the line below.

_____

Activity I could do

Role Changes

We all play several roles in our lives. Roles include:

Wife	**Waitress**
Husband	**Truck driver**
Parent	**Drinker**
Child	**Drug user**
Boss	**Sober person**

Our roles change during our lives. As your children grow up, your role as a mother or father will change. If you lost a job, you may no longer think of yourself as a "worker." If you have recently stopped using drugs or alcohol, you are no longer a "user."

Your feeling of depression may be connected to a recent role change. ***What role changes are you experiencing?*** Describe them on the lines below.

_____

_____

What are your feelings about your role changes? You may have many feelings at the same time. Write some of your feelings below. (See some examples of feelings on page 42.)

_____

_____

Managing role changes

How could you build a healthy new life, even though your role has changed?

What would be the best outcome for you, or the best thing to happen for you, given that your role has changed?

_____

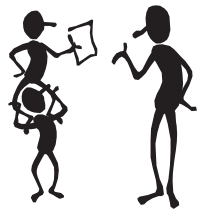
_____

What can you do to increase the chance that this will happen?

_____

_____

Interactions with People. Who can help you adapt to these life changes? Talk with others, including other group members, about how they have managed big changes in their lives. How did they get help from other people?



Write one idea for interacting with people that could help you adapt to these life changes.

_____

Thoughts. What are your thoughts about these changes (harmful and helpful)? What is sad or scary about these changes that causes you to be depressed?

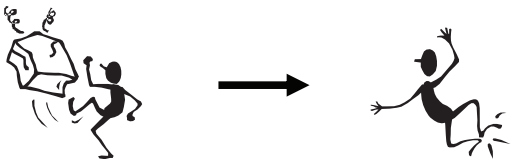


What kinds of thoughts could help you feel better about the changes?

Write one idea on the line below.

_____

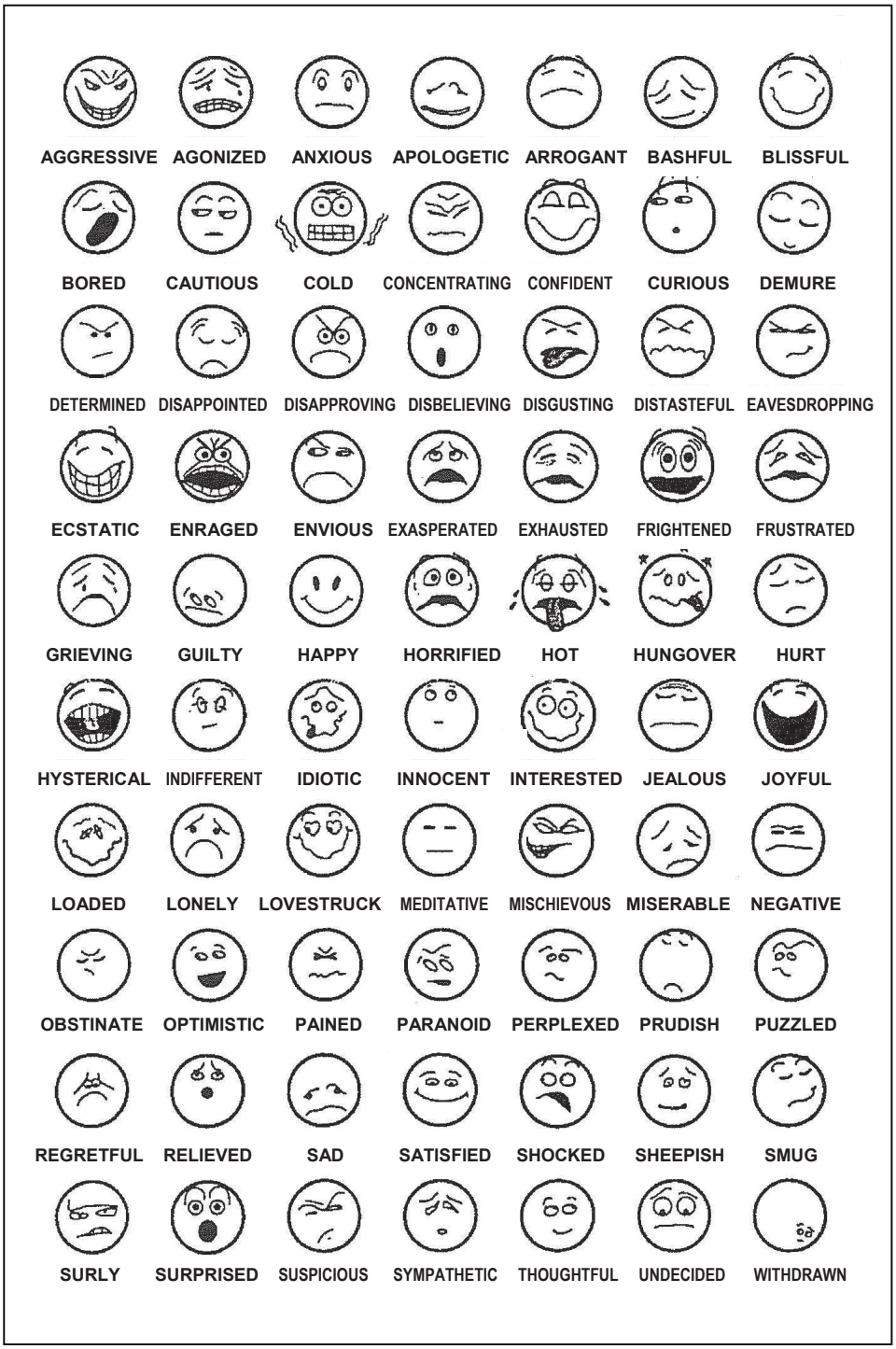
Behavior. What can you do to help yourself adapt to these life changes?



Write one idea for what you could do during the next week on the line below.

_____

Examples of Feelings



Disagreements

Describe a problem or conflict that you have had with another person that contributes to your depression.

_____

_____

Interactions with people. Think about the person you are having problems with.

- What are his or her good points?
- What are his or her bad points?
- How do you think he or she sees the problem? Try to understand that point of view, even if you don't agree with it.
- Is there a solution where you both get something you want?



Thoughts. Think about the conflict you had with this person.

- How does the conflict affect the thoughts you have about yourself?
- How does the conflict affect the thoughts you have about the other person?
- Are there alternative ways of thinking that provide a more helpful view of yourself and the other person?

Behavior. Think about how you act.

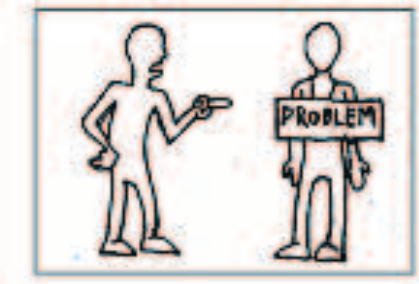
- When you have a problem with this person, how do you act? How does the other person behave?
- Do you act in the same way when you have problems with other people?

Managing disagreements

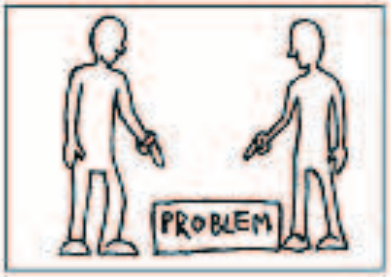


We will apply CBT's problem-solving method rather than attacking the problem from a people/thoughts/behavior perspective. However, you will see that CBT ideas about helpful people interactions, thoughts, and activities are part of the solution to managing disagreements.

Step 1. Identify the problem. Try and think of the problem as outside both of you instead of inside either of you.



Versus



Seeing the problem as inside of you or another person	***Seeing the problem as outside of you or another person***
Your problem is …	The problem is …
You are lazy.	The dishes need to be done.
You never help me.	There is a lot of work to do and we are both very busy.
Everything you do annoys me.	My depression is the real problem. It makes me more irritable.

Step 2. Think about all the possible solutions without deciding whether they are good or bad.

"Brainstorm" some possible solutions that would not be destructive for you or anybody else.

- We could …
- I could …

In your thinking, imagine one or two realistic results that would be good for you. Then focus on what you can do to increase the chance that one of these healthy outcomes will happen.

Step 3. Rate the solutions. If the solution would work for you, rate the solution positive with a **+** sign. If it would not work for you, rate it negative with a **–** sign. If you are working on this together with another person, the other person would do the same thing.

Brainstorm possible solutions	**Your ratings** **+** = positive **-** = negative	**Other person's ratings** **+** = positive **-** = negative
1.		
2.		
3.		

Step 4. Choose the solution that both of you rate as positive. Or choose the best solution, or a combination of solutions, and try them.

Step 5. Try the solutions you picked and find out how well they work. Then think about the problem again and consider new solutions if you need to.

Safety in Relationships Is the #1 Priority

The skills you learn in CBT can make a relationship healthier for you. However, there are times when a relationship is not healthy and you should leave it. For example, if you have a friend who keeps using or who is hurting you.

As you think about the conflicts you have had with other people, think about your safety. How safe have you been recently in your conflicts with other people?

1. **Did you feel afraid or worried about your safety?**

   Yes ___ No ___

2. **Did you or someone else say something that was hurtful or scary?**

   Yes ___ No ___

3. **Did someone push, shove, kick, or hit you?**

   Yes ___ No ___

4. **Did you push, shove, kick, or hit someone else?**

   Yes ___ No ___

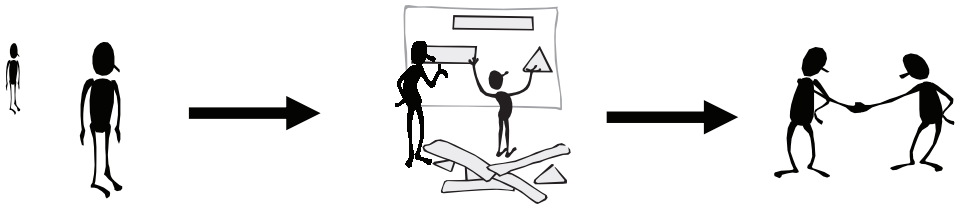


If you are being abused, or if you are abusing somebody, there are places where you can get help. Ask your group leader or counselor for a referral. We cannot provide therapy for abuse issues in the group but we CAN help you get the help you need.



KEY MESSAGES

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.





PRACTICE

1. Continue tracking your mood using the mood scale. Notice at the bottom of the Quick Mood Scale that we have added a place where you should keep track of about how many helpful and harmful contacts with people you have each day. Eventually, you will probably notice that on the days when you have more helpful interactions with people, your mood will be better.

2. Think of an activity that you could do with another person and that would improve your mood. ***Do the activity.***

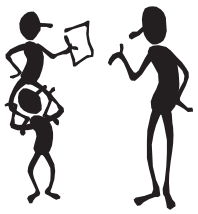
3. Choose one relationship problem area to focus on:

- Grief and loss
- Role changes
- Disagreements

I choose to work on:

Write your ideas on the lines. To manage this problem area, how could you change:

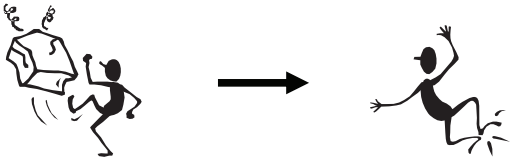
- The way you interact with people?



- Your thoughts?



- Your behavior?



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.
- Try to remember how many positive contacts with people you have each day. Also count the number of negative contacts you have each day. Write the numbers at the bottom of each column.

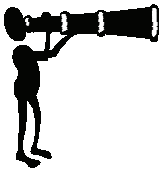
Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**9**	**9**	**9**	**9**	**9**	**9**	**9**
	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**5**	**5**	**5**	**5**	**5**	**5**	**5**
	4	**4**	**4**	**4**	**4**	**4**	**4**
	3	**3**	**3**	**3**	**3**	**3**	**3**
	2	**2**	**2**	**2**	**2**	**2**	**2**
Worst mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful interactions with people did you have?							
How many harmful interactions with people did you have?							



Feedback

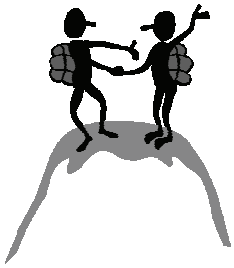
The group leaders will ask for your comments about how the session went. They might ask the following questions.

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



Looking ahead

The next session, Session 3 in "People," will focus on how you can improve your communication with other people to improve your mood.



SESSION 3: GOOD COMMUNICATION IS KEY TO IMPROVING YOUR RELATIONSHIPS AND YOUR MOOD

PURPOSE

- Understand that communication can be another problem area in relationships.
- Learn how to listen actively.
- Understand that assertive communication can help improve your relationships and your mood.
- Learn how to make requests assertively.
- Learn how to express your feelings and thoughts assertively.
- Continue looking at positive choices you can make about how you interact with people.

