

TREATMENT MANUAL FOR COGNITIVE BEHAVIORAL THERAPY FOR DEPRESSION[1]

PARTICIPANT'S MANUAL

ADAPTATION FOR PUERTO RICAN ADOLESCENTS[2, 3]

Jeannette Rosselló, Ph.D.
Guillermo Bernal, Ph.D.
Insituto de Investigación Psicológica
University of Puerto Rico, Río Piedras

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Based on the Group Therapy Manual for Cognitive-behavioral Treatment of Depression

Ricardo F. Muñoz, Ph.D.
Sergio Aguilar-Gaxiola, M.D., Ph.D.
John Guzmán, Ph.D.
San Francisco General Hospital, Depression Clinic

[1] Muñoz, R. F., and Miranda, J. (1986). Group Therapy Manual for Cognitive-behavioral Treatment of Depression. San Francisco General Hospital, Depression Clinic. Available from the author. University of California, San Francisco, Department of Psychiatry, San Francisco General Hospital, 1001 Potrero Avenue, Suite 7M, San Francisco, CA 94110.

[2] The following people collaborated in the revision and adaptation of this manual: Yovanska Duarté-Vélez, Ph.D., María I. Jiménez, Psy.D, Marlene Birriel Rivera, B.A., Michelle Jurado Andino, M.A., Amelia Rodríguez Acevedo, B.A., Rocheli Santiago Troche, B.A., Carmen Rivera, Ph.D.

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About me

Name:
Age:
Age I'd like to be:
What I want to do when I graduate:
My favorite color:
My favorite music artist:
My favorite TV show:
My favorite book or magazine:
My favorite movie:
My favorite place:
My best friend:

HOW YOUR THOUGHTS AFFECT YOUR MOOD
(SESSION 1)

HOW WE UNDERSTAND DEPRESSION



Today's session has several goals:

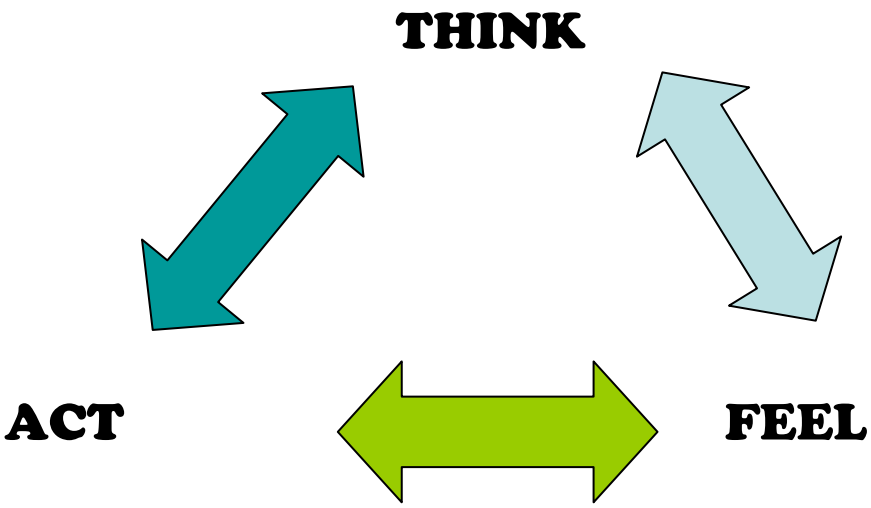
- Get to know each other better
- Discuss the rules for the sessions (see below)
- Learn what depression is
- Learn how your thoughts affect the way you feel

The kind of skills we provide are called **"COGNITIVE-BEHAVIORAL THERAPY"**

- "**Cognitive**" refers to our thoughts.
- "**Behavioral**" refers to our actions.
- Depression is mostly related to our ***feelings***.

By identifying thoughts and actions that affect our feelings, we can learn to gain more control over them and improve our mood (feel better).

HOW WE UNDERSTAND DEPRESSION



This treatment for depression consists of 12 therapy sessions.

- We focus on what is going on in your life right now, in the present.
- The therapy is focused on how to control depression in practical ways that can be used now and in the future.



The twelve sessions are divided into three modules or parts:



- How your ***thoughts*** affect your mood. (4 sessions)
- How your ***actions*** affect your mood. (4 sessions)
- How your ***relationships*** affect your mood. (4 sessions)



What is depression? What does it mean to be depressed?

The word depression is used in many ways. Depression can mean:



- a **feeling** that lasts a few minutes
- a **mood** that lasts a few hours or a few days
- a **clinical condition** that:
  - lasts for at least two weeks
  - causes strong emotional suffering
  - makes it difficult to carry out our daily activities

People with clinical depression generally have five or more of the following symptoms:



- feeling depressed or down nearly every day
- not being interested in things or unable to enjoy things you used to enjoy
- appetite and/or weight change (eating more or less than you are used to)
- sleeping problems (difficulties falling asleep, waking up often, waking up too early or being unable to fall back asleep, sleeping too much)
- changes in how fast you move (either being too restless or moving very slow)
- feeling tired all the time
- feeling worthless or guilty
- problems thinking, concentrating, or making decisions
- thinking about death or hurting yourself (suicide)

Having certain types of thoughts can make you feel more or less depressed. By "thoughts" we mean "things that we tell ourselves."



- Thoughts can have an effect on your body
- Thoughts can have an effect on your actions (what you do)
- Thoughts can have an effect on your mood (how you feel)

A good way to think about this type of therapy is that you will learn specific ways to change your thoughts and your actions so that you feel better.



The purpose of this therapy is to treat depression by teaching you different ways to better control how you feel. There are four goals we want to work towards:

1. To lessen or eliminate feelings of depression
2. To shorten the time you feel depressed
3. To learn ways to prevent or avoid getting depressed again
4. To feel more in control of your life

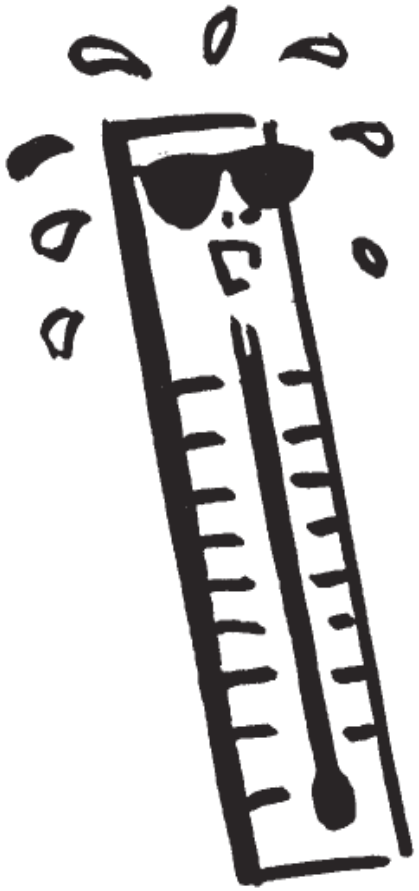
Personal Project

1. **Mood thermometer** (see below). *This thermometer lets us evaluate the intensity of depressive symptoms or mood at the end of each day*
   - This exercise is called the "Mood Thermometer" and you are going to complete is every week. We want to see how you feel each day and you're your mood changes throughout therapy.
   - To complete it, at the end of each day, mark how you felt or how your mood was in general for that day. For example, if it was "the worst" the you should circle number 1, if is was "regular" then you would circle number 5 and if is was "the best" then you would circle number 9. Let's do one to practice using your mood yesterday. Use the Mood thermometer in your manual.
   - Bring it completed to next week's session so we can discuss it.

RULES FOR THERAPY SESSIONS

1. **Arrive on time! Be punctual!**
2. **Come every week!** This treatment is a commitment you make with yourself and your therapist.
3. Keep a positive attitude.
4. **Do the Peronsal Proyects!** By practicing what you learn in these sessions, you can find out whether these skills can help you control your symptoms of depression.
5. What you talk about in session is **confidential**. However, it's ok if you what to share what you've learned with other people if you want.
6. Try to be as honest as posible, and express yourself just as you are and how you feel.
7. Turn off your phone or put it on "vibrate" once you come into the therapy so it doesn't interrupt the session.

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

HOW YOUR THOUGHTS AFFECT YOUR MOOD
(SESSION 2)

WHAT ARE THOUGHTS?



- Thoughts are ideas (phrases or sentences) that we tell ourselves. We are constantly talking to ourselves internally, but often we're not always aware of it. It is helpful to think about thoughts as "objects" (ideas) that have a real effect on our bodies and minds.

1. YOUR THOUGHTS AFFECT YOUR MOOD (HOW YOU FEEL):

   - Different types of thoughts produce different effects on your mood. Some thoughts increase symptoms of depression, while others help you feel better.

2. HOW DO PEOPLE WITH DEPRESSION THINK?

   People with depression tend to have different types of negative thoughts (inflexible, judgmental, destructive and unnecessary). *You can use the contrast between the different types of thoughts.*

   NEGATIVE thoughts are all thoughts that make you feel bad, for example: "I am always going to feel depressed" or "I am useless."

