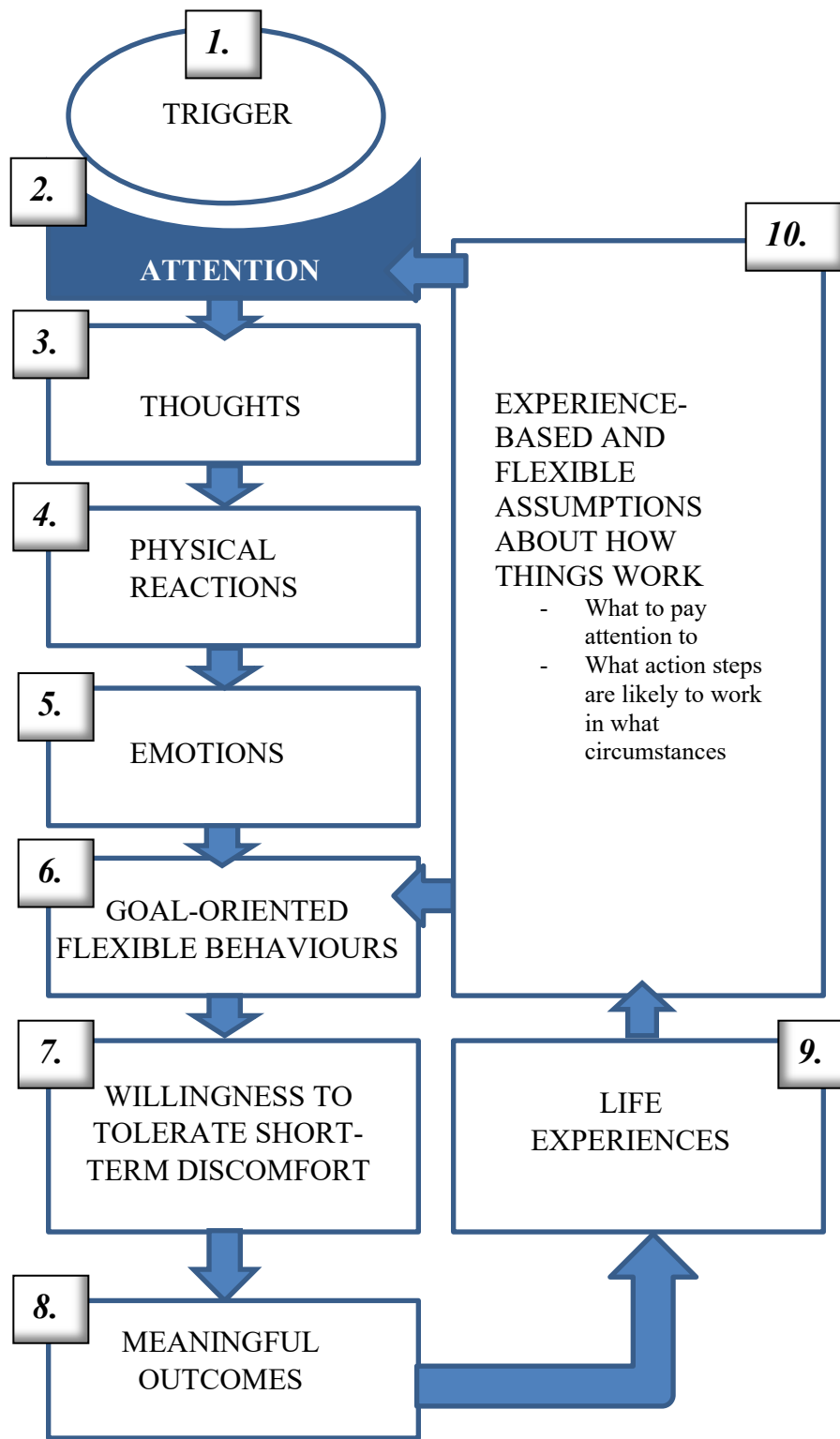




OVERCOMING ANXIETY – MEETING 12
WRAP UP – WHAT’S NOW?