OUTLINE

I. Announcements
II. How Have You Been Feeling?
III. Review
IV. New Topic: Communication Skills for Building Better Relationships and Improving Your Mood
    A. Listening Well
    B. What Is Your Communication Style?
    C. Three Basic Communication Styles
    D. Making Requests Assertively
    E. Expressing Your Feelings and Thoughts Assertively
V. Key Messages
VI. Feedback
VII. Practice
VIII. Looking Ahead



ANNOUNCEMENTS

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

Is there anything you need to let the leader 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

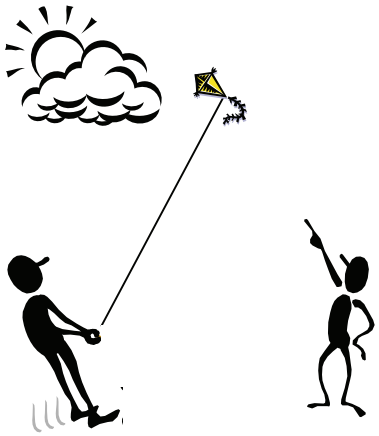
Practice

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

1. Keep track of your moods and your helpful and harmful people contacts using the Quick Mood Scale.

2. Think of an activity that would improve your mood and that you could do with another person.

Do the activity.



3. Choose one relationship problem area to focus on.

- Grief and loss
- Role changes
- Disagreements

To manage this problem area, think about how you could change:

- The way you interact with people
- Your thoughts
- Your behavior

How did your practice go? What activity did you do with another person? What ideas did you have to help manage grief or loss, role changes, or disagreements?

Last Session

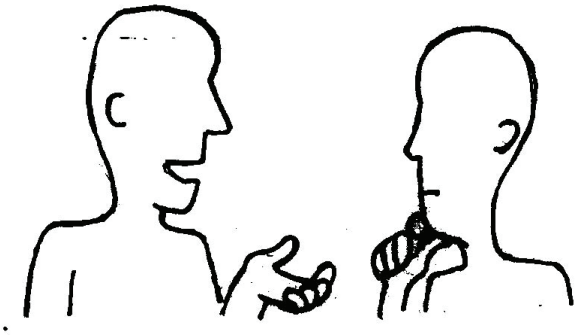
What do you remember most from last session?

Key messages from last session are:

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.

NEW TOPIC: COMMUNICATION SKILLS FOR BUILDING BETTER RELATIONSHIPS AND IMPROVING YOUR MOOD

In this session, the focus is on communication, including both listening and talking. Good communication is important no matter what other relationship problem areas you are working on.

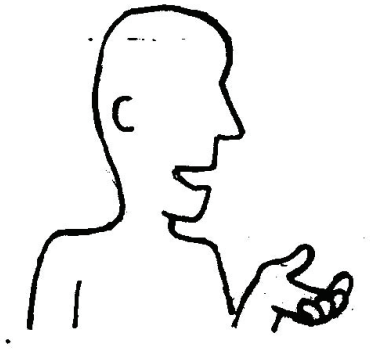


Listening Well

Active listening is the key in any relationship. Active listening means to give your full attention to the conversation and hear everything the other person says. Try doing some active listening.

- Get together with one other person in the group.
- Take turns talking about what kind of person you are trying to become. Each person has about five minutes to talk.
- The other person will not interrupt you.

If you are the speaker, think about the following.



Is your partner listening to you? How do you know?

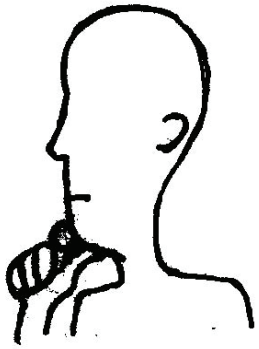
What did your partner do that helped you know he or she was listening?

What was not so helpful about what your partner did?

How do you feel? Did it improve your mood to share your thoughts and feelings with somebody who was really listening?

If you are the listener, think about the following.

Try to show that you are really listening.



Notice your partner's tone of voice and body language in addition to the words; they communicate too.

Did you understand how your partner felt?

What did your partner say that was most important to him or her?

After your partner is finished talking, restate what you think your partner said, using your own words. Say: "Let me see if I get what you mean…"

Ask your partner whether you understood both the facts and the feelings. Give your partner a chance to explain if you didn't hear or understand correctly.

How do you feel? Did it improve your mood to be a good listener for somebody who was sharing thoughts and feelings?

Active listening—whether you are the speaker or the listener—makes your interaction with people healthier and can improve your mood.



What Is Your Communication Style?

To improve and manage your mood, you must identify and express your own feelings, wishes, thoughts, and opinions. People communicate in different ways, but there are three basic communication styles.

Three Basic Communication Styles

Style	Description	Example (situation: waiting in a long line)	Example (situation: conflict with another person)	Example (situation: leading a group)	Respects wishes of others	Respects own wishes
Passive 1	Holding in or withholding how you feel or think.	I guess there's nothing I can do. I'll just go home.	(Saying to self) Oh no, when will this ever end?	Umm, umm . . . I'm waiting . . . come on guys.	Yes	No
Aggressive 2	Expressing your thoughts or feelings in outbursts—shouting, yelling, arguing, throwing things, or hitting people.	Look, I've been waiting for over an hour! When is someone going to help me? You guys must be completely incompetent!	You are an evil person! Everything you do is just to drive me crazy!	Will you all just shut up!	No	Yes
Assertive 3	Expressing positive or negative feelings and thoughts calmly, honestly, and respectfully.	Excuse me, I know you're really busy, but I really need some information about my housing application. Is there someone I can talk to?	I feel badly when you put me down and I don't like how I feel when I put you down. Can we talk about what we can do to be kinder to each other?	I know you all have things to say, but please take turns talking.	Yes	Yes

Questions to think about:

- If you were _____ (passive, aggressive, or assertive), how might you get your point across?

- If you were _____ (passive, aggressive, or assertive), how well do you think others would understand your request?

- If you were _____ (passive, aggressive, or assertive), how would you feel?

- If you were _____ (passive, aggressive, or assertive), how do you think others would feel about you?

What Is Your Communication Style?

Which communication style do you tend to use?

_____



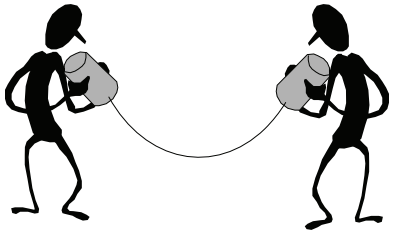
How do you think it affects your mood?

_____

Which style is most likely to improve your mood?

_____

An assertive communication style:



- Respects your feelings, wishes, thoughts, and opinions and is the most likely to help your mood.
- Respects the feelings, wishes, thoughts, and opinions of other people.
- Allows you to make requests clearly and respectfully.
- Allows you to express your feelings and thoughts.
- Increases the chance (with no guarantee) that you will get what you need or want. Remember, others may—or may not—do what you want them to do. You may need to compromise.
- Decreases the chance that you will be forced to do something you do not want to do.

Making Requests Assertively

Assertiveness means being able to make positive, clear, direct requests.

- You ask for what you want and need.
- Others will know what you want and need and can better help you.
- You can choose to ask for support, respecting the rights of others to say no.

Steps for making a request assertively:

1. ***Decide what you want or need.***

2. ***Identify who can help you.***

3. ***Choose words to ask for what you need in a way that is clear and direct. (Also choose your tone of voice.)***

Examples:

Indirect requests	Direct requests
I'm really tired of washing dishes.	I would appreciate it if you would help me wash the dishes.
I can't be expected to fill out this application without help.	Could you help me fill out my SSDI application?
Boy, the trash can is full. I wonder when you'll be taking out the trash.	Could you please take out the trash in the next half hour?
I sure am worried about my sugar level.	Doctor, will you check my sugar level please?
I wonder if I am HIV positive.	I would like to be tested for HIV.
Don't tell me you brought beer here.	Please don't bring alcohol to my house under any circumstances.

4. Tell the other person how it would make you feel if they did what you asked.

5. Acknowledge the person. Be ready to say: "Thank you" or "I am glad that you told me your point of view" or "I know that you are really busy."

6. Respect the other person's right not to do what you request. If you have not been assertive in the past, another person may be surprised by your request and not respond right away. You may not get what you want, but you won't know until you ask! And, if the person is able to say yes, he or she may be more likely to say yes the next time.

Give It a Try: Make a Request

Think of something you want or need. What do you want to ask for?

_____

Who will you ask (friend, family member, doctor)?

_____

What words will you use? What tone of voice will you use? Don't forget to tell the other person how it would make you feel to get what you want or need.

_____

Ask your partner (or the group) what they think. Did your request sound passive, aggressive, or assertive? How did it affect your mood to ask for what you want in this way? Was it more satisfying than "holding it in?"

Expressing Your Feelings and Thoughts Assertively

Assertiveness means being able to express positive or negative feelings and/or thoughts calmly, honestly, and respectfully to another person. This includes saying clearly when you do not want to do something. Expressing how you feel begins with "I statements."

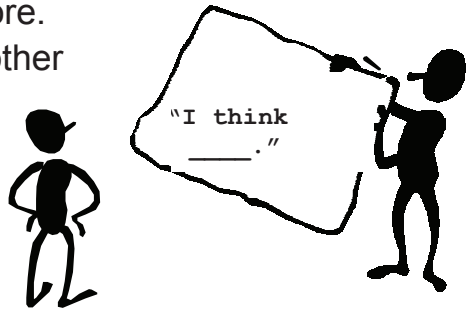
"I feel …."

I feel hurt when you yell at me.
I feel sad when you don't invite me to join you.
I feel angry when you don't answer me.



"I think …."

I think we need to talk things out more.
I think we need to spend time with other people.
I think you have blamed me for something I didn't do.



Some of the same steps you used when making a request apply here, too. For example:

1. Decide what you are feeling or thinking.

2. Decide who you want to express yourself to.

3. ***Decide if there is something you need as a result of your feelings or thoughts.*** The other person may not agree with your way of thinking or understand your feelings. Decide ahead of time if there is something you want to ask for. Ask for what you need in a way that is clear and direct.

4. ***Acknowledge the person*****.** For example, be ready to say: "Thank you."

Give It a Try: Express Your Feelings and Thoughts

Imagine a situation where you express how you feel or think to another person. You might choose to imagine talking with a person who you are having problems dealing with. If you can't imagine what you would say, it might help to imagine that you are in a movie. What words would you say?

_____

_____

_____

How do you think the person would react?

How do you think you would feel if you expressed yourself in this way?



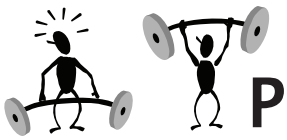
KEY MESSAGES

- You can choose to communicate with others in a way that improves your relationships and your mood.



- Active listening is an important part of communication.

- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.



PRACTICE

1. Track your mood using the mood scale. Continue tracking your mood and the number of helpful and harmful people contacts you have each day.

2. Plan to get together with a supportive person this week. Practice active listening so that you can be supportive too.

3. Decide when and with whom you would like to:

- Make a request assertively.

- Express your feelings and thoughts assertively.

4. Carry out your plan before the next session, and fill out the two "Give it a Try" reports that follow the Quick Mood Scale.

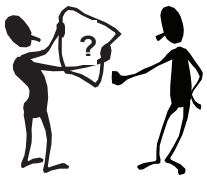
QUICK MOOD SCALE

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.
- Try to remember how many positive contacts with people you have each day. Also count the number of negative contacts you have each day. Write the numbers at the bottom of each column.

Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful interactions with people did you have?							
How many harmful interactions with people did you have?							

Give It a Try: Make a Request



Before

Think of something you want or need. What do you want to ask for?

_____

Who will you ask (friend, family member, doctor)?

_____

What words will you use to ask for what you want or need in a way that is clear and direct? What tone of voice will you use? Don't forget to tell the other person how it would make you feel if they did what you asked of them.

_____

_____

_____

After

How did it go? How did the person react? How did it feel to make a request assertively?

_____

_____

Give It a Try: Express Your Feelings and Thoughts



Before

Imagine a situation where you express how you feel or think to another person. You might choose to imagine talking with the person who you are having problems dealing with. If you can't imagine what you would say, it might help to imagine that you are in a movie. What words would you say?

_____

_____

_____

How do you think the person would react?

_____

After

How did it go? How did the person react? How did it feel to express yourself assertively?

_____

_____



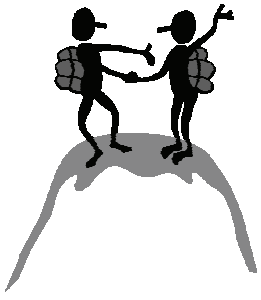
FEEDBACK

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



LOOKING AHEAD

In the next session of the People module, we will talk about obstacles to making changes in relationships. We also will review the People module.



SESSION 4: USING YOUR NEW SKILLS TO IMPROVE YOUR RELATIONSHIPS AND YOUR MOOD

PURPOSE

- Identify obstacles that keep you from improving your relationships with others.
- Learn strategies for overcoming obstacles.
- Discuss the fact that you can choose how you relate to others. Some choices are better than others at improving relationships and your mood.