   POSITIVE thoughts make you feel better, for example: "I can do things to feel better." "I am getting better each day."

   <u>INFLEXIBLE</u>



   - *Inflexible* thoughts are thoughts that are rigid, thoughts that don't change. For example, a depressed adolescent might think: "I'm the only one they ask to do things at our house." "I can't do anything right."
   - A *flexible* thought that could help avoid depressed feelings could be: "My parents almost always ask me to do things, but sometimes they ask my sister." "There are lots of times when I do things right."



   <u>JUDGMENTAL</u>

   - *Judgmental* thoughts are negative thoughts about ourselves. For example, a depressed adolescent might think: "I'm ugly" o "I'm a loser".
   - A flexible thought could be: "I might not be the most attractive person in the World, but I'm not the ugliest." "I have qualities that make me a nice person" or "I can't please everybody."



DESTRUCTIVE:

- *Destructive* thoughts harm us. For example, "I am worthless." "Nothing I do comes out right." o "I've made so many mistakes there's no way to solve my problems"
- *Constructive* thoughts help you feel better. For example, "I can learn to control my life so I can do what I really want."

UNNECESSARY:

- *Unnecessary* thoughts don't change anything and they make us feel bad. For example, "A hurricane is going to hit us" or "something bad is going to happen to my parents" or "they're not going to give me permission to go".
- *Necessary* thoughts remind you of the things you have to do, such as: "I have to do my homework to improve my grades" or "Mom asked me to do the dishes before going to the party."

3. HOW DO PEOPLE WHO AREN'T DEPRESSED THINK?



THEY CAN SEE THE POSITIVE SIDE OF THINGS

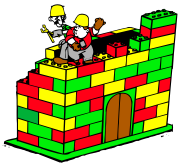
- Depressed: "My family is a disaster." "I'm stupid."
- Flexible: "My family has their problems, but they also have good things." "If I can create good study habits I can improve my grades."

DON'T DEFINE THEMSELVES BY THEIR MISTAKES, THEY LEARN FROM THEM



- Depressed: "The coach pulled me out of the game, I'm useless" "I got an F, I am a loser."
- Flexible: "Today I had a bad day, I didn't play too well. I'll have to practice a bit more." "Math isn't my strongest subject, but I can work hard on extra credit assignments to improve my grade."

THEY HAVE HOPE FOR CHANGE



- Depressed: "Nothing has ever helped." "Nothing will ever change."
- Flexible: "None of the things I have tried up to now have helped, but this is new and it could be a good time to start to feel better." "I could start changing some things that are under my control." "I'm going to keep trying until I find a solution."

4. LEARNING TO IDENTIFY DIFFERENT TYPES OF HARMFUL OR COUNTERPRODUCTIVE THOUGHTS:

TYPES OF THINKING ERRORS



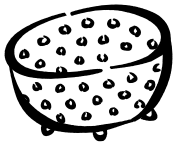
All or nothing thinking:

This is when you look at things as if they were completely good or completely bad. For example, if you make a mistake doing something, you think all your work was useless. You might think, "I'm not even going to try out for the team because I'll never get picked." Or "I can't do anything right."

Mental Filter:



This is when you take a single negative event and you focus on it in such a way that you see everything as negative and think everything is going wrong. It also refers to making or seeing things as bigger than they really are. For example, "a patient came into treatment one day and told us that she had seen a dead bird on the sidewalk and it made her feel really bad. She had walked through a beautiful garden, full of trees and flowers and all she saw was the dead bird."



Another example, "An art student received a constructive criticism on her artwork from her teacher. He only suggested that she change the color on one of the edges of the canvas. Because of this comment, the student thought she wasn't a good artist.

Discounting the positive:

This is when you don't notice positive things that happen you only see the negative things. Or you when positive things happen they seem less important to you than they really are. For example, you might believe that nobody likes you to the extent that if someone is nice to you, you think that something must be wrong with that person. Or if someone tells you how good you look, you think he or she says it just so you won't feel bad.

Jumping to the wrong conclusions:

This is when you come to conclusions too quickly and you see the negative side of things. There are two types:

Mind reading:



This is when you assume what someone is thinking without really knowing. For example, you see that someone is angry and you think the person doesn't like you or that the person is angry with you. It might well be that the person is having his/her own difficulties.

Other examples: "Dad thinks I'm stupid" or "the coach won't let me play anymore because I didn't score in the game, he thinks I am a bad player."



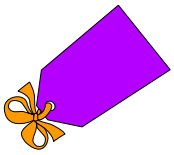
Fortune-telling:
This is when you feel and predict that only disasters and tragedies will happen to you in the future. For example, "I'm going to flunk out of school" or "I won't have any friends at my new school" or "No one's going to want to dance with me at the party" or "I'm not going to the audition because I'll never be picked."

Taking your feelings too seriously:
This is when you think that your feelings are the only version of reality. For example, you think, "I feel so sad that it proves what a disaster I am" or "I'm so lonely that my life has no meaning." "I am always bored so other people probably seem me as a boring person."

Shoulds/Perfecctionism:
This is when you try to motivate yourself with shoulds; that is, with what you believe people should or have to do or say. Even if there are things you need to do, it's important to be careful not to have unrealistic, excessive or inflexible expectations for yourself. For example, you might think, "I should get all As in school" or "My Mom should pay attention to me all the time" or "my boyfriend/girlfriend should always go out with me whenever I want." When you tell yourself you should, you feel guilty. It's better to do things the best you can and because you want to, not because you feel guilty. When you think shoulds about other people, you get angry and frustrated if they don't do things the way you expect them to.



Labeling yourself or others:
Only because you make one mistake, you start to think you're a loser. For example, you might say, "I yelled at Mom, I'm a bad daughter" or "I'm stupid because I have bad grades" or "I'm ugly." You might also label others: "The teacher is stupid because she scolded me." "She's a traitor because now she hangs out with other friends besides me."



Blaming yourself:
This is when you blame yourself for the negative things that happen around you and over which you have no control. For example, if something bad happens to one of your family members or friends, you feel as if it was your fault because you couldn't prevent it. Or if your parents get divorced, you feel it was your fault because they were always arguing in front of you.

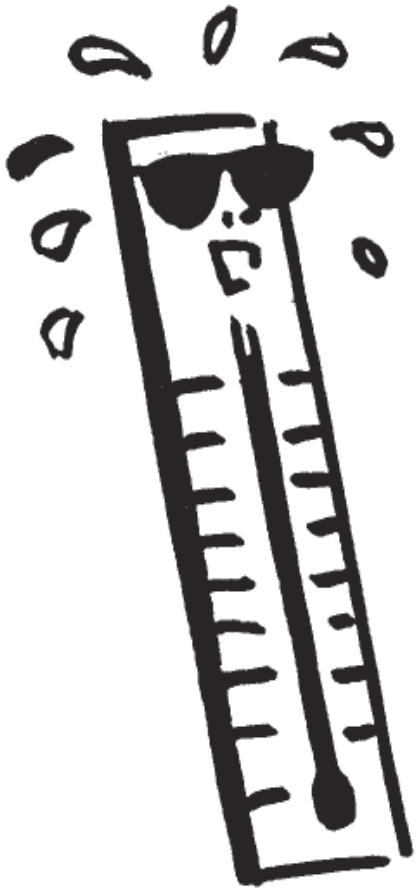
Personal Project

1. **Mood Thermometer.**

2. Keep a record of your thoughts. Complete the **List of Positive and Negative Thoughts** that are in your manual. At the end of each day read the list and mark each thought you had. Add up the total number of positive and negative thoughts. See if there's a relationship between the number of each type of thought (positive or negative) and your mood.

3. Try to identify each one of the following thoughts according to the **Thinking Errors** category that we discussed in session today. Try to change them to more positive and flexible thoughts.

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

LIST OF NEGATIVE THOUGHTS

Mark (X) next to the negative thoughts you had each day.

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I'm confused.							
There is no love in the world.							
I'm wasting my life.							
I'm afraid.							
I'll end up alone.							
No one considers friendship important.							
I have no patience.							
Nothing's worth it.							
It's tough to go on.							
I'm stupid.							
Anyone who thinks I'm nice doesn't really know me.							
Life has no meaning.							
I'm ugly.							
I can't express my feelings.							
I'll never find what I really want.							
I'm not capable of loving.							
I'm worthless.							
My hopes have vanished.							
I'm useless.							
I won't be able to solve my problems.							
Everything I do turns out wrong.							
I'll never be able to change.							
Everything gets ruined.							
I have no enthusiasm for anything.							
I wish I were never born.							
I won't be able to sleep.							
I'm inferior to others.							
Everything's my fault.							
Why does everything bad happen to me?							

Nothing is fun.							
Life isn't worth it.							
I'll never stop being depressed							
I don't have enough willpower.							
I wish I was dead.							
I wonder if people talk about me.							
Things are going to get even worse.							
I have a bad temper.							
Life's unfair.							
I don't dare imagine what my life will be like in 10 years.							
Something's wrong with me.							
I'm selfish.							
I'm not as good as others.							
I feel hurt easily.							
No one in my family understands me.							
I am always bored.							
Total Negative Thoughts							

LIST OF POSITIVE THOUGHTS

Mark (X) next to the positive thoughts you had each day.