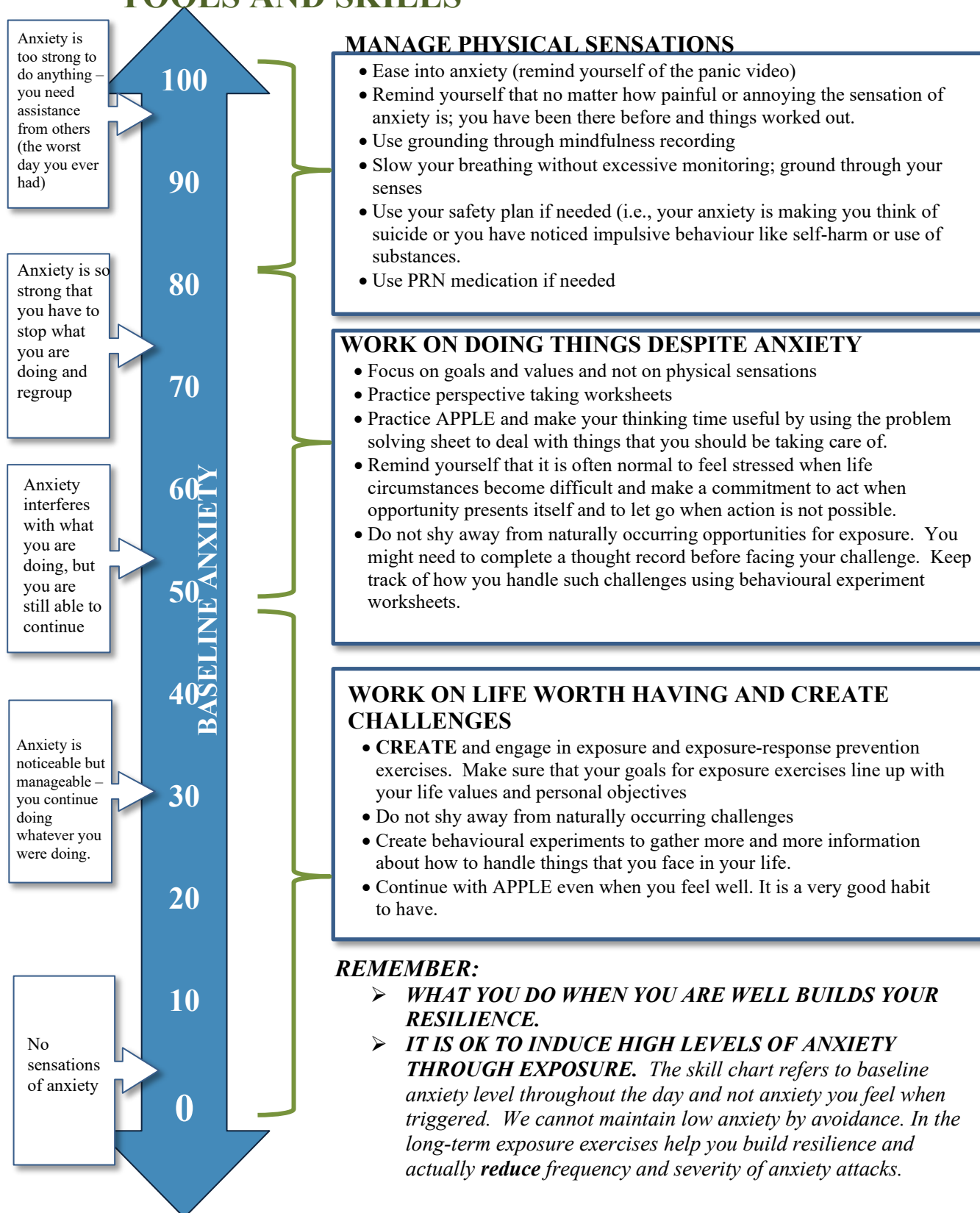
1. Know how to distinguish between triggers, dangers and problems to be solved.
2. Attention is a choice.
3. Thoughts reflect actual situation
4. Physical reactions become more and more tolerable
5. Full range of emotions is experienced
6. Behaviours are flexible and match situation at hand
7. We develop willingness to tolerate short term discomfort to achieve what is important
8. As a result of changes in our behaviour, we start experiencing positive changes in our life circumstances.
9. We accumulate some positive life experiences.
10. The assumptions that guide our actions are more flexible. We are able to differentiate between our past and our current reality.