OUTLINE

I. Announcements

II. Review

III. New Topic: Getting Around Obstacles So You Can Use Your New Skills

   A. Fear
   B. Feeling That You Don't Have the Right to Be Assertive
   C. Old Habits in the Form of Relationship Rules

IV. Key Messages

V. Practice

VI. Feedback

VII. Review of Module: People Interactions and Your Mood

VIII. Goodbye to Graduating Group Members

IX. Looking Ahead to the Next Module



ANNOUNCEMENTS

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

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



REVIEW

Practice

Your practice from last session was:

1. Track your mood using the Quick Mood Scale. Continue tracking your mood and the number of helpful and harmful people contacts you have each day.

2. Plan to get together with a supportive person this week. Practice active listening so that you can be supportive, too.

3. Decide when and with whom you would like to:

- Make a request assertively.
- Express your feelings and thoughts assertively.

4. Carry out your plan before the next session, and fill out the two "Give it a Try" reports that follow the Quick Mood Scale.

How did your practice go?

How did the listener respond when you did active listening?

Was there a time when you were assertive?

What may have happened if you had not been assertive?

What were your thoughts and feelings about yourself or the situation after you were assertive?

Last Session

What do you remember most from last week?

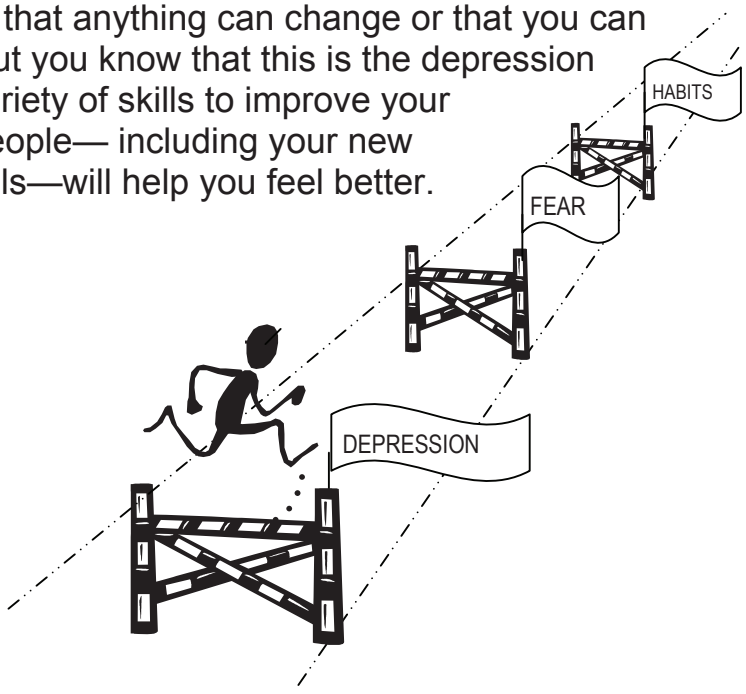
Key messages from last session were:



- You can choose to communicate with others in a way that improves your relationships and your mood.
- Active listening is an important part of communication.
- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.

NEW TOPIC: GETTING AROUND OBSTACLES SO YOU CAN USE YOUR NEW SKILLS

We have talked about how depression affects your relationships with other people. You might feel like being alone, or hesitant to interact with others. Depression also robs you of energy and plants doubt in your mind that anything can change or that you can ever feel better. But you know that this is the depression talking! Using a variety of skills to improve your interactions with people— including your new communication skills—will help you feel better.



You may find that other obstacles get in the way also. In this session, we will help you understand those obstacles and figure out how to get around them so that you can begin using all your new skills to improve your people interactions and your mood.

Other obstacles include:

- Fear
- Feeling that you don't have the right to be assertive
- Old habits in the form of "relationship rules"



Fear

We often have fears or beliefs that may keep us from speaking our mind and being assertive.

Are you reluctant to "rock the boat"? Sometimes it feels easier in the short term to let everything go on in the same way that it has before.

- You don't want to create a conflict.
- People depend on you to be the problem solver, so you don't want to create a problem.
- You feel that if you say no, you will not be loved or liked.

Does assertiveness mean danger for you? "Danger" can be:

- Fear of having your feelings hurt. You might think, "If I'm assertive, and tell someone what I think, then I'll be rejected."
- Emotional or physical danger. You might think, "If I speak up for myself, I'll be humiliated or hit."

Fighting your fears

1. In the first column in the table below, describe a specific situation where you have problems being assertive and speaking your mind.

2. In the second column, describe what bad things could happen if you took a chance on assertiveness.

3. In the third column, describe what good things could happen if you are assertive.

Fighting Your Fears:
What Will Happen If You Are Assertive?

Situation	Bad things that could happen if you are assertive	Good things that could happen if you are assertive

Questions to think about:



- How would you normally act in the situation (passively or aggressively)?
- What thought or fear keeps you from speaking your mind?
- What change would you like to make? Fear of change can imprison us in an unhealthy daily life. By clearly imagining a more healthy life, we can make changes that can make our lives better.



Feeling That You Don't Have the Right to Be Assertive

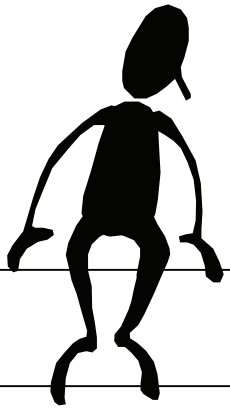
Do you think you have a right to be assertive—to express your feelings, wishes, thoughts, and opinions?

☐ **Yes.**

☐ **No.** If no, why not?

_____

_____



My Rights

1. I have the right to let others know my feelings as long as I do it in a way that is respectful of their feelings.

2. I have the right to let others know my thoughts and opinions as long as I do it in a way that is respectful of their thoughts and opinions.

3. I have the right to request that others change their behavior when their behavior affects me.

4. I have the right to accept or reject anything that others say to me.

5. I have the right to decide whether or not I will do what others ask of me.

You have the right to feel safe!

Tell your group leaders if you are in a relationship in which you are afraid you may be hurt physically. You can get help and support. There are services that specialize in helping people who are in relationships where there is domestic violence.



Old Habits in the Form of Relationship Rules

People often have rules about relationships that guide the way that they interact with others. Some rules are helpful, some rules are rigid.

Examples of Relationship Rules

Harmful rules

"My feelings come last."

"If I make a mistake, then I am bad."

"You can't trust anyone."

"I have to be responsible for everything."

"People always disappoint you."

Helpful rules

"All people have great value, including me."

"Do not abuse or victimize others, and don't let yourself be abused or victimized, either."

"Avoid cruel people."

"You cannot control or be responsible for what other people do or say, only for what you do or say."

"People don't have to be perfect to be loved, including me."

"Notice and show appreciation to people who are helpful and kind."

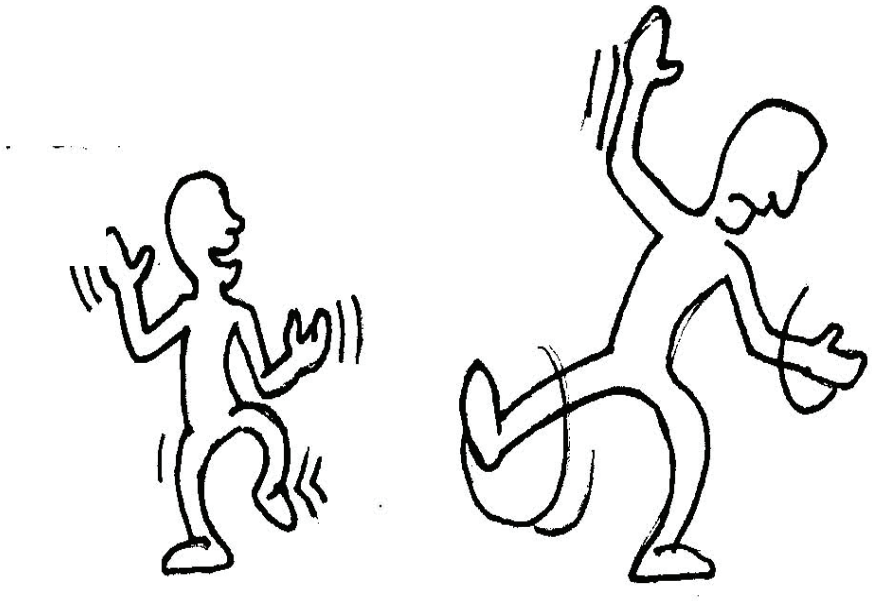
"Treating people with respect and kindness is always appropriate, even if they don't deserve it. And that includes me."

Where do relationship rules come from?

We develop relationship rules when we are children. They come from:

- Our environment
- Our families
- Our experiences
- The way people treat us

Many rules make sense, and when we are young they help us. When we grow older, our environment changes and we have more control over our lives and the types of people who are in our lives. The rules we developed as children may not be useful to us and may even keep us trapped in old roles.



Another way to think about relationship rules

Being in a relationship is like dancing. When we are young, we learn to do one kind of dance. We continue to do that dance as we grow older. But as the music begins to change, our dance may not work as well. We may need to learn some new steps or a brand new style of dancing. Learning new steps is hard at first, but it gets easier with practice!

What rules do you go by when you interact with others? Write two of your rules on the lines. They could be harmful or helpful rules.

Relationship rule #1

_____

_____

Relationship rule #2

_____

_____

Questions to think about:

- Where did your relationship rules come from? What things in your life made you create these rules?
- How have these rules helped you? How have they not helped you?
- How is your life different now from when you first learned your relationship rules?
- Do these rules affect whether you believe you can express your thoughts and feelings to others?

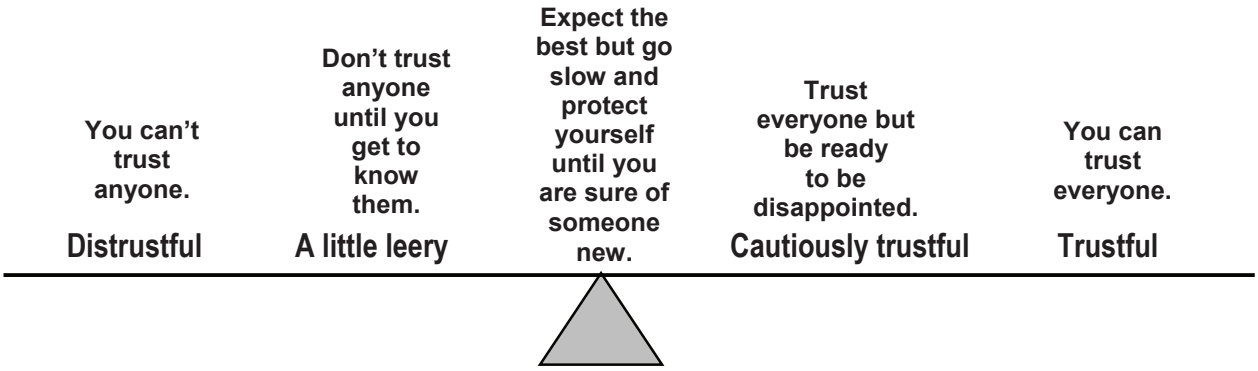


How Can You Change Your Rules to Fit Your Life as It Is Now?

You are in control of your rules! You can change your rules and plan how you want to act with other people to improve your relationships and your mood. Here are two helpful tips.

1. Look for balance. Try making your rules more balanced. For example, many of us make rules about trust. If you distrust everyone and isolate yourself, your mood will be affected. So "You can't trust anyone" will not help your relationships or your mood.

Which rule might be a balanced rule that would improve your mood?



2. Plan ahead how you want to act with others. After you know what rules don't work for you, you can toss them aside and make a conscious choice about how you would like to be with others in a social situation.

For example, if one of your old rules was "I should always try to say yes and not disappoint anybody," you may have discovered that giving to others can feel good, but always saying "Yes" leaves you feeling drained and bad. Try making a new rule that is more balanced.

- What is between always giving and always taking?
- What is between always saying yes and never saying yes?
- What thoughts do you want to have?
- How do you want to act?
- Is there any way that you can set up situations to make it easier for you to use your new rule instead of your old rule?

Relationship Rules

Try examining and changing one of your relationship rules on the following table.

Old Rule (Thought) **Your "old" relationship rule**	**Old Behavior** **How did you act with others with this old rule?**	**Feeling with Old Rule** **How did you feel with this old relationship rule?"**	**New Rule (Thought)** **What might be a "new" relationship rule?**	**Change in Feeling?** **How might you feel with this new relationship rule?**
"Others' feelings come first."	Never say no	Angry	"My feelings can come first sometimes."	Happy, relaxed
Your examples:				



KEY MESSAGES

- You can overcome the obstacles that get in the way of helpful people interactions.
- 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 relationships and your mood.