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I can do it better.							
What a beautiful morning.							
I will learn to be happy.							
Life is interesting.							
I deserve to be given credit.							
Even though things are bad now, they'll get better.							
I did a good job.							
I really feel good.							
This is fun.							
I chose the best solution to a difficult problem.							
I'm a good person.							
I'm hopeful about my future.							
I have good control of myself.							
I have a right to be happy.							
This is interesting.							
I really handled this situation well.							
I like to read.							
I get along well with others.							
I've worked hard, now I need to rest.							
I'm considerate toward others.							
I have enough time to do the things I want to do.							
I like people.							
I always find the strength to solve any difficult problem.							
I'm a good person.							
I'm honest.							

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I can handle a crisis as well as anyone else.							
My experiences have prepared me for the future.							
I'm lucky.							
I'm very responsible.							
I'm interested in other people.							
I'm intelligent.							
I'm attractive.							
I am important to my family.							
Total Positive Thoughts							

USING YOUR THOUGHTS TO CHANGE YOUR MOOD
(SESSION 3)

1. INCREASING THOUGHTS THAT IMPROVE YOUR MOOD

STOP EVERYTHING YOUR ARE DOING



When we feel nervous we can take a break and mentally give ourselves a time out.
Let your mind relax and take a deep breath. Pay attention to your body's natural ability to relax and feel at peace. Feeling at peace can give you energy.

INCREASE THE NUMBER OF POSITIVE THOUGHTS IN YOUR MIND



Make a list of good thoughts you have about yourself and about life in general.

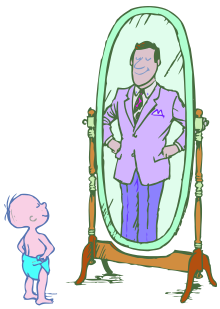


CONGRATULATE YOURSELF MENTALLY

Other people do not notice most of the things we do. Therefore, it is important for us to acknowledge them and give ourselves credit for doing them.

PROJECTION INTO THE FUTURE

Imagine yourself in the future, at a time when things will be better.



2. DECREASING THOUGHTS THAT MAKE US FEEL BAD

INTERRUPT YOUR THOUGHTS



When a thought is ruining your mood, we can identify it and try to interrupt it.
First, identify the thought. Next, tell yourself: "This thought is ruining my mood, so I am going to change it or substitute it for a positive one."

TIME TO WORRY

Set aside "time to worry" each day so that you can concentrate completely on necessary thoughts and leave the rest of the day free of worries. The "time to worry" can be 10 to 30 minutes each day.





LAUGH AT YOUR PROBLEMS BY EXAGGERATING THEM

If you have a good sense of humor, try to laugh at your worries. If you feel you don't have a good sense of humor, try to do it any way you can. Sometimes this can take away the pain of certain hardships.

CONSIDER THE WORST THAT COULD HAPPEN



- Often some of the fears we have about what could happen make us feel depressed and they paralyze us.
- To help you stop making negative predictions and prepare yourself for what could happen, it's useful to ask yourself – What could happen if ____? Or what would really be the worst thing that could happen if_____?
- Remember that the worst thing that could happen is only one of many possibilities and just because it's the worst doesn't mean that is the most probable.
- It's good to ask yourself whether you're exaggerating what could happen. Maybe none of the things you fear will happen, but if you consider the different possibilities you'll be better prepared.

3. Being your own trainer

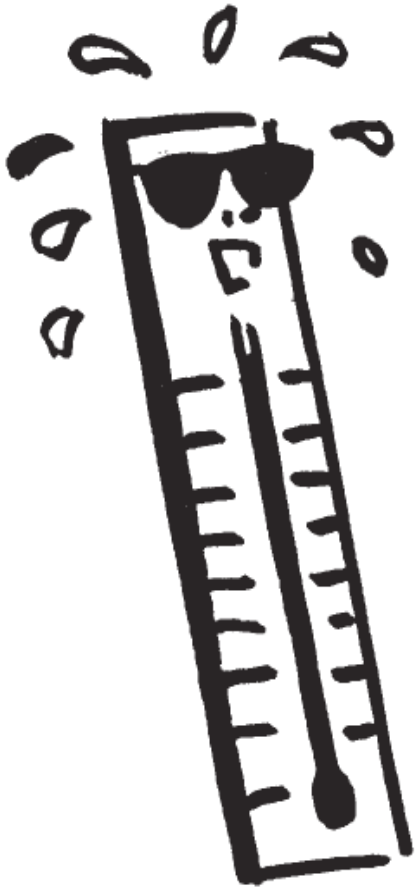


Just as we can help someone to do something difficult by coaching them or giving them instructions, we can help ourselves by coaching ourselves. This is what we mean by learning to feel better.

Personal Project

1. **Mood Thermometer**
2. **List of Positive and Negative Thoughts**
3. Practice some of the strategies we discussed to increase positive thoughts and decrease negative ones.

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
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LIST OF NEGATIVE THOUGHTS

Mark (X) next to the negative thoughts you had each day.

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I have no patience.							
Nothing's worth it.							
It's tough to go on.							
I'm stupid.							
Anyone who thinks I'm nice doesn't really know me.							
Life has no meaning.							
I'm ugly.							
I can't express my feelings.							
I'll never find what I really want.							
I'm not capable of loving.							
I'm worthless.							
My hopes have vanished.							
I'm useless.							
I won't be able to solve my problems.							
Everything I do turns out wrong.							
I'll never be able to change.							
Everything gets ruined.							
I have no enthusiasm for anything.							
I wish I were never born.							
I won't be able to sleep.							
I'm inferior to others.							
Everything's my fault.							
Why does everything bad happen to me?							
Nothing is fun.							

Life isn't worth it.							
I'll never stop being depressed							
I don't have enough willpower.							
I wish I was dead.							
I wonder if people talk about me.							
Things are going to get even worse.							
I have a bad temper.							
Life's unfair.							
I don't dare imagine what my life will be like in 10 years.							
Something's wrong with me.							
I'm selfish.							
I'm not as good as others.							
I feel hurt easily.							
No one in my family understands me.							
I am always bored.							
Total Negative Thoughts							

LIST OF POSITIVE THOUGHTS

Mark (X) next to the positive thoughts you had each day.

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I can do it better.							
What a beautiful morning.							
I will learn to be happy.							
Life is interesting.							
I deserve to be given credit.							
Even though things are bad now, they'll get better.							
I did a good job.							
I really feel good.							
This is fun.							
I chose the best solution to a difficult problem.							
I'm a good person.							
I'm hopeful about my future.							
I have good control of myself.							
I have a right to be happy.							
This is interesting.							
I really handled this situation well.							
I like to read.							
I get along well with others.							
I've worked hard, now I need to rest.							
I'm considerate toward others.							
I have enough time to do the things I want to do.							
I like people.							
I always find the strength to solve any difficult problem.							
I'm a good person.							
I'm honest.							

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I can handle a crisis as well as anyone else.							
My experiences have prepared me for the future.							
I'm lucky.							
I'm very responsible.							
I'm interested in other people.							
I'm intelligent.							
I'm attractive.							
I am important to my family.							
Total Positive Thoughts							

HOW YOUR THOUGHTS AFFECT YOUR MOOD
(SESSION 4)

1. DEBATING/DISPUTING YOUR NEGATIVE THOUGHTS – THE A-B-C-D METHOD.



When you feel depressed, ask yourself what you are thinking. Then try to talk back to the thought that is bothering or hurting you.

A is the **A**ctivating event; what happened
B is the **B**elief or the thought that you are having; that is, what you tell yourself about what is happening
C is the **C**onsequence of your thought; that is, the feeling you have as a result of your thought
D is the way in which you **D**ispute or talk back to your thought (this means that you challenge negative thoughts and generate alternate positive thoughts)

In these examples, you can use the ABCD method in the following way:

A *My Dad didn't come for me this weekend (this is a fact).*
B *Some of the thoughts you might have about this fact are: "My dad doesn't care about me", o "My Dad doesn't want to spend time with me"*
C *The consequence of thinking these thoughts is feeling mad, sad and disappointed.*
D *I can talk to these thoughts in the following way: "My Dad cancelled because of problems he has with my Mom", "My Dad has always shown me in other ways that even loves me even if he can't spend a lot of time with me."*

Example:

A *My best friend doesn't return my call.*
B *Some thoughts you might have about this fact are: "She doesn't want to talk to me", or "she doesn't want to be my friend anymore", "you can't trust anyone."*
C *The consequence of these thoughts is feeling mad, sad and hopeless. Another consequence might be that when you do manage to talk to her, you treat her badly (you're sarcastic or you give her the silent treatment).*

D *I can talk to these thoughts in the following manner:" She might be busy", "Maybe she didn't get the message." "I'll wait to talk to her to find out what happened."*

Example:

A *I have an F in two classes and it's already mid-semester.*
B *I'm stupid, I can't do anything right. I'm going to have to repeat the 10th grade. I'm never going to be able to study or work at what I want.*
C *I felt sad, frustrated and mad.*
D *I still have the chance to find opportunities to pull up my grades, such as doing extra credit work or finding a tutor. I might have to repeat the class during the summer, but it doesn't mean I won't graduate, or be able to do what I want. I'm smart and there are some classes that are harder for me than others.*

Example:

A *My boyfriend dumped me.*
B *I'm ugly, I did something wrong, I should have done everything he wanted me to. No other guy will ever like me.*
C *I felt awful and I cried a lot. I locked myself in my room.*
D *It's better that I be with someone who loves and appreciates me. The relationship with him didn't work, but it's not necessarily something I did or didn't do. I can be attractive to other guys.*

2. EXCERCISES WITH THE ABCD METHOD

- When you feel depressed ask yourself what you're thinking. Then try to talk back to the thought that's bothering you.