FIGURE 1:
BUILDING BLOCKS OF RESILIENCE

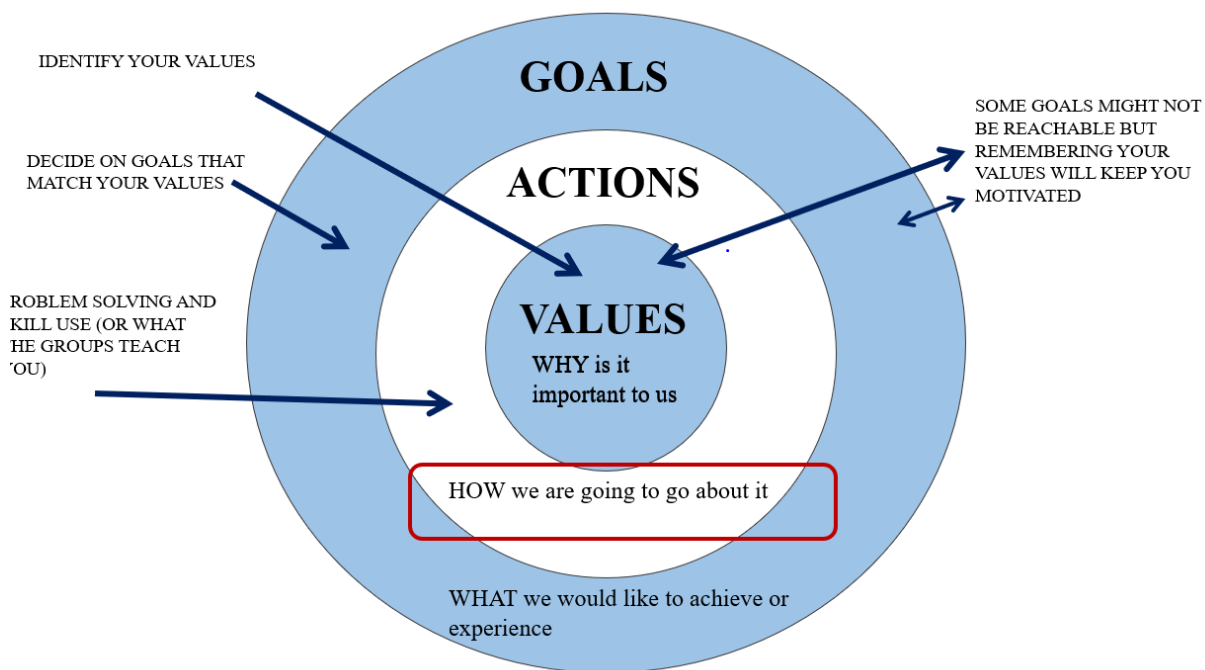
REVIEWING GOALS / MAINTAINING GAINS

What were your goals at the beginning of the group?	How close are you to reaching your goal (0 not at all to 100 fully reached)	How does anxiety affect your ability to meet your goals?	What can you practice to help you overcome your barriers and maintain your gains	How difficult is it to practice the necessary skills to maintain your gains (0-100)?	How committed are you to practice these skills (0-100)?