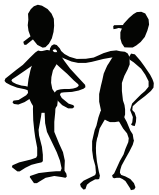
PRACTICE

1. Track your mood and your people interactions using the Quick Mood Scale. Keep track of how many helpful and harmful interactions you have with people.

2. Get together with a supportive person.

3. Decide when and with whom you would like to be assertive in the future and then try being assertive with them.

My Commitment



I will get together with this supportive person in the next week.

_____



I will be assertive with this person in the next week.

_____

_____

Your Signature

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.
- Try to remember how many positive and negative contacts with people you have each day. Write the numbers at the bottom of each column.

Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful interactions with people did you have?							
How many harmful interactions with people did you have?							



FEEDBACK

- What was helpful about today's session?
- What was less helpful?
- What will you remember from the People module?

REVIEW OF MODULE: "PEOPLE INTERACTIONS AND YOUR MOOD"

Over the past four sessions, we have been focusing on relationships with others and making changes in specific problem areas.

- What did you learn about relationships or relationship problems that was most helpful, in terms of improving your mood?
- What did you find less helpful?
- What message or ideas will you take away from this module?

The key messages from the People module are:

Session 1: Your People Interactions and Mood Are Connected

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.

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

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.

Session 3: Good Communication Is Key to Improving Your Relationships and Mood

- You can choose to communicate with others in a way that improves your relationships and your mood.
- Active listening is an important part of communication.
- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.

Session 4: Using Your New Skills to Improve Your Relationships and Your Mood

- You can overcome the obstacles that get in the way of helpful people interactions.
- 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 relationships and your mood.



GOODBYE TO GRADUATING GROUP MEMBERS

If you have completed all the 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?

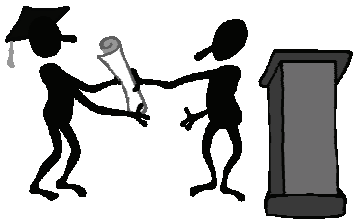
2. What have you learned that will help you reach some of your goals?

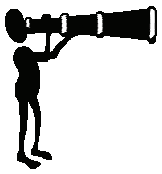
3. How will you get support in your everyday life when you are no longer coming to group meetings?

4. What will you do the next time you feel depressed?

5. What will you do the next time you feel like using?

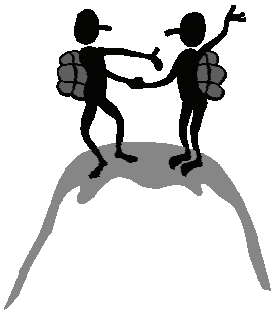
If you still feel depressed, tell your group leader, and he or she will help you get further treatment.





LOOKING AHEAD TO THE NEXT MODULE

The next module is called “Substance Abuse and Your Mood.” We will discuss the connection between substance abuse and depression.



RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND SUBSTANCE ABUSE

Alcoholics Anonymous (AA)
1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)
1-800-826-3632
www.dbsalliance.org

Narcotics Anonymous (NA)
www.na.org

National Alliance for the Mentally Ill (NAMI)
1-800-950-6264
www.nami.org

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

Recovery Inc. (self-help program for mental health)
1-312-337-5661
www.recovery-inc.org

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE

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.

GROUP MEMBER'S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

A Group Cognitive Behavioral Therapy for Depression in Clients with Co-Occurring Alcohol and Drug Use Problems

Substance Abuse and Your Mood



RAND HEALTH

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This workbook belongs to:

_____

(Name)

_____

(Date)

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SESSION 1: DEPRESSION AND SUBSTANCE ABUSE

PURPOSE

- Learn about the connection between mood and substance abuse. (In this module, we use the term “substance abuse” to refer to all kinds of drug and alcohol addiction.)
- Recognize that the same kinds of thoughts and behaviors that can help you recover from depression may also help you recover from using drugs and alcohol.

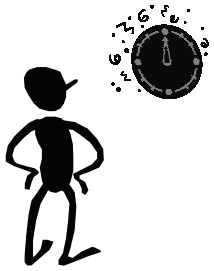
OUTLINE

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: Your Mood and Substance Abuse Are Connected
    A. How Does Your Mood Affect Your Use of Drugs or Alcohol?
    B. How Does Using Drugs or Alcohol Affect Your Mood?
    C. Notice Your 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.



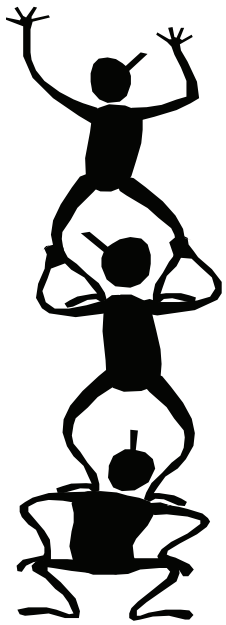
3. Maintain the confidentiality of the group.
Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

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 on your own will help you learn how to use the skills you learn and make it more likely that you will get well.

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

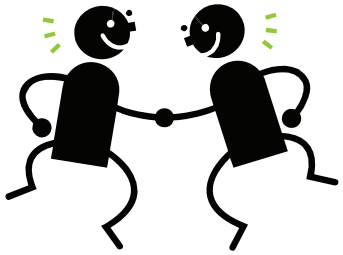
Group Leaders

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.

Now group members will introduce themselves. We will be talking about your experiences with depression or substance abuse 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 feels sad at some point in their lives.
- 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

- Use of drugs or alcohol
- 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?

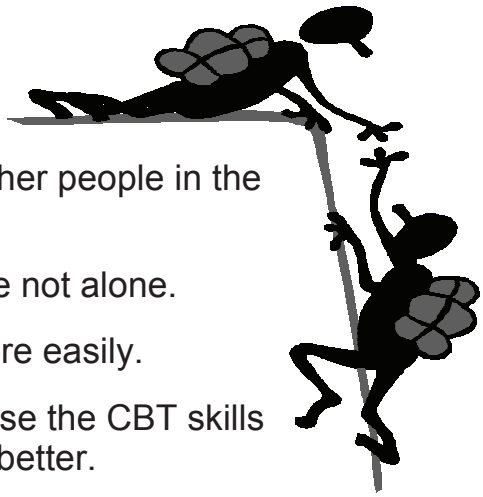
This treatment provides a specific kind of help—Cognitive Behavioral Therapy, or CBT for short—to people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

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.
- Learn how staying free of drugs or alcohol can improve your mood.

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
  - Interactions with other people.
- Improve the way you feel and support your recovery.

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?

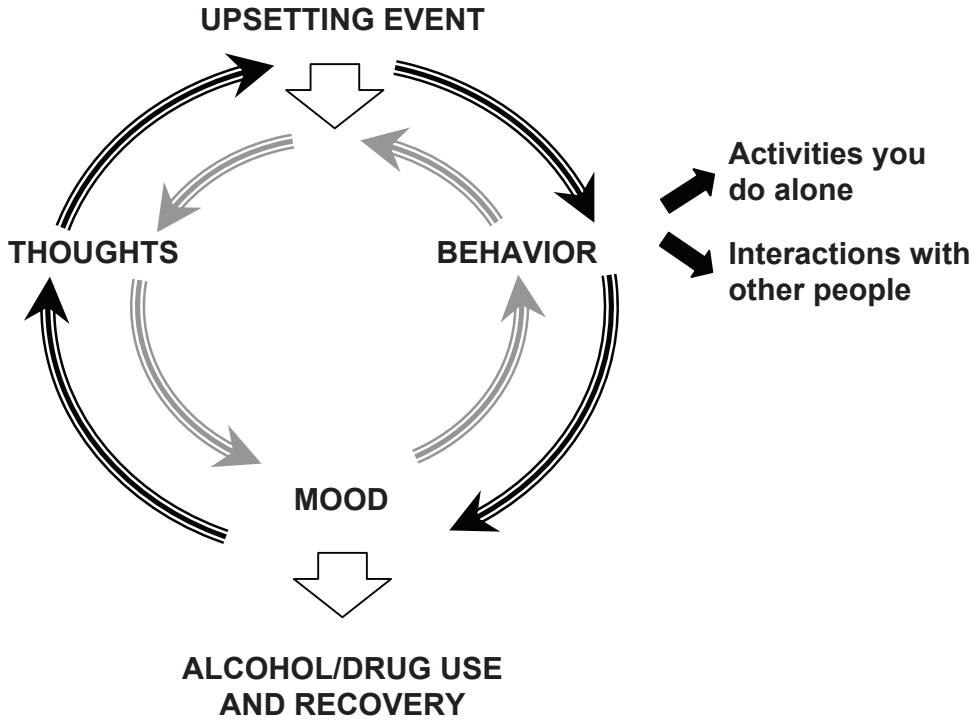
Cognitive refers to **thoughts**.

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.

Because this CBT program is for people with depression and substance abuse, we will also discuss how mood and substance abuse are connected.

The CBT Circle



This CBT treatment program is organized into four 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**
- Module: How **using drugs or alcohol** affects your mood **= 4 sessions**

Total CBT sessions = 16 sessions

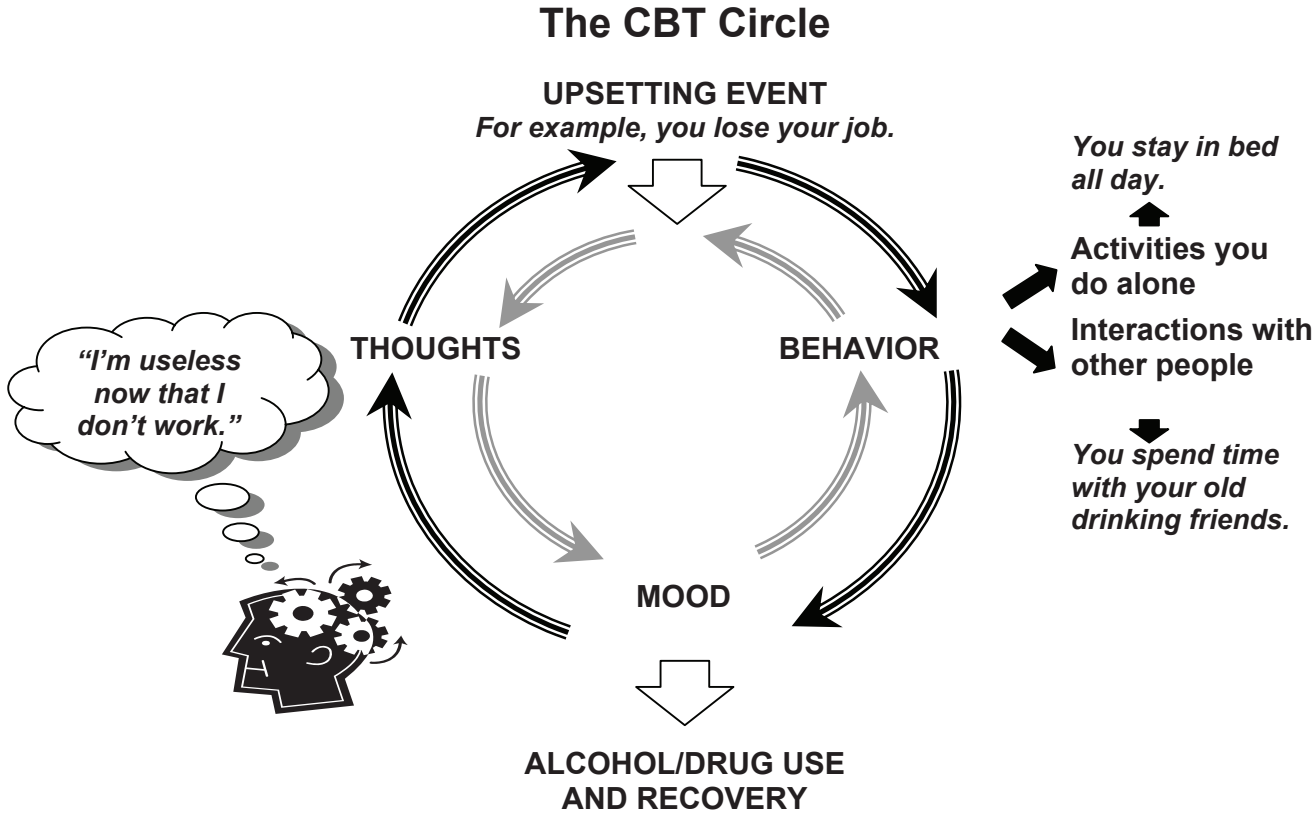
Group members can join the group at any module. However, each group member must begin with Session 1 of a module. That means that if the Activities module is #1 for you, the People Interactions module will be #2.

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?