3. SOME THOUGHTS THAT CAN CONTRIBUTE TO FEELING DEPRESSED

The following thoughts are thoughts that people with depression commonly have and can make them feel worse.



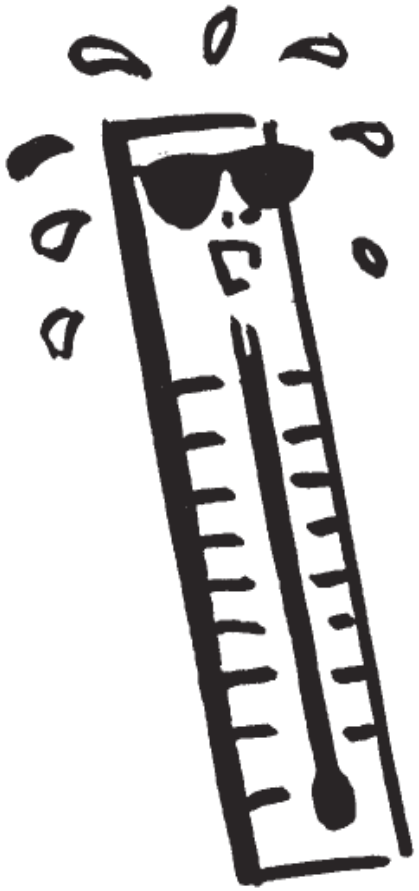
- "Everyone should love/like me."
- "I should do everything right all of the time"
- "I am a bad person."
- "I will feel awful if things don't happen the way I want them to."
- "I should worry about the bad things that can happen."
- "Nobody loves me."
- "I'll never be able to be happy."
- "I should feel bad when people I care about are having a hard time."
- "I need everyone's approval to feel good about myself."
- "I have to be popular and accepted by my friends to feel like I am worth something."
- "My family suffers because of me."
- "It's my responsibility to solve the people I love's problems."



Personal Project

1. **Mood Thermometer**
2. **List of Positive and Negative Thoughts**
3. Use the **A-B-C-D Method** to debate or challenge your negative thoughts.

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

LIST OF NEGATIVE THOUGHTS

Mark (X) next to the negative thoughts you had each day.

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I'm confused.							
There is no love in the world.							
I'm wasting my life.							
I'm afraid.							
I'll end up alone.							
No one considers friendship important.							
I have no patience.							
Nothing's worth it.							
It's tough to go on.							
I'm stupid.							
Anyone who thinks I'm nice doesn't really know me.							
Life has no meaning.							
I'm ugly.							
I can't express my feelings.							
I'll never find what I really want.							
I'm not capable of loving.							
I'm worthless.							
My hopes have vanished.							
I'm useless.							
I won't be able to solve my problems.							
Everything I do turns out wrong.							
I'll never be able to change.							
Everything gets ruined.							
I have no enthusiasm for anything.							
I wish I were never born.							
I won't be able to sleep.							
I'm inferior to others.							
Everything's my fault.							
Why does everything bad happen to me?							
Nothing is fun.							

Life isn't worth it.							
I'll never stop being depressed							
I don't have enough willpower.							
I wish I was dead.							
I wonder if people talk about me.							
Things are going to get even worse.							
I have a bad temper.							
Life's unfair.							
I don't dare imagine what my life will be like in 10 years.							
Something's wrong with me.							
I'm selfish.							
I'm not as good as others.							
I feel hurt easily.							
No one in my family understands me.							
I am always bored.							
Total Negative Thoughts							

LIST OF POSITIVE THOUGHTS

Mark (X) next to the positive thoughts you had each day.

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I can do it better.							
What a beautiful morning.							
I will learn to be happy.							
Life is interesting.							
I deserve to be given credit.							
Even though things are bad now, they'll get better.							
I did a good job.							
I really feel good.							
This is fun.							
I chose the best solution to a difficult problem.							
I'm a good person.							
I'm hopeful about my future.							
I have good control of myself.							
I have a right to be happy.							
This is interesting.							
I really handled this situation well.							
I like to read.							
I get along well with others.							
I've worked hard, now I need to rest.							
I'm considerate toward others.							
I have enough time to do the things I want to do.							
I like people.							
I always find the strength to solve any difficult problem.							
I'm a good person.							
I'm honest.							

DATE	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
I can handle a crisis as well as anyone else.							
My experiences have prepared me for the future.							
I'm lucky.							
I'm very responsible.							
I'm interested in other people.							
I'm intelligent.							
I'm attractive.							
I am important to my family.							
Total Positive Thoughts							

WORKING WITH THE ABCD METHOD

A. Activating event (What happened?)	C. Consequence (How did you react?)
B. Belief (Your thoughts and beliefs about what happened, what you told yourself about what happened and had an effect on your reaction)	D. Debate or dispute the Belief (Alternate thoughts that could help you react in a healthier way)

HOW YOUR ACTIVITIES AFFECT YOUR MOOD
(SESSION 5)

THE ACTIVITIES THAT WE DO AFFECT OUR MOOD: THROUGH OUR ACTIVIES WE CAN TELL HOW WE FEEL.

The fewer pleasant activities people do, the more depressed they feel.

Do you stop doing things because you feel depressed? or Do you feel depressed because you stop doing things?

The most probable answer is **BOTH**:

The fewer things you do, the more depressed you feel. The more depressed you feel, the fewer things you do. This is called a "VICIOUS CYCLE."

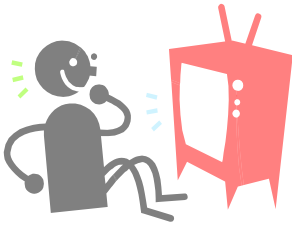


- To break the vicious cycle you can increase those activities that make you feel better.
- These activities can be called "pleasant", "encouraging", "inspiring", etc. We call them "pleasant."

PLEASANT ACTIVITIES DO NOT HAVE TO BE SPECIAL ACTIVITIES (ALTHOUGH THEY CAN BE).

- By pleasant activities we are referring mostly to everyday activities (i.e. listen to music, watch TV, read a book, talk on the phone, surf the Internet).









SOMETIMES OBSTACLES GET IN THE WAY OF OUR DOING CERTAIN PLEASANT ACTIVITIES.

Some obstacles to working with pleasant activities are:



- YOUR THOUGHTS:
  - What kind of thoughts help you enjoy an activity?
  - What thoughts make it hard for you to enjoy an activity?
  - Have you ever enjoyed an activity that you thought you wouldn't?
- PEOPLE:
  - How have other people made it hard for you to enjoy a pleasant activity?

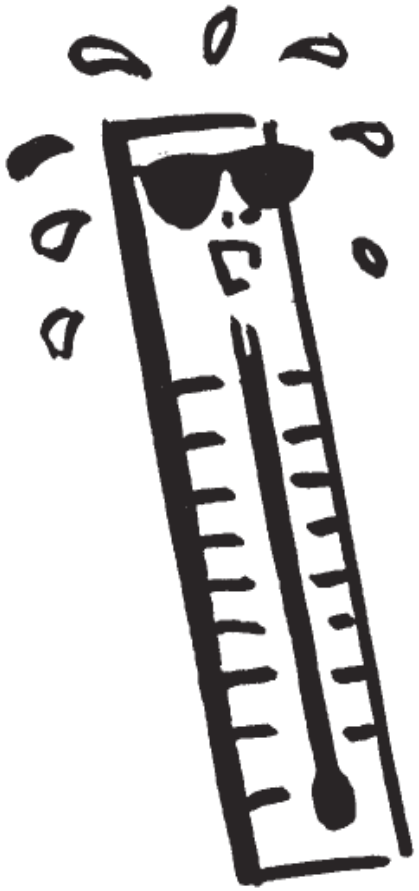




Proyecto Personal

1. **Mood Thermometer**
2. At the end of each day, mark each of the activities on the **List of Pleasant Activities** that you did that day. Count the total number of marks you have at the end of each day. Bring the list to our next session.

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

List of Pleasant Activities

Mark (X) next to the pleasant activities you did each day.