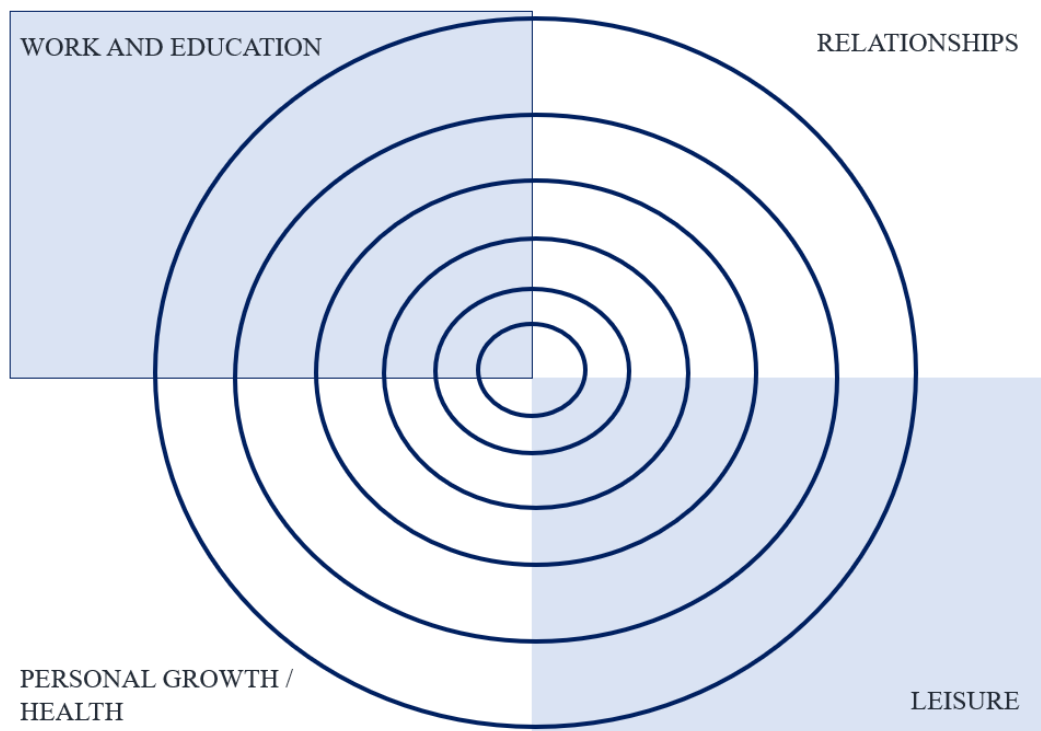
TOOLS AND SKILLS



RELATIONSHIPS BETWEEN VALUES, GOALS AND SKILLS



HOW CLOSE ARE YOU TO LIVING ACCORDING TO YOUR VALUES?



BUILDING LIFE WORTH LIVING PERSONAL PROGRESS PLAN

	WORK / EDUCATION	RELATIONSHIPS	PERSONAL GROWTH / HEALTH	LEISURE
<p>Think of your values and goals and of the obstacles that remain in your way to living according to these values. Develop an action plan.</p> <p>Values: values require ongoing action. Getting married or getting a job are goals that can be crossed off. Being a caring partner or maintaining professional integrity are values that generally stay for a life</p>				
<p>Behavioural Goals: Define your goals and steps that you need to take to live according to your values. You might not be able to reach all your goals but at least you are beginning to align your life with what is important to you.</p>				
<p>Obstacles: List all the anxiety-related difficulties that you still need to work on in order to live according to your values and to achieve your goals.</p>				
<p>Action Plan: What do you need to do to work on your values and goals and to overcome the obstacles that are still in place? What skills do you need to practice to get closer to what you want?</p>				

WORRY AND GENERALIZED ANXIETY DISORDER

Overcoming Worry and Generalised Anxiety Disorder by Mark Freeston

The Dutiful Worrier: How to Stop Compulsive Worry without Feeling Guilty by Elliot Cohen (This is an excellent book for those who feel a huge sense of responsibility towards others)

The Worry Cure: Seven Steps to Stop Worry from Stopping You by Robert Leahy (This book is quite complex but it offers treasure trove of information)

SOCIAL ANXIETY

Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques by Gillian Butler

PANIC

Self-help tools for panic: A CBT workbook for Overcoming Panic Attacks by Dr Matthew G Whalley

HEALTH ANXIETY

Overcoming Health Anxiety by David Veale and Rob Wilson

ANXIETY IN GENERAL

The Anti-Anxiety Workbook by Martin Antony and Peter Norton

OCD (Obsessive Compulsive Disorder)