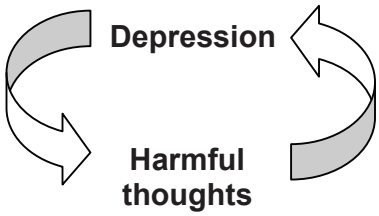
Using the CBT Circle, we can understand the cycle of depression. An upsetting event might happen such as losing a job or the death of a relative. An upsetting event can also be less extreme, such as being late to work or having a disagreement with a friend. These upsetting events are real, and almost anyone would feel a certain amount of sadness, anger, or frustration because of them. But other factors can add to your suffering. They include:

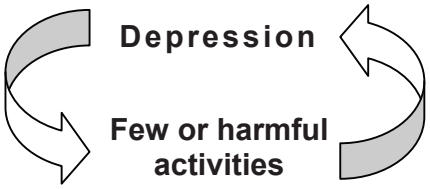
- Your thoughts.
- The way you act (your behavior).
- Interactions you have with other people.
- Use of drugs or alcohol.

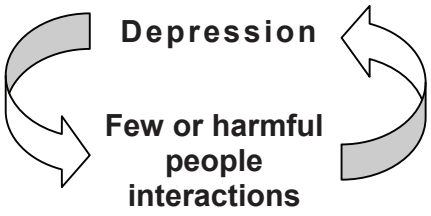


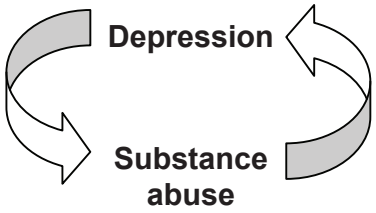
CBT helps break this cycle of depression by teaching you that for each of these factors—thoughts, activities, people interactions, and substance abuse—there is a part that you can manage and change. Also, because they are all connected, you can make changes in one area to affect the other areas.

We will be working on breaking these connections.

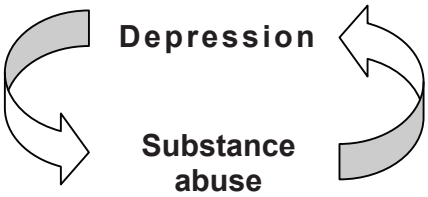








In this module, we focus on the connection between depression and substance abuse.



How have you been feeling?

The survey you filled out at the beginning of 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 ("People Interactions and Your Mood"), 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 and your people interactions 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

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.

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

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.

Session 3: Good Communication Is Key to Improving Your Relationships and Mood

- You can choose to communicate with others in a way that improves your relationships and your mood.
- Active listening is an important part of communication.
- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.

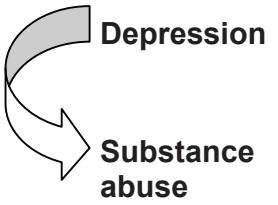
Session 4: Using Your New Skills to Improve Your Relationships and Your Mood

- You can overcome the obstacles that get in the way of helpful people interactions.
- 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 relationships and your mood.

NEW TOPIC: YOUR MOOD AND SUBSTANCE ABUSE ARE CONNECTED

How Does Your Mood Affect Your Use of Drugs or Alcohol?

Let's find out how your mood affects your use of drugs or alcohol. Can you remember a time when you…



- Felt down or depressed?

and then

- Used drugs or alcohol, even though you were trying not to?

1. What was the situation? (For example, when did you use, where were you, and who were you with?)

_____

_____

2. What kinds of **thoughts** were you having **before** you used? (For example, "It's useless to even try anymore.")



_____

_____

_____

3. In addition to feeling sad, were there other feelings you were having **before** you used? (For example, were you feeling anxious, fearful, or angry?)



_____

_____

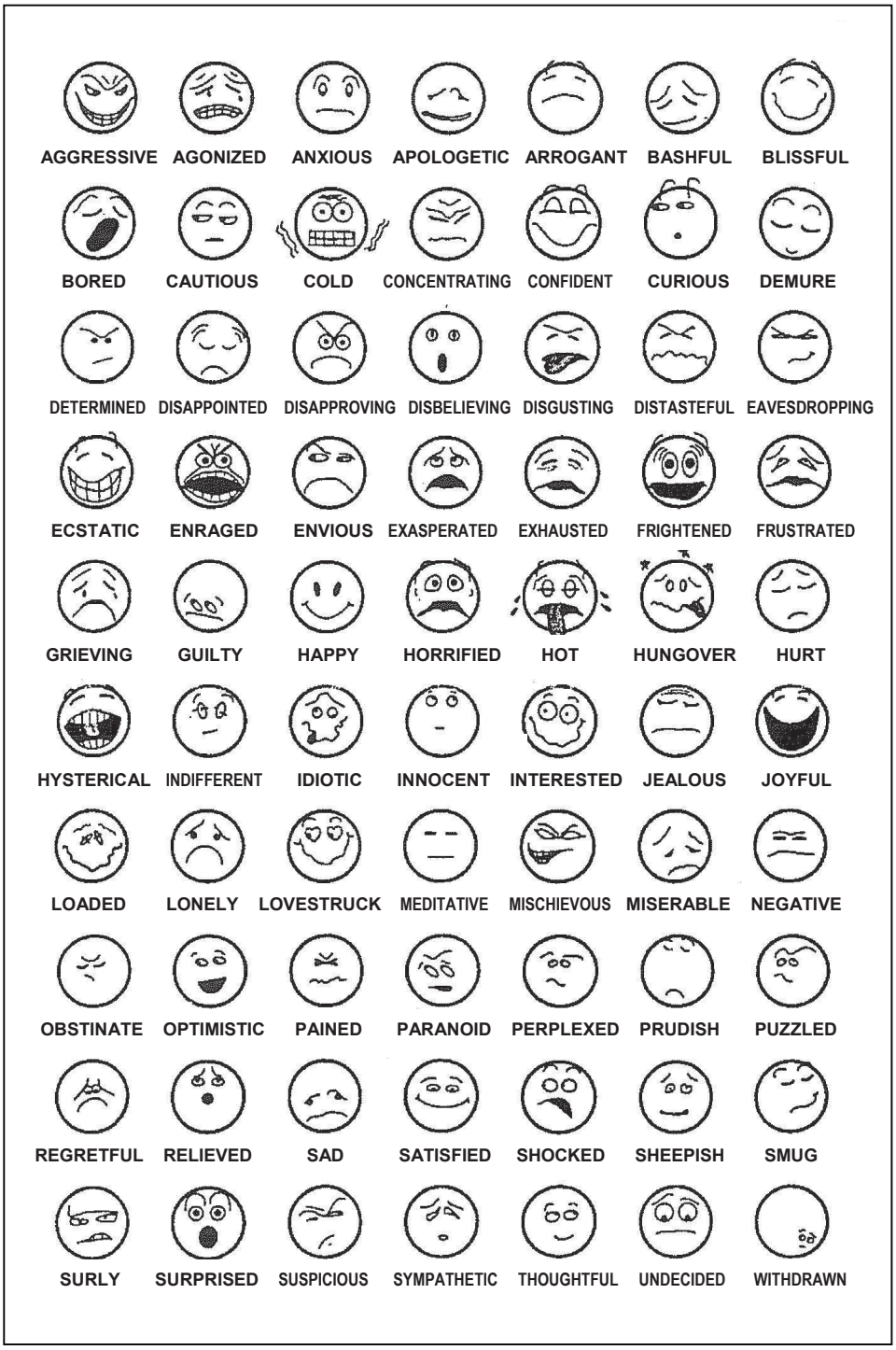
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What do you notice about the connections between your thoughts and feelings, and your decision to use?

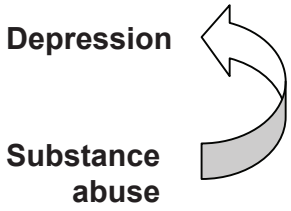


Examples of Feelings



How Does Using Drugs or Alcohol Affect Your Mood?

Just as your mood can affect your use of drugs or alcohol, using drugs or alcohol can affect your mood. Are you more likely to feel down after using drugs or alcohol?



Recall a time when you used drugs or alcohol. ***Now think about how you felt* after *you used (when the high wore off).***

1. What feelings did you have?

For example, did you feel:

- ☐ Sad?
- ☐ Uninterested in life?
- ☐ Irritable?
- ☐ Down on yourself?

Other feelings I had were:

_____

_____

_____

_____

2. What thoughts did you have? Can you remember a specific thought? For example, "I will always be a drunk."



☐ "I am worthless."

☐ "Everything is my fault."

☐ "I keep messing up."

Other thoughts I had were:

_____

_____

_____

3. Did you notice changes in:

☐ How your body felt? ☐ Appetite? ☐ Sleep?

☐ Energy level? ☐ Your ability to think and make decisions?

Other changes I noticed were:

_____

_____

_____

What do you notice about the connections between your decision to use and your thoughts and feelings?



Notice Your Thoughts

Your mind is almost always full of thoughts

Thoughts are sentences we say to our selves.
Thoughts can also be images or pictures in your mind.
You may not always be aware of what you are thinking, but there are almost always thoughts running through your mind.



Take time out and try to notice your thoughts. Close your eyes. What do you hear yourself saying? Write some of your thoughts on the lines below.

_____

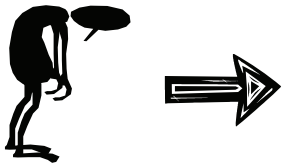
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KEY MESSAGES

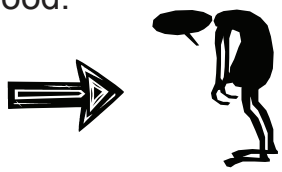
Key messages from this session are:



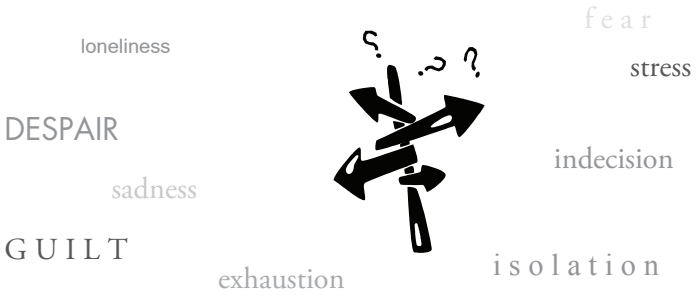
SUBSTANCE ABUSE

- Your mood can affect your decision on whether or not to use drugs or alcohol.
- Using drugs or alcohol can affect your mood.

SUBSTANCE ABUSE



- Using drugs or alcohol can also lead to other changes in your thinking and activities that are symptoms of depression.





PRACTICE

Track your mood using the Quick Mood Scale

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 each session, you will probably find that your mood improves also.

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.

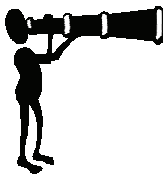
Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**9**	**9**	**9**	**9**	**9**	**9**	**9**
	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**5**	**5**	**5**	**5**	**5**	**5**	**5**
	4	**4**	**4**	**4**	**4**	**4**	**4**
	3	**3**	**3**	**3**	**3**	**3**	**3**
	2	**2**	**2**	**2**	**2**	**2**	**2**
Worst mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**



Feedback

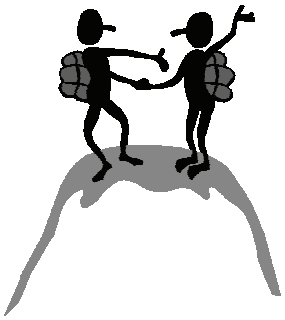
The group leader will ask for your comments about how the session went. He or she might ask the following questions.

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



Looking ahead

The next session, Session 2 in "Substance Abuse and Your Mood," will focus on how you can learn skills to manage your thoughts, and help both your mood and your recovery.



SESSION 2: THOUGHTS, MOOD, AND SUBSTANCE ABUSE

PURPOSE

- Understand the connections among thoughts, mood, and substance abuse.
- Learn to notice your thoughts.
- Identify harmful thoughts that can lead to depression and substance abuse.
- Learn how to replace harmful thoughts with helpful thoughts to improve your mood and support your recovery.

OUTLINE

I. Announcements

II. Review

III. New Topic: Your Thoughts, Mood, and Substance Abuse Are Connected

- A. The Serenity Prayer
- B. Your Thoughts Have Power
- C. Harmful Thoughts Can Lead to Depression and Substance Abuse
- D. Helpful Thoughts Can Improve Your Mood and Support Your Recovery
- E. Replace Harmful Thoughts with Helpful Thoughts
- F. Catch \It, Check It, Change It: Three Steps to Notice and Change Your Harmful Thoughts

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

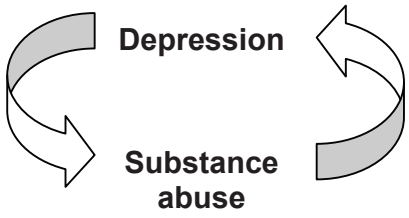
Practice

Your practice after last session was to track your mood using the Quick Mood Scale.

How did your practice go?

Last Session

In the last session, we talked about two important ideas. First, when you are feeling depressed, you are more likely to use drugs or alcohol. And, when you use drugs or alcohol, you are more likely to feel depressed.



Key messages from the last session were:

- Your mood can affect your decision on whether or not to use drugs or alcohol.
- Using drugs or alcohol can affect your mood.
- Using drugs or alcohol can also lead to other changes in your thinking and activities that are symptoms of depression.