	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday
Wear clothes I like.							
Go outside (beach, park)							
Help groups I respect (community, church).							
Talk about sports.							
Watch or participate in sports.							
Go to the theater, concert, dancing							
Plan trips or vacations.							
Buy things.							
Make crafts.							
Go to church.							
Fix up my room and my house.							
Read books, magazines, or newspapers.							
Talk to my friends							
Play pool.							
Drive a car.							
Ride a bike, skate, or skateboard.							
Watch TV							
Play board games (cards, monopoly, etc.)							
Finish a difficult task.							
Finish a puzzle.							
Complete crosswords.							
Take a hot bath.							
Write stories, poetry, music.							
Travel.							
Sing.							

	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday
Do my job.							
Dance.							
Play a musical instrument.							
Take a nap.							
Solve a personal problem.							
Put on make-up, fix my hair.							
Meet new people.							
Do outdoor work.							
Sunbathe.							
Go to a fair, zoo, or park.							
Plan or organize something.							
Watch nature.							
Listen to radio, music.							
Give gifts.							
Take pictures.							
Collect natural objects (rocks, seashells, etc.).							
Help someone.							
Listen to jokes.							
Look at beautiful landscapes.							
Eat good food.							
Walk in the heart of the city.							
Go to museum, gallery, or exhibition.							
Do a good job.							
Go to the gym.							
Learned something new.							
Spend time with family.							
Participate in social or political protests.							

	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday
Talk on the phone.							
Daydream.							
Go to the movies.							
Kiss.							
Organize my time.							
Cook							
Work at home.							
Eat out (fast food, restaurants)							
Visit or spent time with friends.							
Write in a diary.							
Pray.							
Meditate, do yoga.							
Rent movies.							
Have open and frank conversations.							
Walk barefoot.							
Go partying.							
Sew or knit							
Go to the beauty salon or barber shop.							
Spend time with someone I love.							
Take a noontime nap.							
Start a new project.							
Play video games.							
Prepare a new or special meal.							
Watch people.							
Make a bonfire.							
Sell or exchange something.							
Write letters.							

	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday
Take care of plants.							
Go for a walk.							
Take care of little kids.							
Sleep late.							
Play with a pet.							
Surf the Internet (Chat, Messenger)							
Hang out with friends							
Exercise							
Take dance or music lessons							
Total Pleasant Activities							

HOW YOUR ACTIVITIES AFFECT YOUR MOOD
(SESSION 6)

1. How can pleasant activities help you feel better?



   - It is not enough to say to yourself, "Feel better!" It is often easier to change the things you do. If you change the things you do, you can also change the way you feel.

2. Remember that:

   - Pleasant activities do not necessarily have to be special activities, although they can be special. Pleasant activities are often ordinary activities that we enjoy.
     - Some examples are watching the sun set, reading a book, talking to a friend, play sports, going to a park, smelling a flower, drawing or painting, listening to music.

   - Pleasant activities can be different for different people. For example, some people find reading a book while alone is a very pleasant activity. Other people can find being in a noisy and crowded shopping center fun.

3. It is important to have an adequate balance of pleasant activities in order to feel good.



   - We feel our best when our activities are well-balanced between things we" have to do" and things we "want to do." Since we have more control over the things we want to do, it is important to keep these activities in mind and do them.
     - What are some of the things you have to do? What things do you do because you enjoy them? Do you have a good balance?

4. The problem with things that put demands on your time and the need for doing pleasant activities.

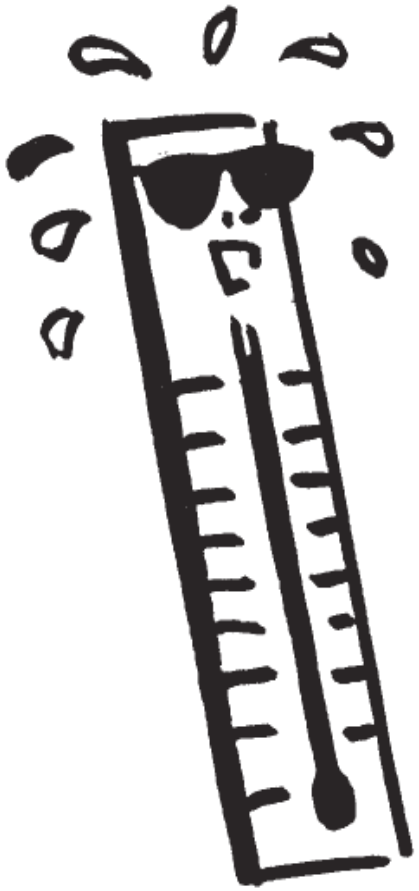


   - It's often hard to create a balance between things we have to do and things we want to do. One solution to deal with this problem is planning our time.
   - Planning and programming your activities is a way to gain more control over your life.

Personal Project

1. **Mood Thermometer**
2. At the end of each day, mark each of the activities on the **List of Pleasant Activities** that you did that day. Count the total number of marks you have at the end of each day. Bring the list to our next session.
3. Complete the **Weekly Acitivites Schedule**.
4. This week you're going to carry out an experiment with yourself.
    - You are going to make a **Personal Contract**. Pick a pleasant activity that you can do this week and establish a reward for yourself if you do it.
    - Complete the worksheet titled, "**How much do you think you will enjoy your pleasant activities**? Pick 3 to 6 activities that you would like to do in the next few weeks. Write how much (%) you think you'll enjoy them. After doing them, write down how much you really enjoyed them.

Mood Thermometer



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The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
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Talk about sports.							
Watch or participate in sports.							
Go to the theater, concert, dancing							
Plan trips or vacations.							
Buy things.							
Make crafts.							
Go to church.							
Fix up my room and my house.							
Read books, magazines, or newspapers.							
Talk to my friends							
Play pool.							
Drive a car.							
Ride a bike, skate, or skateboard.							
Watch TV							
Play board games (cards, monopoly, etc.)							
Finish a difficult task.							
Finish a puzzle.							
Complete crosswords.							
Take a hot bath.							
Write stories, poetry, music.							
Travel.							
Sing.							

	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday
Do my job.							
Dance.							
Play a musical instrument.							
Take a nap.							
Solve a personal problem.							
Put on make-up, fix my hair.							
Meet new people.							
Do outdoor work.							
Sunbathe.							
Go to a fair, zoo, or park.							
Plan or organize something.							
Watch nature.							
Listen to radio, music.							
Give gifts.							
Take pictures.							
Collect natural objects (rocks, seashells, etc.).							
Help someone.							
Listen to jokes.							
Look at beautiful landscapes.							
Eat good food.							
Walk in the heart of the city.							
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Do a good job.							
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Learned something new.							
Spend time with family.							
Participate in social or political protests.							

	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday
Talk on the phone.							
Daydream.							
Go to the movies.							
Kiss.							
Organize my time.							
Cook							
Work at home.							
Eat out (fast food, restaurants)							
Visit or spent time with friends.							
Write in a diary.							
Pray.							
Meditate, do yoga.							
Rent movies.							
Have open and frank conversations.							
Walk barefoot.							
Go partying.							
Sew or knit							
Go to the beauty salon or barber shop.							
Spend time with someone I love.							
Take a noontime nap.							
Start a new project.							
Play video games.							
Prepare a new or special meal.							
Watch people.							
Make a bonfire.							
Sell or exchange something.							
Write letters.							

	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday
Take care of plants.							
Go for a walk.							
Take care of little kids.							
Sleep late.							
Play with a pet.							
Surf the Internet (Chat, Messenger)							
Hang out with friends							
Exercise							
Take dance or music lessons							
Total Pleasant Activities							

Weekly Activities Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
10:00-11:00							
11:00 …							

PERSONAL CONTRACT

I, _____, establish the following contract with myself:

Objective: *During this week, I will do the following pleasant activity:*

_____

_____

____

Reward:

1. *If I achieve my objective, I will reward myself with:*

   _____

   _____

2. *I will give myself this reward no more than two days after having achieved my objective.*

Signature: _____ Date: _____

Date I achieved my objective: _____

Date I gave myself my reward: _____

How much do you think you will enjoy your Pleasant Activity?

Activities (Choose from 3-6 activities)	**Prediction** (How much do you think you'll enjoy these activities? - from 0 to 100%)	**Result** (How much did you actually enjoy these activities? - from 0 to 100%)	**Comments**

HOW YOUR ACTIVITIES AFFECT YOUR MOOD
(SESSION 7)

Creating your own plan for overcoming depression - One way is by establishing goals.

THERE ARE SEVERAL TYPES OF GOALS:



SHORT TERM GOALS

- Things you'd like to do soon (say in the next 6 months)

LONG TERM GOALS

- Things you'd like to do at some point in your life

LIFETIME GOALS

- Your life philosophy. What do you care most about in life?

SETTING CLEAR, CONCRETE GOALS:

- Set clear, concrete goals so that you can be sure of when you've reached them.