Overcoming Obsessive Thoughts: How to Gain Control of Your OCD by D. Clark and C. Purdon
The Mindfulness

Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy by Jon Hershfield and Tom Corboy

PTSD (Post-traumatic Stress Disorder)

Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program Workbook (Treatments That Work) by Barbara Rothbaum, Edna Foa Elizabeth Hembree

DEPRESSION

Mind over Mood by D. Greenberg and C. Padesky (wait for new edition to be released on October 15, 2015)

Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness by M. Williams and J. Teasdale (good book for those who overthink, comes with a CD recording of mindfulness exercises)

The Compassionate Mind: A New Approach to Life's Challenges by Paul Gilbert PhD (For those who are over-critical of themselves but like to read)

DEPRESSION AND ANXIETY

Mind over Mood by D. Greenberg and C. Padesky

PERFECTIONISM

When Perfect is Not Good Enough by M. Antony

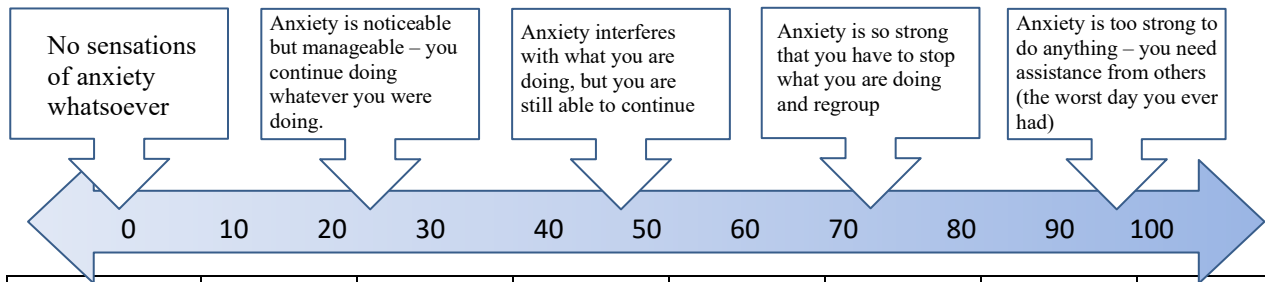
INTERPERSONAL PROBLEMS

The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships by R.J. Paterson.

Overcoming Anger and Irritability: A Self-Help Guide Using Cognitive Behavioral Techniques by William Davies

Reinventing Your Life: How to Break Free from Negative Life Patterns and Feel Good Again by Jeffrey E. Young, Janet S. Klosko (This book focuses on schemas or “rules for living”)