NEW TOPIC: YOUR THOUGHTS, MOOD, AND SUBSTANCE ABUSE ARE CONNECTED



~ The Serenity Prayer ~

"God, grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference."

CBT (Cognitive Behavioral Therapy) has something in common with the Serenity Prayer. It teaches that, even though you cannot change everything in your life, you can choose **how you think** about events and **how you react**. ***Changing the things I can*** involves **thinking** and **doing**:

- Changing how you think about things, and
- Changing how you respond.

In this session, we will talk about the power of your thoughts and their important connection with depression and substance abuse. You can manage your thoughts to feel better and support your recovery.

Your Thoughts Have Power

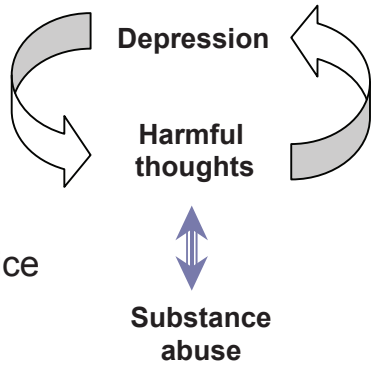
"Harmful" and "helpful" thoughts

We will talk about "**harmful**" and "**helpful**" thoughts. These terms are just shortcuts—a thought is not really bad or good, harmful or helpful all by itself. Harmful and helpful refers to the consequences of your thoughts.

 ***A thought that brings your mood down is harmful.***

 ***A thought that lifts your mood is helpful.***

You can manage your thoughts to feel better and support your recovery



Harmful thoughts, feeling down, and substance abuse go together. On the other hand, helpful thoughts, feeling good, and staying clean also go together. With practice, you can learn how to notice your thoughts. And once you know how to notice your thoughts, you can also learn how to manage them. When you are feeling down or when you feel like using drugs or alcohol, you can change your thoughts to help yourself feel better and stay clean.

Harmful Thoughts Can Lead to Depression and Substance Abuse



These are common harmful thoughts
because they can bring your mood down
and/or make you want to use. ***Mark the boxes*** next to the thoughts
that would affect your mood and/or your desire to use.

This harmful thought would:

Bring my mood down	Make me want to use	
☐	☐	I used last night so I might as well keep using.
☐	☐	I failed at this again.
☐	☐	It's not even worth trying.
☐	☐	I have wasted my life.
☐	☐	I am a coward.
☐	☐	I don't have what it takes.
☐	☐	I can't imagine what my life will be like in ten years.
☐	☐	I can't have fun without getting high, so if I choose to stay drug-free, I will never have fun again.
☐	☐	Things are just going to get worse.
☐	☐	No matter how hard I try, people aren't satisfied.
☐	☐	They know I am a drug addict.
☐	☐	If I have a relapse, all my hard work for sobriety was wasted.

Notice that harmful thoughts can lead to depression or substance abuse or BOTH.

Write down some harmful thoughts that you might have. Mark the boxes to show whether the thoughts affect your mood or your desire to use or both.

This harmful thought would:

Bring my mood down	Make me want to use	
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____

Frequent harmful thoughts can be a warning sign that you are depressed or more likely to use drugs or alcohol.

Helpful Thoughts Can Improve Your Mood and Support Your Recovery



These are common helpful thoughts because they can bring your mood up and/or support your recovery. ***Mark the boxes*** next to the thoughts that would affect your mood and/or your desire to use.

This helpful thought would:

Bring my mood up	Support my recovery	
☐	☐	I made a mistake last night, but today is a new day and I don't have to keep using.
☐	☐	I felt really down last night, but I will feel better today.
☐	☐	I supported my family for years and there are still many things I can do for them.
☐	☐	Many people try several times before they quit drinking, and I will keep trying too.
☐	☐	Getting sober can be tough, but I will take things one day at a time and try my hardest.
☐	☐	My mistake cost me some time, but I can learn from it.
☐	☐	Even though some people are not trustworthy, many are.

Notice that a helpful thought that improves your mood can also help you stay off drugs or alcohol.

Write down some helpful thoughts that you might have. How would they affect your mood and your desire to use?

This helpful thought would:

Bring my mood up	Support my recovery	
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____
☐	☐	_____

Replace Harmful Thoughts with Helpful Thoughts

One way to cope with a harmful thought is to focus your attention on more helpful thoughts. Helpful thoughts can be "replacement" thoughts for your harmful thoughts. The helpful thoughts will help you feel better and support your recovery.

Examples of Replacement Thoughts





Once a drug user, always a drug user.	Just because I used drugs in the past doesn't mean I can't get clean now. Many other people have.
Once a drinker, always a drinker.	Many people who drink too much try several times before they quit drinking. I am working hard to stop drinking, and I can be successful if I keep trying.
I have wasted my life using drugs/alcohol.	Even though some time has been lost, now that I am sober I can still do things that are important to me.
Today was awful.	Some bad things happened, but tomorrow is another day.
I should have known better than to trust him.	I am learning that I need to move slowly before trusting others and wait to make sure they are trustworthy.
I was a terrible parent; my children saw me use drugs.	I made mistakes as a parent, but now I am working on staying clean and becoming a better parent to my kids.
I should support my family better.	I supported my family for years and there are still many things I can do for them.
Trying to stay sober is impossible.	Getting sober can be tough, but I will take things one day at a time and try my hardest.
Life is too hard to deal with without using drugs.	Sometimes it is hard to face all of life's challenges, but I know that I can do it by taking one step at a time.
I never do anything right.	I have made mistakes but I have done many things right.
When I had that drink, I ruined my sobriety.	I slipped, but that doesn't mean I will have a full-blown relapse. I am still proud of the time I was sober and of my efforts to stay sober now.
I'm nothing but a drunk.	I had trouble with alcohol, but I'm working to stay sober. And there are good parts of me not related to drinking.

Catch It, Check It, Change It: Three Steps to Notice and Change Your Harmful Thoughts

Thoughts are so automatic that ***one of the trickiest parts of CBT is learning how to notice your own thoughts***. But with practice, you can do it!

Three steps will help you notice your thoughts, examine them to see if they are helpful, and change them if they are not.

1. **Catch it.**
2. **Check it.**
3. **Change it.**

(The CBT module "Thoughts and Your Mood" talks more about how to manage your thoughts to feel good and support your recovery.)

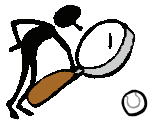
1. Catch It



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

Ask yourself some questions about your thought. First, is the thought harmful or helpful? Does it make you feel worse or better?

Then examine the thought more closely. Is it accurate, complete, and balanced?

Is the thought:

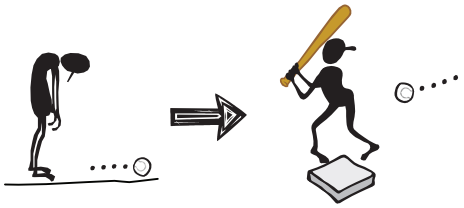
- **Accurate (true)?** "I worked really hard to get off drugs and alcohol."
- **Inaccurate (not true)?** "It's just luck that I got clean."

- **Complete (includes all the facts)?** "I had a slip after being sober for a month. But I give myself credit for the time I was clean and continue to work hard to maintain my recovery."
- **Incomplete (leaves out some facts)?** "I used yesterday. I will never stay clean."

- **Balanced (fair and reasonable)? "**Starting recovery is stressful, but that doesn't mean I will start using again."
- **Unbalanced (too extreme)?** "Nothing has worked out for me. I know I will start using again."

If a thought is not accurate, complete, and balanced, it can bring your mood down and increase the chances that you will use drugs or alcohol. It is harmful to you because it has negative consequences.

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.)







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



KEY MESSAGES

Key messages from this session are:

- Thoughts are helpful or harmful based on how they make you feel.
- The harmful thoughts that lead you to feel depressed can make it more likely you will use.
- The helpful thoughts that help improve your mood may also help you with your recovery.
- You can learn to catch your harmful thoughts and replace them with helpful ones.



PRACTICE

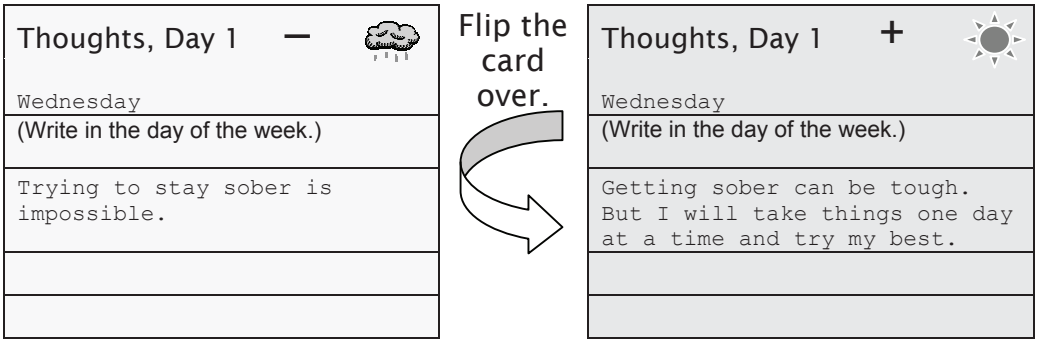
1. Track your mood using the Quick Mood Scale. Notice that at the bottom there is a place for you to mark "Yes" or "No" as to whether you were able to notice your harmful thoughts each day.

2. Track your thoughts using index cards.

Harmful thoughts may feel very powerful. As you begin to challenge your harmful thoughts, you might find that it is hard to think of a helpful replacement thought right at the time that the harmful thought occurs. One thing that might help is a handy list of helpful thoughts. You can simply pull out your list when you need to challenge a harmful thought. In this practice, you start to make your own list.

- Use one separate card for each day (using either the separate index cards or the "cards" printed in your workbook).

- 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.
- At the bottom, circle "Yes" or "No" indicating how successful you were in noticing your harmful thoughts.

Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
Were you able to notice your harmful thoughts?	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
	No	**No**	**No**	**No**	**No**	**No**	**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.)

Thoughts, Day 7 −



(Write in the day of the week.)

Thoughts, Day 7 +



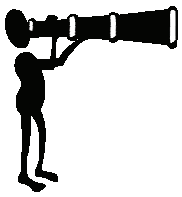
(Write in the day of the week.)



Feedback

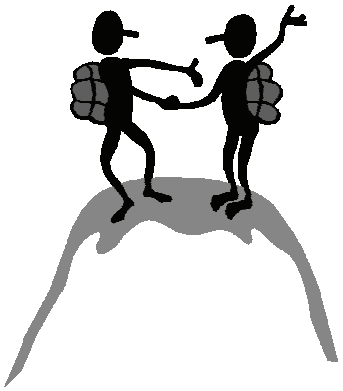
The group leader will ask for your comments about how the session went. He or she might ask the following questions.

- What was helpful about today's session?
- What was less helpful?
- What was difficult?



Looking ahead

Session 3 in "Substance Abuse and Your Mood" will focus on how you can learn to do helpful activities to improve your mood and support your recovery.



SESSION 3: ACTIVITIES, MOOD, AND SUBSTANCE ABUSE

PURPOSE

- Understand the connections among activities, mood, and substance abuse.
- Identify helpful activities that you could do. "Helpful" activities can improve your mood and do not involve drugs or alcohol.
- Learn how to overcome obstacles and do more helpful activities to improve your mood and support your recovery.
- Identify steps you can take to increase your physical activity and improve your sleep.

OUTLINE

I. Announcements

II. How Have You Been Feeling?

III. Review

IV. New Topic: Your Activities, Mood, and Substance Abuse Are Connected

- A. Staying Active Helps You Feel Happier and Supports Your Recovery
- B. Harmful Activities to Avoid
- C. Helpful Activities You Could Do
- D. How to Get Going and Do Helpful Activities
- E. What Gets in the Way of Doing Helpful Activities?
- F. Physical Activity Improves Your Mood and Supports Your Recovery
- G. Tips to Improve Your Sleep

V. Key Messages

VI. Practice

VII. Feedback

VIII. Looking Ahead



ANNOUNCEMENTS

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

Is there anything you would like to let the leader 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.

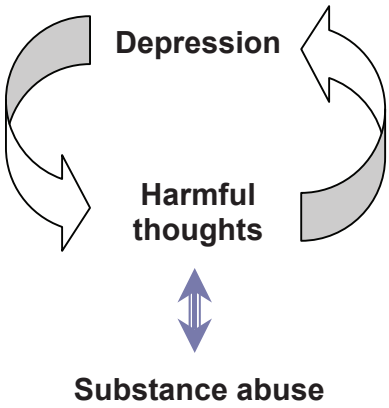
2. Track your thoughts using index cards or the "cards" included in your workbook.

How did your practice go?

Last Session

Key messages from last session were:

- Thoughts are helpful or harmful based on how they make you feel.
- The harmful thoughts that lead you to feel depressed can make it more likely you will use.
- The helpful thoughts that help improve your mood may also help you with your recovery.
- You can learn to catch your harmful thoughts and replace them with helpful ones.