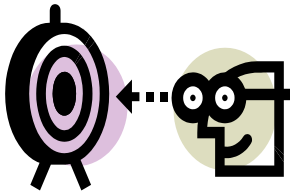
UNCLEAR GOALS (global - general)	**CLEAR GOALS** (specific - concrete)
Be less bored	Go to the mall once a week
Be a good friend	Spend three hours a week doing pleasant things with your friends
Be a good musician	Spend x hours a week practicing an instrument
Get better grades	Study for two hours every afternoon
Lose weight	Walk 30 minutes a day and follow a healthy diet

BREAK DOWN YOUR BIG GOALS INTO SMALLER PARTS:

- Make sure that each part can be achieved without too much effort. If your goal is to be a good baseball player, then you could start by finding out were the nearest baseball park is and what times you can practice.



SETTING REALISTIC GOALS:



- It is often difficult to determine beforehand what's realistic and what's not. What's not realistic today can be realistic in the future. However, if you find you can't meet most of your goals now, then they are probably not realistic for you at this time.

TO MAKE CHANGES IN OUR LIVES, SOMETIMES WE NEED TO MAKE CHANGES IN OUR GOALS:

- Things that are realistic might become unrealistic.

  For example: An adolescent plays volleyball and she'd like to play in a major league. She hurts her knee badly during a game, and she can't keep playing that sport. However, maybe she can become a volleyball coach or assistant coach.

- Things that were unrealistic might become realistic.

  For example: An adolescent wanted to be able to drive his mother's car. His mother told him that he still wasn't old enough to do so.
  He felt like he would never get to drive, he saw it as so far away. Finally he turned 16 and his mom let him drive under her supervision.

If a change occurs in your life that requires a change in goals, then maybe you'll have to:

- Enjoy activities in new ways
- Develop new interests, abilities and activities.

TO HELP YOU OVERCOME DEPRESSION:

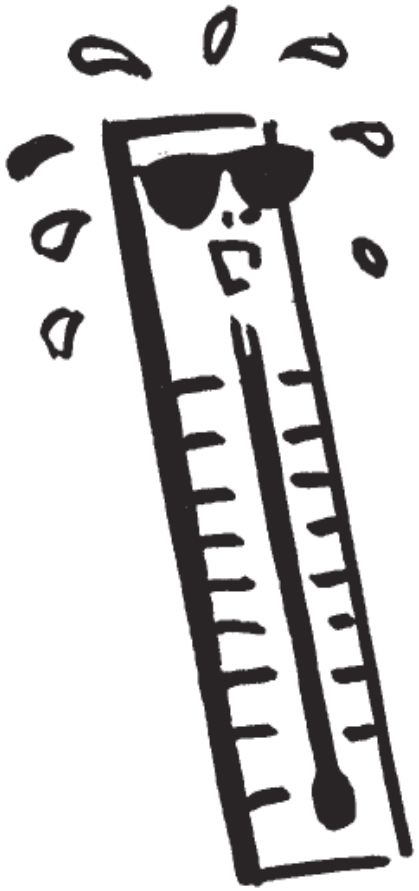


- Establish realistic goals.
- Recognize the positive things you do to reach them.
- Congratulate and reward yourself both mentally and in real life.

Personal Project

1. **Mood Thermometer**
2. **Weekly Acitivies Schedule**
3. Time management: Make a list of the goals you'd like to complete this week. Put them in order of priority. Are you really sure that you want to do the last ones on your list? Identify a plan to achieve the highest ones on your list.

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
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Weekly Activities Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
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10:00-11:00							
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6:00-7:00							
7:00-8:00							
8:00-9:00							
10:00-11:00							
11:00 …							

PERSONAL GOALS

SHORT TERM GOALS

(Things you'd like to do in the next 6 months)

LONG TERM GOALS

(Things you'd like to do in your lifetime)

LIFETIME GOALS

(What do you care most about in life?)

HOW YOUR ACTIVITIES AFFECT YOUR MOOD
(SESSION 8)

DEPRESSION AND THE HEALTHY MANAGEMENT OF REALITY

1. WE LIVE IN TWO WORLDS:



   1) The objective world (the world outside, everything outside of us) For example, the places, people and events around us that we can't change (where we live, the school we go to, who are parents are).

   2) The subjective (internal) world (our internal world, what's inside our minds) for example, our thoughts, beliefs, wishes, feelings and dreams (how we perceive what we do and what happens to us).

2. THESE TWO WORLDS ARE OUR REALITY. The key to feeling emotionally healthy is:

   To learn how to manage these two parts of our reality.

   - The objective world, generally speaking, we can't change, but we can learn ways to manage it in a way that it doesn't' affect how we feel so much.
     - For example, you can't change the fact that your parents are getting a divorce, but you can change the way you react to it. You can isolate yourself, be mad at them, or think it's your fault. You can also find a friend to talk to, think that your parents are adults and they must know why they made that decision, and try to do pleasant activities that can help make you feel better. You can see the possible positive side to this, which could be that they are happier and there is more peace at home.

   - On the other hand, we can have more control over our subjective world. When people are depressed, the often perceive their subjective world as the only reality.

3. NO ONE COMPLETELY CONTROLS THESE TWO WORLDS. HOWEVER, YOU CAN LEARN TO HAVE MORE CONTROL OVER YOUR SUBJECTIVE WORLD AND IDENTIFY WAYS TO MANAGE THE OBJECTIVE WORLD.

   - **When people are depressed they feel that have no control, that there's nothing they can do to feel better. However, things can always change and improve.**

4. THERE ARE WAYS TO FEEL YOU HAVE MORE CONTROL AND FEEL LESS DEPRESSED.

ALTERNATIVES



- Sometimes we find ourselves in situations in which it's hard to make decisions because we don't see alternatives or we only see one. It can also happen that we feel we don't have any alternatives when things don't happen the way we want them to. On these occasions it helps to consider all the alternatives and not to focus on that fact that you don't have what you really wanted.

- The more alternatives you have, the more freedom you'll have.

- Have you ever found yourself in situations such as these?

    - A guy you don't have romantic feelings for invites you to a party, but you enjoy his company as a friend. You want to ask a guy you really like or hope that he asks you.
    - Your friends invite you to go out, but your mom asked you to help your grandfather cut the grass because he hasn't felt well lately and can't do it alone.

THINKING THAT THE WORLD IS MADE UP OF CHUNKS OF TIME

- It's common when people feel depressed for them to think they're always going to feel that way. They can also think that their depression won't go away unless something in the objective world changes. If you see the world as little chunks of time that you decide what to do with, you can feel more in control and take action to overcome your depression.

Be careful of telling yourself:

- "I can't enjoy life until _____".

For example, if you tell yourself:

- "I can't enjoy life until my depression goes away", consider thinking – "I can feel better every day if I do the things I have been learning."

- "I won't be happy until I have a boyfriend/girlfriend" – consider thinking – "I can enjoy spending time with my friends and meeting new people."

Have you ever had these kinds of thoughts?
"I can't enjoy life until _____."

What can you do to change that type of thought to one such as?
"To enjoy my life I am going to _____."

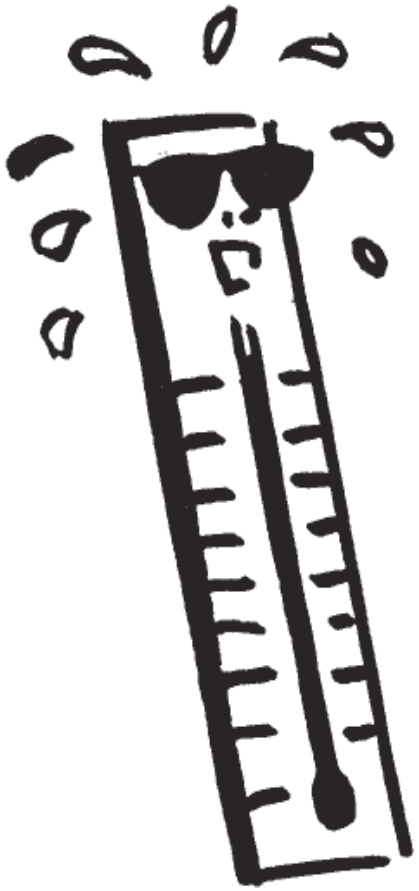
- Pleasant activities and the way you manage your internal and outside worlds make help make your time more satisfactory. When your time becomes more satisfactory, your life will also and you will feel better. Integrate pleasant activities into your life plan. If pleasant activities help you overcome your depression, they can also help you feel healthier emotionally.
- The better you feel, the more you can help yourself and others.



Personal Project

1. **Mood Thermometer**
2. **Weekly Activities Schedule**

Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

Weekly Activities Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
10:00-11:00							
11:00 …							

HOW YOUR RELATIONSHIPS AFFECT YOUR MOOD (SESSION 9)

LET'S WORK WITH HOW YOUR CONTACT WITH OTHER PEOPLE AFFECTS YOUR MOOD.



Severe depression is associated with:

- Having less contact with others
- Feeling uncomfortable, shy or mad at others
- Being less assertive (not saying what you like/dislike or not knowing how to express your feelings and preferences)
- Being more prone to feeling rejected, ignored, or criticized

DOES DEPRESSION CAUSE PEOPLE TO BE LESS SOCIABLE? OR DOES BEING LESS SOCIABLE MAKE PEOPLE TO GET DEPRESSED?