KEEPING TRACK AND KEEPING HONEST



DATE:							
Rate intensity of your anxiety	100						
	90						
	80						
	70						
	60						
	50						
	40						
	30						
	20						
	10						
	0						
What challenges / stresses were you faced with today?							
What skill have you practiced?	<input type="checkbox"/> Postpone the worry (APPLE) <input type="checkbox"/> Gaining Perspective <input type="checkbox"/> Problem Solving <input type="checkbox"/> Reorienting through Mindfulness <input type="checkbox"/> Behavioural Experiment <input type="checkbox"/> Exposure <input type="checkbox"/> ERP <input type="checkbox"/> Challenge Assumptions	<input type="checkbox"/> Postpone the worry (APPLE) <input type="checkbox"/> Gaining Perspective <input type="checkbox"/> Problem Solving <input type="checkbox"/> Reorienting through Mindfulness <input type="checkbox"/> Behavioural Experiment <input type="checkbox"/> Exposure <input type="checkbox"/> ERP <input type="checkbox"/> Challenge Assumptions	<input type="checkbox"/> Postpone the worry (APPLE) <input type="checkbox"/> Gaining Perspective <input type="checkbox"/> Problem Solving <input type="checkbox"/> Reorienting through Mindfulness <input type="checkbox"/> Behavioural Experiment <input type="checkbox"/> Exposure <input type="checkbox"/> ERP <input type="checkbox"/> Challenge Assumptions	<input type="checkbox"/> Postpone the worry (APPLE) <input type="checkbox"/> Gaining Perspective <input type="checkbox"/> Problem Solving <input type="checkbox"/> Reorienting through Mindfulness <input type="checkbox"/> Behavioural Experiment <input type="checkbox"/> Exposure <input type="checkbox"/> ERP <input type="checkbox"/> Challenge Assumptions	<input type="checkbox"/> Postpone the worry (APPLE) <input type="checkbox"/> Gaining Perspective <input type="checkbox"/> Problem Solving <input type="checkbox"/> Reorienting through Mindfulness <input type="checkbox"/> Behavioural Experiment <input type="checkbox"/> Exposure <input type="checkbox"/> ERP <input type="checkbox"/> Challenge Assumptions	<input type="checkbox"/> Postpone the worry (APPLE) <input type="checkbox"/> Gaining Perspective <input type="checkbox"/> Problem Solving <input type="checkbox"/> Reorienting through Mindfulness <input type="checkbox"/> Behavioural Experiment <input type="checkbox"/> Exposure <input type="checkbox"/> ERP <input type="checkbox"/> Challenge Assumptions	<input type="checkbox"/> Postpone the worry (APPLE) <input type="checkbox"/> Gaining Perspective <input type="checkbox"/> Problem Solving <input type="checkbox"/> Reorienting through Mindfulness <input type="checkbox"/> Behavioural Experiment <input type="checkbox"/> Exposure <input type="checkbox"/> ERP <input type="checkbox"/> Challenge Assumptions
What were you able to accomplish during the day?							

My worry review time is:

GAINING PERSPECTIVE

<p>1: Describe the situation in which you are experiencing anxiety. What was happening around you? Where were you? What might have triggered you?</p>	<p>2: Rate your anxiety from 0 to 100:</p>
<p>3: What anxious predictions are you making?</p>	
<p>4: Answer the following questions with respect to the painful thought that you have experienced.</p> <ol style="list-style-type: none"> a. What is the evidence for your thought? b. What is the evidence against your thought? c. What is the best case scenario? d. What is the worst case scenario? e. What is the most likely case scenario? f. If the worst happened, what could you do to cope or address the situation? g. Is there something that you can do about the situation? If so, what is it? 	
<p>5: Write a balanced prediction that reflects answers to all the questions above:</p>	<p>6: How much do you believe your new prediction? (0 to 100%)</p>
<p>7: Given your balanced prediction, how do you plan to deal with this situation?</p>	<p>8: How much anxiety do you feel now in response to the triggering situation (0 to 100)?</p>

PROBLEM SOLVING WORKSHEET

A: IDENTIFY THE PROBLEM

Write down what the problem is. Make sure you are focusing on one issue at a time and it is not an unsolvable worry.

B: PLAN

List possible action steps that you can take to address this problem and identify how such actions will assist with problem solving.

Action Steps	How is this action step helpful?

C: IMPLEMENT

Organize your plan by removing unhelpful action steps and deciding who is doing what and when.

Action step	Who?	When?

D: EVALUATE AND ADJUST

Make sure to implement the plan even if you are not 100% sure of its effectiveness. Then evaluate the outcome by asking following questions:

1. Was I able to get what I needed?
2. Did the issue get better or worse as a result of these action steps?
3. Does the plan need tweaking?
4. Do I still have some things left to do?
5. What will I do in the future when I encounter similar circumstances?

BEHAVIOURAL EXPERIMENT: WHAT HAPPENS WHEN YOU DO SOMETHING THAT YOU ARE ANXIOUS ABOUT?