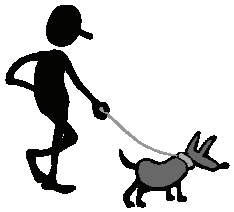
NEW TOPIC: YOUR ACTIVITIES, MOOD, AND SUBSTANCE ABUSE ARE CONNECTED

Staying Active Helps You Feel Happier and Supports Your Recovery

What you do affects the way you feel. When you are active and do things that are healthy for you, you are more likely to feel good and less likely to use drugs or alcohol.

Doing helpful activities:

- Creates pleasant thoughts that stay in your head even after the activity is over.
- Can help you feel better.
- Helps you focus on things other than your worries.
- Gives you a break from your problems.



- Takes up time that you might otherwise use to drink or use drugs.
- Makes it easier the next time that you want to do an activity.
- Makes it easier to say “No” to drugs or alcohol.



- Helps you make new friends.
- Helps you learn about new hobbies.
- Gives you ideas for different jobs.
- Can help you become healthier physically.



Harmful Activities to Avoid



Spending time with a friend is usually a helpful activity. But what if your friend is still using?

Some activities are too risky for people who are depressed or who are in recovery, because the activities might make them feel more depressed or more likely to use. For example, these activities might be high-risk for you:

- Staying in bed all day on Saturday.
- Visiting a friend in a neighborhood where you will be offered drugs.
- Going to your favorite bar.

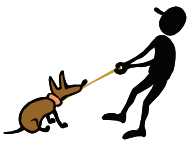
Write your high-risk activities on the lines below.

_____

_____

Helpful Activities You Could Do

Helpful activities are activities that can improve your mood and that do not involve drugs or alcohol. There are many helpful activities that you could do. A few examples are listed below. ***Put check marks in the boxes next to the activities you might enjoy.***



- ☐ Take care of animals
- ☐ Listen to the radio
- ☐ Eat a good meal
- ☐ Be outdoors
- ☐ Talk about sports
- ☐ Play cards or chess
- ☐ Learn something new
- ☐ Give a compliment
- ☐ Spend time with family
- ☐ Go to a garage sale
- ☐ Talk on the telephone
- ☐ Learn yoga or Tai Chi
- ☐ Sing a favorite song to yourself
- ☐ Go to AA meetings
- ☐ Do volunteer work
- ☐ Accept a compliment
- ☐ Have the oil changed in your car
- ☐ Talk with your sponsor
- ☐ Cook
- ☐ Do a crossword puzzle
- ☐ Take a long bath or shower
- ☐ Write stories or poetry
- ☐ Go to church
- ☐ Notice and enjoy a nice sunset
- ☐ Have peace and quiet
- ☐ Eat a piece of fresh fruit
- ☐ Work
- ☐ Do the laundry
- ☐ Use the chin-up bars at the park
- ☐ Read the newspaper or a magazine

Write some other activities you would enjoy.

_____

_____

_____

How to Get Going and Do Helpful Activities

Now that you have some ideas about helpful activities you could do, you might still find it is hard to start doing them. ***How can you get going?***



1. Take one step at a time. Take the first step, even if you don't feel like it. Then take the second step. You might find that one step leads to another and that doing helpful activities gets easier.

2. Make plans. Think ahead about activities you could do and put them on your "calendar," even if your calendar is in your head. When the day and time come to do the activity, don't even think about it—just do it.



3. Look for variety. Remember, there are all kinds of activities. When you plan your day, choose a variety of activities. They can make your day more interesting!

4. Keep in mind that to do activities you don't have to have…

- Money
- A lot of time or equipment
- Other people

Thursday's Activities

Eat breakfast
Take shower and wash hair
Brush teeth
Write check for rent
Work ½ day
Meet brother for lunch
Call sponsor
Walk to park and

What helpful activities could you do?	Write your ideas in the boxes below.
For free or little money (Example: Go to the library.)	
Quickly and simply (Example: Sing a song you like to yourself.)	
Alone (Example: Play the guitar.)	

What Gets in the Way of Doing Helpful Activities?

Why is it difficult to do helpful activities? Some common obstacles are listed below. What could you do to get around the obstacles? ***Write your own obstacles and possible solutions*** at the bottom of the list.

Obstacles	Possible solutions
Examples	
I have no sober friends.	• Attend a sober support group (for example, AA). • Choose an activity you could do alone.
My family won't talk to me.	• Write a letter to a family member expressing your wish to work things out. • Begin building a new support group by attending AA, church/synagogue/mosque, a club, a lecture/class, etc.
I don't have money.	• Do an activity that doesn't cost money. • Look in the newspaper for free activities.
I feel like I don't deserve to have fun.	• Replace the harmful thought with helpful thought[s]: – "A healthy life includes work and fun." – "I need to learn that I can stay sober **and** have fun. Otherwise it will be harder to stay sober."
I have no car.	• Walk or ride the bus. • Do activities close to home.
I'm too tired.	• Start with a simple activity that takes only one minute. For example, step outside and look at the sunset, sing a song you like to yourself, or plan to do something nice for someone you love.

Physical Activity Improves Your Mood and Supports Your Recovery

Being physically active is a fun and important activity. There is even some research showing that physical activity and exercise can improve depression.

Physical activity is good for your body. It can:

- Give you more energy.
- Help reduce the risk for certain types of cancer (colon cancer, for example).
- Reduce the risk of heart disease.
- Slow the aging process.
- Increase the level of the good (HDL) cholesterol.
- Help you sleep better.
- Make you sharper mentally.
- Help you keep a healthy weight.
- Improve muscle tone.

Physical activity also can help you:



- Feel better about your body.
- Feel better about yourself.
- Help you get rid of built-up stress and frustration.
- Have a sense of accomplishment.
- Stay away from drugs and alcohol.
- Give you a break from your worries.
- Enjoy the outdoors.
- Eat healthier.
- Meet new people.
- Get to know new neighborhoods.
- Get ideas for other things to do.

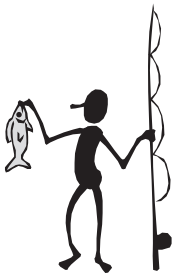


When you are depressed and in recovery, it may feel like it is difficult to be active. But give it a try and keep at it, and then see how you feel.

Here are some guidelines for physical activity.

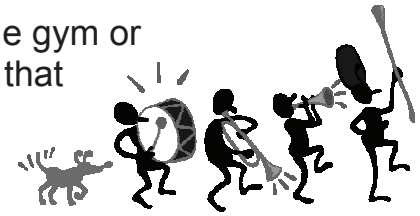


- You can begin increasing your physical activity today! However, if you have a medical condition, check with your doctor before doing strenuous physical activity.



- Do what you like to do. For example, if you enjoy the outdoors, plan outdoor activities. What do you like to do?

- Try to be physically active for 30 minutes each day.



- Physical activity isn't just going to the gym or running a mile. It includes anything that gets your body moving such as:
  - Playing with your children.
  - Doing housework.
  - Using the stairs instead of riding the elevator.
  - Parking your car a little farther away from where you are going.
  - Getting off the bus two stops away from where you live.

- Set reasonable goals and go at your own pace.

  For example, if you decide you want to run for physical activity, you don't have to run a 10K the first day—or ever! Your first steps might look like this.

Tuesday Put on your tennis shoes.	Wednesday Do some gentle stretching.	Thursday Walk to the end of the block.	Friday Walk to the end of the block.	Saturday Walk around the block.	
Sunday Walk around the block.	Monday (Take a day off.)	Tuesday Walk around the block.	Wednesday Walk around the block twice.	Thursday Walk around the block twice.	

I would like to be more physically active. I will start by:



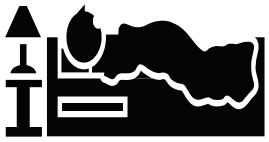
_____

_____

_____

_____

Tips to Improve Your Sleep



Many people with depression and substance abuse problems have problems with sleep. Some people have trouble getting enough sleep and others sleep too much. Getting the right amount of sleep will help you stay healthy and feel better. It will support your recovery.

You can use CBT to improve your sleep.

- Thoughts that can make it harder to sleep: "It is already midnight and I will never get to sleep."



- Thoughts that make it easier to sleep: "Even if I am not sleeping, at least my mind and body can rest."

These tips can help to improve your sleep. If you don't have sleep problems now, keep these tips in mind in case you need them in the future.

To develop a consistent sleep pattern, try the first three tips. Eventually, you should feel drowsy at about the same time every night.



1. Do not go to bed until you are drowsy. If you find yourself lying awake, get up and go to another room for a few minutes until you feel drowsy. Then return to bed.

2. Get up at about the same time each morning, including weekends. If you feel you must sleep in, don't oversleep by more than one hour.





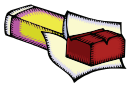
3. Do not take naps.

The next tips will help you avoid some common habits that make it hard to sleep. They also will help you build new habits that improve sleep.

4. Do not eat or drink anything with caffeine after about 4 PM or within six hours of bedtime. Things that contain caffeine include:



- Certain foods (for example, chocolate)



- Certain drinks (for example, tea, coffee, and soda)
- Some medications (for example, over-the-counter cold, headache, and pain relief medications)





5. Do not smoke within several hours of bedtime, because nicotine is a stimulant.

6. Do not drink alcohol. 



7. Participate in physical activity regularly. Try to finish physical activity at least four hours before bedtime.

8. Think of ways to make your sleep environment more comfortable.

- Keep books, newspapers, magazines, telephones, TVs, laptop computers, and other distractions away from the bed. Use the bed for sleep and sex only.
- Ask others to keep the noise down. Use ear plugs if necessary.



- Arrange for a comfortable room temperature.
- Place things over the window to darken the room.



- If you can, ask others to do activities such as watching TV, talking on the telephone, or working on a computer in another room.



9. Avoid large meals and excessive fluids right before bed. If you wake up in the middle of the night, do not have a snack.



10. If you take any medications, take them only as prescribed. If you feel that the medications are making your sleep problems worse, talk with your doctor. Some over-the-counter medications contain stimulants.

If you sleep too much…

For most people, the right amount of sleep is between seven and nine hours each night. If you are sleeping more than that, you may be sleeping too much. Try these tips for getting up and going, and staying active all day.

1. Put your alarm clock across the room so you are forced to get out of bed to turn it off.





2. Open the curtains or window shade first thing in the morning. The light will help you feel more awake.

3. Ask a friend to call you in the morning to help you wake up and get going.



4. Plan an activity in the morning that you enjoy. You could:

- Listen to music
- Read the newspaper
- Go outside in the air and light
- Do something with a friend

5. Plan an "active" activity for the part of the day that you are most likely to nap. For example, make that time your exercise time instead of the time you lie quietly on your bed and read.



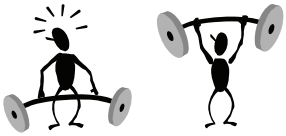
KEY MESSAGES

- Harmful activities can lead to depression and the use of drugs or alcohol.

- Doing helpful activities will help you feel better and support your recovery.

- Start slow, but steadily replace harmful activities with helpful activities.

- You can take steps to increase your physical activity and improve your sleep.



PRACTICE

1. Track your mood using the Quick Mood Scale. Count how many helpful activities you do each day and put the number at the bottom of the scale.

2. Think of four activities you can do when you are feeling down.

- What helpful activities are easy for you to do and help you when you feel down?
- Write the activities on the lines below.

_____

_____

_____

_____

3. Pick at least one of the four activities to do before 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.
- 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.
- Try to remember about how many helpful activities you did each day and write the number at the bottom of each column.

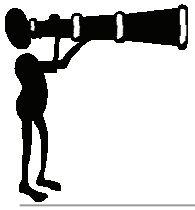
Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**9**	**9**	**9**	**9**	**9**	**9**	**9**
	8	**8**	**8**	**8**	**8**	**8**	**8**
	7	**7**	**7**	**7**	**7**	**7**	**7**
	6	**6**	**6**	**6**	**6**	**6**	**6**
OK/average mood	**5**	**5**	**5**	**5**	**5**	**5**	**5**
	4	**4**	**4**	**4**	**4**	**4**	**4**
	3	**3**	**3**	**3**	**3**	**3**	**3**
	2	**2**	**2**	**2**	**2**	**2**	**2**
Worst mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful activities did you do each day?							



Feedback

The group leader will ask for your comments about how the session went. He or she might ask the following questions.

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



Looking ahead

Session 4 in "Substance Abuse and Your Mood" will focus on how you can improve your interactions with other people to improve your mood and support your recovery.



SESSION 4: INTERACTIONS WITH PEOPLE, MOOD, AND SUBSTANCE ABUSE

PURPOSE

- Understand that helpful interactions with people can help you feel happier and support your recovery.
- Identify ways to meet new people.
- Identify the obstacles that get in the way of having helpful interactions with people and learn how to manage them.