The answer is probably that depression and lack of contact with other people influence one another.



- For example, a change of school can mean leaving a lot of friends behind. This can make you feel sad. If when you feel sad you don't make an effort at making new friends, your sadness can become depression. Feeling depressed may make you feel less sociable, which will make you even more depressed because you're spending a lot of time sad and lonely.

THE IMPORTANCE OF SOCIAL SUPPORT



- The support we receive from being in contact with other people is important for our health. The contacts we have with our family and friends create a kind of protective social network or "social support network".



- The system or "social support network" refers to people who are close to us and with whom you share important information or important moments of your life. These people can be family, friends, neighbors, classmates and acquaintances. In general, the stronger the social support we receive, the more we are able to confront difficult situations.

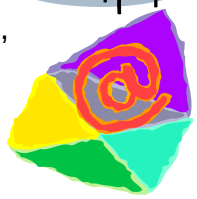
TWO IMPORTANT PRINCIPLES TO KEEP IN MIND IN THE FUTURE.

- If your social support network is too small, make it larger. Your network is too small if there is no one you trust to talk about your personal matters, if you have no one to go to if you need help, or if you have no friends or acquaintances to do things with.

- If your network is adequate and of a good size, appreciate it and try to keep it strong. In other words, don't let disagreements cause separations between you and the people in your network. Frequent communication helps maintain friendships.



KEEPING YOUR SOCIAL SUPPORT NETWORK HEALTHY



How can we maintain a healthy social support network?

- Contact with others is very important, be it by phone or in person (talk, listen, go out, do activities together).

- Some thoughts that can block this. For example:

  - "They haven't called me; it looks like they don't care about me."
  - "I'm not going to be the one to make the first move."
  - "They don't like me."
  - "No one in my family understands me."
  - "My mom never listens."
  - "I can never forgive him/her."

MEETING PEOPLE

How do you make friends? What have your friends done to get closer to you? What does a friendly or sociable person do?



  - The easiest way to meet other people is by doing an activity you like in the company of others.

- When you enjoy something, it's more likely that you'll be in a good mood and that way it'll be easier to be sociable and friendly.

- Even if you don't find anyone in particular that you want to get to know better, you'll be doing something you enjoy and you won't feel it was a waste of your time.



- Since the main focus will be on the activity and not on meeting other people, it's more likely that you'll feel less pressure than you'd feel if the only purpose was meeting new people. If there were people you want to get to know better, it's more probable that they'll have things in common with you.

HOW TO ESTABLISH AND MAINTAIN HEALTHY RELATIONSHIPS: BEING ASSERTIVE.

- What's the difference between being passive, assertive and aggressive?
- There are three ways we can act and communicate with others:

  - Being passive means not expressing your feelings to others because you think they'll be annoyed, feel bad or because they are superior to you. You might feel you have to "swallow" your feelings or you'll be rejected.

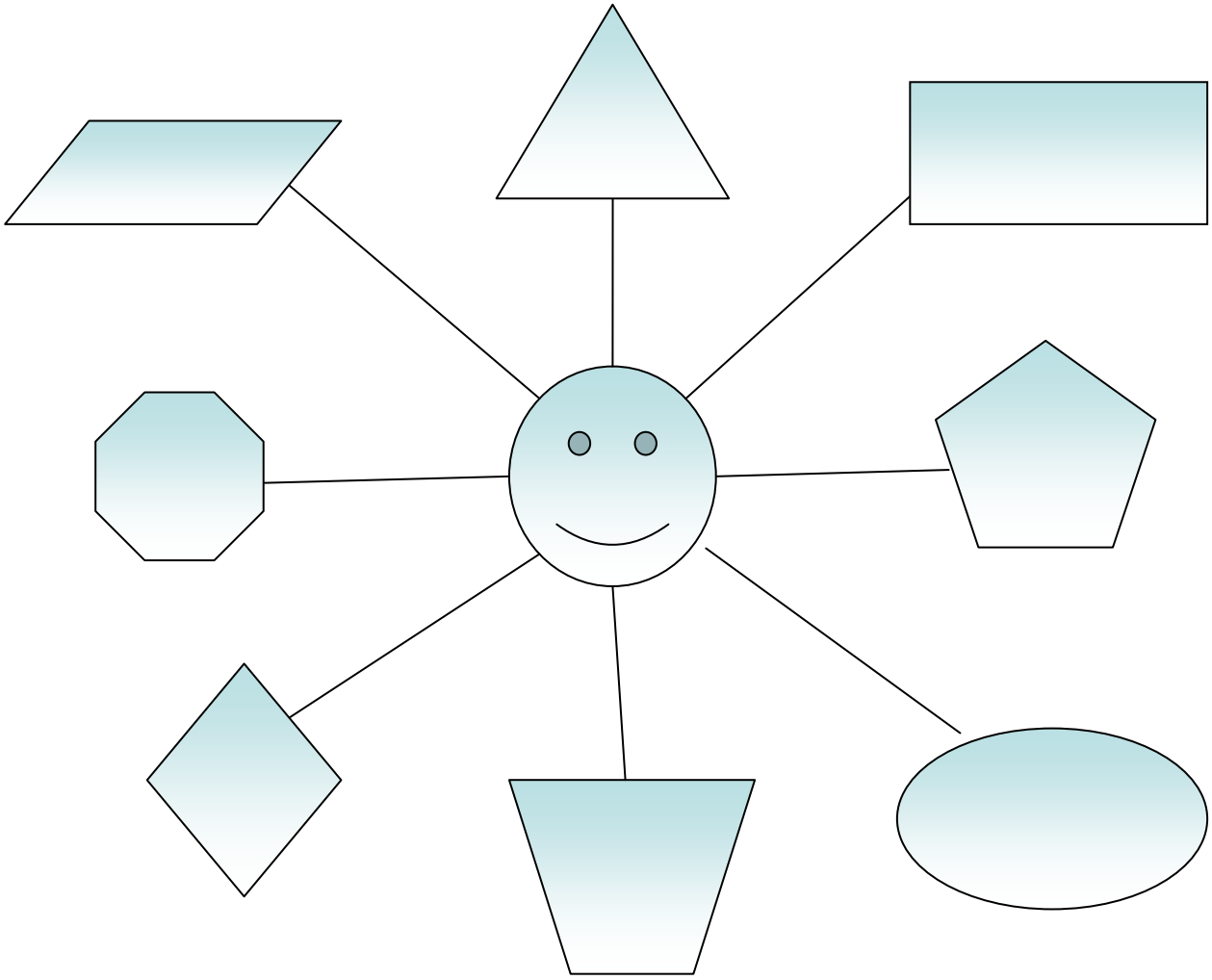
  - Being **aggressive** jeans treating others with hostility, anger and being insensitive to other people's needs and feelings because you feel yours are more important.

  - Being assertive means being able to say positive and negative things without feeling bad. You don't always have to say what you think, but it's important to feel that you have that option. You can say things in a nice way that can help resolve situations and maintain the relationship healthy.

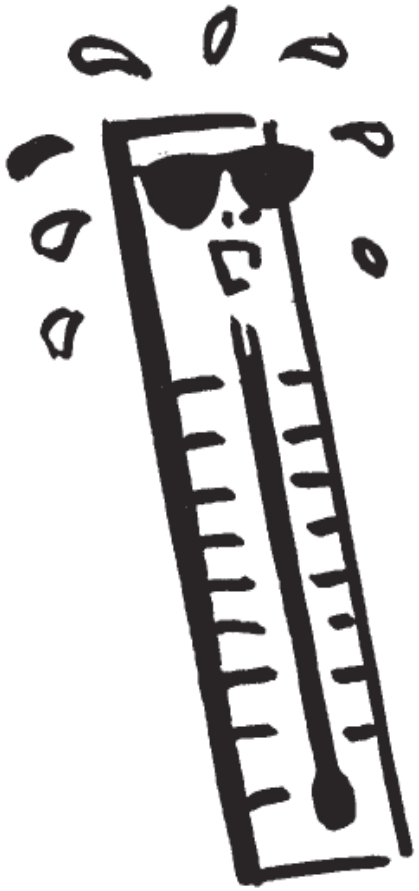
Personal Project

1. **Mood Thermometer**
2. Use the **Weekly Activities Schedule** to write down the types of contacts you had with people each day. Write a plus sign (+) if they were positive and a minus sign (-) if they were negative.

My social support network



Mood Thermometer



Date	Sat.	Sunday	Mon.	Tues.	Wed.	Thurs.	Friday
The best	9	9	9	9	9	9	9
Much better	8	8	8	8	8	8	8
better	7	7	7	7	7	7	7
Better than regular	6	6	6	6	6	6	6
Regular	5	5	5	5	5	5	5
Worse than regular	4	4	4	4	4	4	4
worse	3	3	3	3	3	3	3
Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

Weekly Activities Schedule

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8:00-9:00							
10:00-11:00							
11:00 …							

HOW YOUR RELATIONSHIPS AFFECT YOUR MOOD
(SESSION 10)

1. WHEN TRYING TO LEARN HOW TO FEEL BETTER, THERE ARE THREE AREAS YOU SHOULD FOCUS ON:



- In this session we are going to explore how your thoughts, actions and feelings influence your relationships and how your relationships affect these three areas. Before talking about how these three areas are affected by your relationships, it's important to evaluate first how they are when you are alone.