A: PLANNING AND PREPARING		
1: What do you plan to do? Where? When? For how long?		2: How much distress do you think you will feel? (0-100)
3: What outcome would represent successful completion of the exercise?		
What do you predict your experience will look like?		
4: What body sensations are you likely to feel?	5: What thoughts are you likely to have?	6: What behaviour urges are you likely to experience?
What can you do about your reactions?		
7: What can you do about the body sensations?	8: What can you do about your thoughts?	9: What can you do about your behaviour urges?
B: LEARNING		
What actually happened? <i>(Complete this part after your exposure exercise)</i>		
1: What were the body sensations and how did you manage?	2: What were your thoughts and how did you manage?	3: What did you have the urge to do and how did you manage?
4: What are the facts about what you have experienced? Were you hurt, put in danger or confronted?		5: How much distress did you feel? (0-100)
6: What lessons have you learnt for the next time? (Remember: desensitization requires repetition)		

BEHAVIOURAL EXPERIMENT: LETTING GO OF RITUALS AND UNNECESSARY SAFETY BEHAVIOURS

A: PREPARATION			
1: Describe the unhelpful behaviour that you plan to let go (e.g., excessive checking, reassurance seeking from people you care about, excessive self-questioning etc.)			2: How difficult will it be to let go of this unhelpful behaviour (0-100%)
3: In which situations do you tend to engage in this behaviour (e.g., when feeling uncertain about something or having dealt with a difficult interaction etc.)	4: What do you hope to accomplish as a result of doing what you're usually doing?	5: What are the actual results of your actions?	
6: Describe what you plan to do to practice letting go of the unhelpful behaviour (e.g., use postpone the worry technique or perspective taking worksheet, restrict checking of e-mail to once per day, restrict texting to twice per day, ask less questions, submit an application without having it proofread by someone else etc.). Indicate for how long you plan to postpone the unhelpful behaviour.			
REMEMBER: YOU MIGHT NOT BE ABLE TO ELIMANTE THIS BEHAVIOUR ALL TOGETHER BUT YOU WILL BE ABLE TO POSTPONE IT AND MAKE IT LESS FREQUENT			
B: IMPLEMENTATION			
7: Keep of reminding yourself of the difference between the intended function of the behaviour that you are working on eliminating (box 4) and the actual results this behaviour produces (box 5)			
8: Describe the reactions you were having when practicing reducing the unhelpful behaviours			
Thoughts	Body Sensations:	Emotions:	Behaviours and behaviour urges:
C: LESSONS LEARNT			
9: Answer the following questions: <ol style="list-style-type: none"> a. What did you do? b. What made it difficult to postpone / reduce the unhelpful behaviour? c. What happened when you have postponed / reduced the unhelpful behaviour? Did anyone get hurt? Were there some dire consequences? Describe the facts not your reactions. d. What have you learnt? (e.g., "This is very uncomfortable but what I am doing does not help me achieve what I want") 			
10: What are your next steps?			11: After having completed this exercises, how difficult do you think it will be to let go of this unhelpful behaviour (0-100%)

CHALLENGING ASSUMPTIONS / STAYING TRUE TO GOALS

A: TAKING STOCK		
1: Describe the difficult circumstances that you are facing:		
2: What predictions are you making about this situation? (If these predictions keep you stuck, complete Gaining Perspective Worksheet)		
B. DEFNING OBJECTIVES		
1: Given the situation that you are facing, what would you like to accomplish?		
2: What do you need to do to reach those objectives?		
C: CHALLENGING ASSUMPTIONS THAT UNDERLINE OUR SAFETY BEHAVIOURS		
1: What makes you uncomfortable about the action steps above ?	2. Summarize what you wrote in box C1 as an “if – then” statement: If I _____ <i>do what I need to do to reach my objectives</i> then _____ <i>will happen</i>	
3: Is it something that you tell yourself often? In which situations do you rely on this assumption?	4: What are the benefits of this assumption?	5: What are the costs of this assumption?
6: In which situations did you need to use this assumption in the past? Where do you think this assumption came from?	7: What is different between now and the time when you had to rely on this assumption?	8: Does this assumption apply to the situation that you are faced with?
D: LEARNING AND REINFORCING		
1: What happened when you implemented your plan? Stick to the facts.	2: In what way did the outcome of your efforts match your assumption?	3: In what way did the outcome of your efforts differ from your assumptions?
4: What's next?		