OUTLINE

I. Announcements

II. Review

III. New Topic: Your Interactions with People, Your Mood, and Substance Abuse Are Connected

   A. Interactions with People Help You Feel Happier and Support Your Recovery

   B. Meeting New People

   C. Who Would You Like to Get to Know Better?

   D. What Gets in the Way of Helpful Interactions with People?

IV. Key Messages

V. Practice

VI. Feedback

VII. Review of Module: Substance Abuse and Your Mood

VIII. Goodbye to Graduating Group Members

IX. Looking Ahead to the Next Module



ANNOUNCEMENTS

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

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

Review

Practice

Your practice after last session was to:

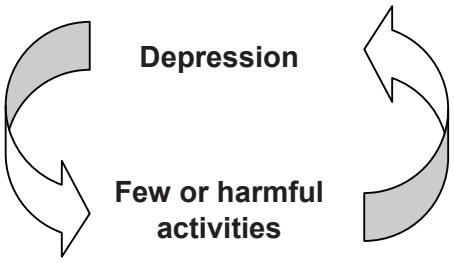
1. Track your mood using the Quick Mood Scale.

2. Think of four activities you can do when you are feeling down. Do one of the activities.

How did your practice go?

Last Session

Key messages from the last session were:



- Harmful activities can lead to depression and the use of drugs or alcohol.
- Doing helpful activities will help you feel better and support your recovery.
- Start slow, but steadily replace harmful activities with helpful activities.
- You can take steps to increase your physical activity and improve your sleep.

NEW TOPIC: YOUR INTERACTIONS WITH PEOPLE, YOUR MOOD, AND SUBSTANCE ABUSE ARE CONNECTED

Interactions with People Help You Feel Happier and Support Your Recovery



Close your eyes and think about a person with whom you shared a positive moment that did not involve using drugs or alcohol some time in the past.

1. Notice your **mood**. How does it feel to remember a nice time with another person?

_____

_____

2. What **thoughts** do you have as you remember this experience?

_____

_____

Helpful interactions with other people:



- Can help you feel good and make it less likely that you will use drugs or alcohol.
- Take your mind off your own problems.
- Provide you with company when you do activities.
- Allow you to share life's nice moments with someone else.
- Give others a chance to listen to you and help you with your problems.
- Give you the chance to help and support others.
- Allow you to see how other people live and have fun without using drugs or alcohol.

Meeting New People

When you are in recovery from using drugs or alcohol, you may find that most of the people you know are involved with drugs or alcohol. If your old friends are still using, hanging out with them is high-risk for you. So, **you may need to meet some new people.**

A good way to start meeting new people is to do something that you like doing, and do it in the company of other people. When you do this:

- There is less pressure because you will be involved in an activity you enjoy.
- You might meet people who could keep you company doing activities you enjoy.
- Even if you don't meet somebody you want for a good friend, you won't feel like you wasted your time.
- You will see that sober people can have fun doing sober activities. And so can you!

Here are some activities you could do to be around people. Check the ones that sound good to you.



- ☐ Go rollerblading in the park.
- ☐ Go to a free outdoor music concert in the summer.
- ☐ Hear a speaker at the library tell about a recent trip to an exciting location.
- ☐ Attend a workshop at a bicycle shop and learn how to change a bike tire.
- ☐ Volunteer to help at a local charitable organization.
- ☐ Go on a nature hike sponsored at a local park.
- ☐ Watch (or play in) a pickup basketball game at the park.
- ☐ Go to an Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meeting.
- ☐ Go to a yard sale.
- ☐ Sit at an outside table at a coffee place.
- ☐ Go to a farmers' market.
- ☐ Attend a community or religious event.

What are your ideas for activities you could do around other people? Write them here.

_____

_____

_____

Who Would You Like to Get to Know Better?

Another way to have more contact with others is to start making plans to get to know people in your community.

1. Identify three new people you would like to get to know better. Somebody at church? Somebody in your AA group? A neighbor? A parent of one of your children's friends? If you don't know the person's name, write a description such as: "The friendly woman at church."

_____

_____

_____

2. Why do you want to know them better? For example, do you think you might have common interests? Does the person have a nice smile?

_____

_____

_____

3. Practice having a conversation.

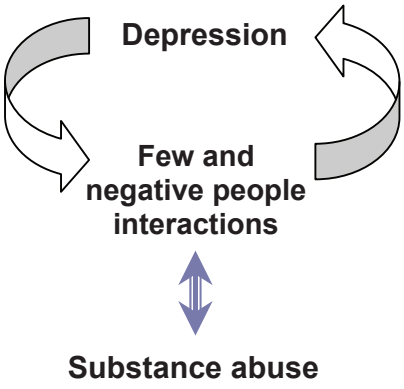
Choose a partner from the CBT group and pretend that you are starting a conversation with one of the people you would like to get to know. ***How could you begin?*** Here are some ideas.

- Hi. I don't think we've met. I'm _____ [tell the person your name]. What's your name?
- Did you enjoy the sermon?
- Are you ready for the summer weather?
- I had a question about last week's practice. Will you help me?
- Can I bring you anything from the snack table?
- I'm so happy—I really wanted a drink last night but I didn't have one.
- I like your shirt. Where did you get it?
- Our kids seem to really like playing together. Have you been to the park with the great jungle gym?

Switch roles so that both you and your partner have a turn practicing.

What Gets in the Way of Helpful Interactions with People?

Your depression might lead you to feel like avoiding other people and spending time only by yourself. Then you are likely to feel more depressed, more alone, and more like using drugs or alcohol.



Or

When you use drugs or alcohol, you may have contact mostly with other people who use. This lack of helpful interactions with people may lead you to feel depressed.

But it doesn't have to be this way. You can feel better and enjoy people again!

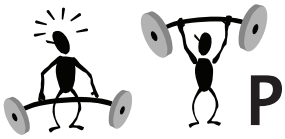
Why is it difficult to begin new relationships? Some common obstacles are listed below. What could you do to get around the obstacles? **Write your own obstacles** and possible solutions at the bottom of the list.

Obstacles	Possible solutions
Examples	
I have no sober friends.	• Begin to make new friends. • Attend a sober support group (e.g., AA). • Choose an activity you can do alone but with other people around.
I am feeling irritable.	• Remember: Feeling irritable is a symptom of your depression and recovery. Interactions with people will help you feel better. • Go to your sober support group (e.g., AA).
I don't know how to meet new people.	• Start by doing activities you enjoy, but where other people will be around.
I think that sober people won't understand me.	• Replace the harmful thought with a helpful thought. For example: "I don't know for sure that sober people won't understand me. Some will, and some won't. I will give them a chance."
I don't trust people.	• Take it slow and learn who you can trust.
I'm afraid of being criticized.	• Understand that you probably feel more sensitive because you are depressed and in recovery. • As you meet new people, look for new friends who are honest with you but supportive.
I had a really bad experience with somebody.	• Know that relationships don't always work out. • Let the new relationship grow slowly while you and the new person get to know each other.
I'm afraid people won't like me.	• Think a helpful thought: "I am an interesting person. Just as I don't like everyone, everyone may not like me, but many people will—especially if I let them get to know me."



KEY MESSAGES

- Helpful interactions with others can have a positive effect on your mood and your recovery.
- If most of your friends are involved with drugs or alcohol, you may have to make new friends.
- You can meet new people by doing activities you enjoy in the company of other people.
- It is possible to problem-solve around the obstacles that get in the way of meeting and being with people.



PRACTICE

1. Track your mood using the Quick Mood Scale.

2. Take a step to get to know somebody new.

- Earlier in this session, you identified three people you would like to get to know better. Choose one of the people and write the person's name below. If you don't know the person's name, write a description such as: "The friendly woman at church."

_____

- Take the first steps to get to know this person. How will you approach him or her? Will you see the person or make a telephone call? What will you say? Write your plan down below.

_____

_____

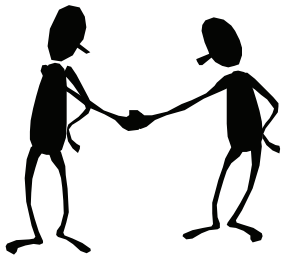
_____

_____

_____

Example:

I probably will see this person next Sunday at church. During the social hour, I will introduce myself. I will ask the person whether he/she liked the sermon (or the music). I will offer to get us something from the refreshment table. At the end of our conversation, I will say "It was nice meeting you. I'll see you next Sunday."



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.
- Try to remember how many positive interactions with people you have each day. Write the number at the bottom of each column.

Day of the Week	_____	_____	_____	_____	_____	_____	_____
Best mood	**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**
OK/average mood	**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 mood	**1**	**1**	**1**	**1**	**1**	**1**	**1**
How many helpful people interactions did you have?							



FEEDBACK

The group leader will ask for your comments about how this session and the Substance Abuse module went. He or she might ask the following questions:

- What did you learn that was most helpful in terms of improving your mood? For supporting your recovery?
- What was less helpful?
- What was difficult?

REVIEW OF MODULE: SUBSTANCE ABUSE AND YOUR MOOD

Over the past four sessions, we have been focusing on the connections among mood, thoughts, activities, interactions with people, and substance abuse.

The key messages from "Substance Abuse and Your Mood" were:

Session 1: Depression and Substance Abuse

- Your mood can affect your decision on whether or not to use drugs or alcohol.
- Using drugs or alcohol can affect your mood.
- Using drugs or alcohol can also lead to other changes in your thinking and activities that are symptoms of depression.

Session 2: Thoughts, Mood, and Substance Abuse

- Thoughts are helpful or harmful based on how they make you feel.
- The harmful thoughts that lead you to feel depressed can make it more likely you will use.
- The helpful thoughts that help improve your mood may also help you with your recovery.
- You can learn to catch your harmful thoughts and replace them with helpful ones.

Session 3: Activities, Mood, and Substance Abuse

- Harmful activities can lead to depression and the use of drugs or alcohol.
- Doing helpful activities will help you feel better and support your recovery.
- Start slow, but steadily replace harmful activities with helpful activities.
- You can take steps to increase your physical activity and improve your sleep.

Session 4: Interactions with People, Mood, and Substance Abuse

- Helpful interactions with others can have a positive effect on your mood and your recovery.
- If most of your friends are involved with drugs or alcohol, you may have to make new friends.
- You can meet new people by doing activities you enjoy in the company of other people.



- It is possible to problem solve around the obstacles that get in the way of meeting and being with people.

Coping Cards Can Help You Feel Better and Support Your Recovery

Use three index cards to give yourself quick ideas to improve your mood. Write on your coping cards the following:

1. ***Helpful thoughts you can say to yourself***. On the first card, write as many helpful thoughts as you can think of. When you are feeling down, say these thoughts to yourself to improve your mood. For example:

   I am an honest person.
   I always try my hardest.
   I have been a good parent.
   People know they can trust me.
   I really like the fact that I care about other people.

2. ***Helpful activities*** you can do. On the second card, write down a few helpful activities that can improve your mood. Try to think of activities that have improved your mood in the past and that have few obstacles. If you would like, you can look back at the lists of activities in Session 3.

3. ***Helpful people*** you can reach out to. On the third card, write down the names of a few people you can talk to when you are feeling down. Who can you count on to listen? A family member? Best friend? A sponsor?

Keep your coping cards someplace where you can find them easily—maybe in your purse or wallet, or by your bed.



If you're feeling down, or if you feel like drinking or doing drugs, pull out a card and read it. It can help you get past the moment of stress.



GOODBYE TO GRADUATING GROUP MEMBERS

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

CONGRATULATIONS!

Since you are leaving the group, you might want to talk about some of the following:

1. What have you learned that you think will help you feel better?

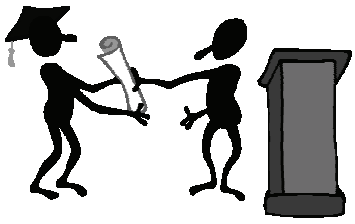
2. What have you learned that will help you reach some of your goals?

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?

5. What will you do the next time you feel like using?

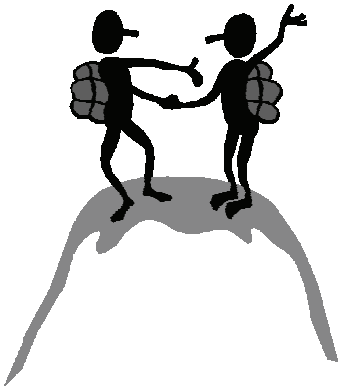
If you still feel depressed, tell your group leader, and he or she will help you get further treatment.





LOOKING AHEAD

The next module focuses on the relationship between your thoughts and your mood.



RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND SUBSTANCE ABUSE

Alcoholics Anonymous (AA)
1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)
1-800-826-3632
www.dbsalliance.org

Narcotics Anonymous (NA)
www.na.org

National Alliance for the Mentally Ill (NAMI)
1-800-950-6264
www.nami.org

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

Recovery Inc. (self-help program for mental health)
1-312-337-5661
www.recovery-inc.org

BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE

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.