2. BEING ALONE. When you're alone, what are your _____like?

- thoughts
- actions or behaviors
- feelings



3. BEING WITH OTHERS

YOUR THOUGHTS



- Thoughts that prevent you from making friends.
  - *Some examples: "Will they like me? I don't like him/her, What if they reject or ignore me? I don't know what to say."*

- Thoughts that help you feel comfortable with other people.

- One way to feel better is to shift the focus of attention from you to the other person and think about how he/she feels. Think about how you feel when you're going to meet new people. Other people probably feel the same way.





Some examples: "I've never talked to him/her so I don't know what he/she is like. I've got nothing to lose by trying. Maybe he/she will enjoy talking to me."



YOUR EXPECTATIONS

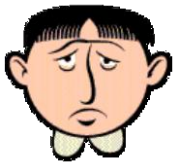
- What can you expect from other people?
- What can others expect from you?

  - If your expectations are too high, you'll be disappointed and maybe you'll become frustrated.
  - If your expectations are too low, you won't expect anything from the relationship and you might lose the chance to develop good relationships. Also, if you expect little from people, you're not giving them the chance to show you what they can really offer.

YOUR ACTIONS/BEHAVIOR

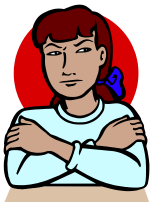
- How do you approach others?
- What impression do you think you give off to others?





  - Your face: Do you smile often? Do you make eye contact?
  - Your body: Do you look tired or worn out?
  - Your appearance: Is it appropriate for the time and place?
  - Your speech: Is it too slow or too soft to hear you? Do you speak with anger or irritation? Do you raise your voice?
  - Your conversation: Do you show interest in what other people say, or do you ignore or criticize them?
  - Your attitude: Do you complain a lot? Are you in a bad mood? Do you offend others with your attitude?

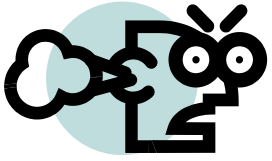




YOUR FEELINGS

- How do your feelings affect your relationships?
- Different emotions can influence the way you relate to others. There are times when we experience negative emotions (i.e. anger, sadness) that have nothing to do with the person we're relating to. However, we let these feelings affect the relationship. This is way it's important to be able to identify and manage our feelings in a healthy way.

- What feelings do you have when you're with others?



- Identifying our feelings when we're with other people can help us evaluate the quality of our relationship.

  For this, it's important to:

  - Recognize how your feel and why you're feeling that way
  - Communicate in an assertive or appropriate way what you feel

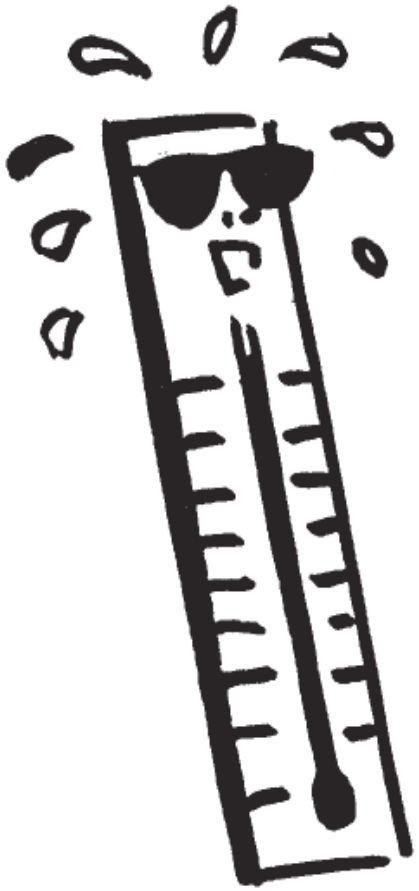
- The difference between being passive, assertive or aggressive:

Assertiveness = is being able to share positive and negative feelings clearly and comfortably (even if you think the other person won't like what you're saying). Changing your point of view can help you to be more assertive instead of being passive. For example, if you frequently think, "I don't want to make anyone feel bad," try to think, "Saying what I think can help us communicate better and resolve the situation. At least I can let people know what I think."

Personal Project

1. **Mood Thermometer**

Mood Thermometer



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Much worse	2	2	2	2	2	2	2
The worst	1	1	1	1	1	1	1

HOW YOUR RELATIONSHIPS AFFECT YOUR MOOD
(SESSION 11)

Communication skills



Active listening

- When you are talking to someone, listen to what they are saying instead of thinking about you are going to say back or respond. If you're thinking about what you're going to answer, you might miss part of what the person is telling you. People often argue about what somebody said without knowing if that was what the person really wanted to say or express.

To improve your active listening and communication skills:



- Repeat what the other person said in your own words so you can be sure you understood him/her correctly. For example, "I understand that you're saying_____."
  - Ask the person directly what he/she meant to say. For example, What did you mean by _____?"
- When we become mad with someone, instead of attacking them, it's more effective to say what you think and/or feel in relation to what they are doing, or their actions.
  Instead of saying – "You (are/always/never)…"
  It's better to say – "I feel _____/I think_____."
  When we attack people they generally become defensive and aren't going to listen to what we really want to tell them.

Exercise:

Step 1: State the fact or event and what bothered you about it.
Step 2: State how you feel.
Step 3: Say what you think.

"When you _____ I feel _____ because it makes me
(yell at me) (anxious)

think_____."
(you don't want to see me)

- Find the right moment to talk. The best times aren't when the person is doing something, or there isn't enough time to talk or if you're in the middle of an argument.
- Consider your non-verbal language (gestures, facial expressions, posture, etc.) Non-verbal language is 80% of communication.
- Consider the tone of your voice.

- Follow the example of assertive people you know and ask them for suggestions (i.e., family, friends, teachers).

You can decide to change



Before being with other people

- Thinking differently: To change your feelings towards others, you can decide beforehand the kind of thoughts you want to have when you're with them.
-
- Acting differently: If you want to change your behavior when you're with others, decide beforehand how you would like to act when you are around them.

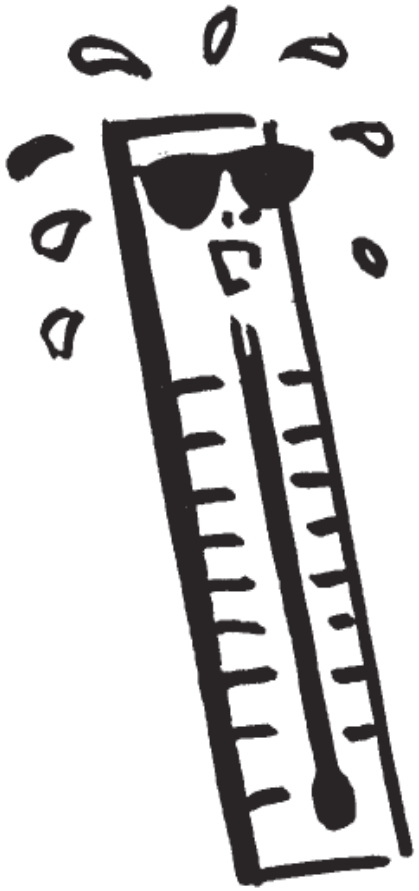
After being with other people

Learn from your experiences: think about the feelings you had while you were with them. How did you feel when you left? Can you define what made you feel good or bad?

Personal Project

1. **Mood Thermometer**
2. Practice being assertive during this week. Pick a simple situation in which you can practice.

Mood Thermometer



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The worst	1	1	1	1	1	1	1

HOW YOUR RELATIONSHIPS AFFECT YOUR MOOD
(SESSION 12)

1. Contact with others is important for you mood because they can_____:



- Share pleasant experiences with you
- Help you reach your goals
- Provide you with company and a sense of security
- Provide you with valuable information about yourself, your strengths and areas to improve

2. It's healthy to maintain relationships with others. However, relationships need constant attention. Nothing that is alive is static, it's always changing. When relationships don't work out, it doesn't necessarily mean that something is wrong with you or with the other person. It's helpful to consider the following questions:





- Do you both want the same thing from the relationship?
- Do you have similar interests?
- Are you capable of telling each other what you think and feel freely?
- Do you have to make big changes or can you be yourself in the relationship?
- Is this relationship good for you? And for the other person?
- Is this relationship abusive?

Remember you always have the option to end a relationship that is not good for you.

3. Relationships can help improve your life.

Your social environment can help you be a better person. You are a valuable person. You have good qualities and strengths. People can help you feel like a good person, as valuable and with good self-esteem. Pick environments where you can meet people that can help, not harm you. You can also be a good influence on other people.

REMEMBER THIS MANUAL IS YOURS AND IT CAN BE A HELPFUL TOOL YOU CAN USE ANYTIME YOU NEED IT

