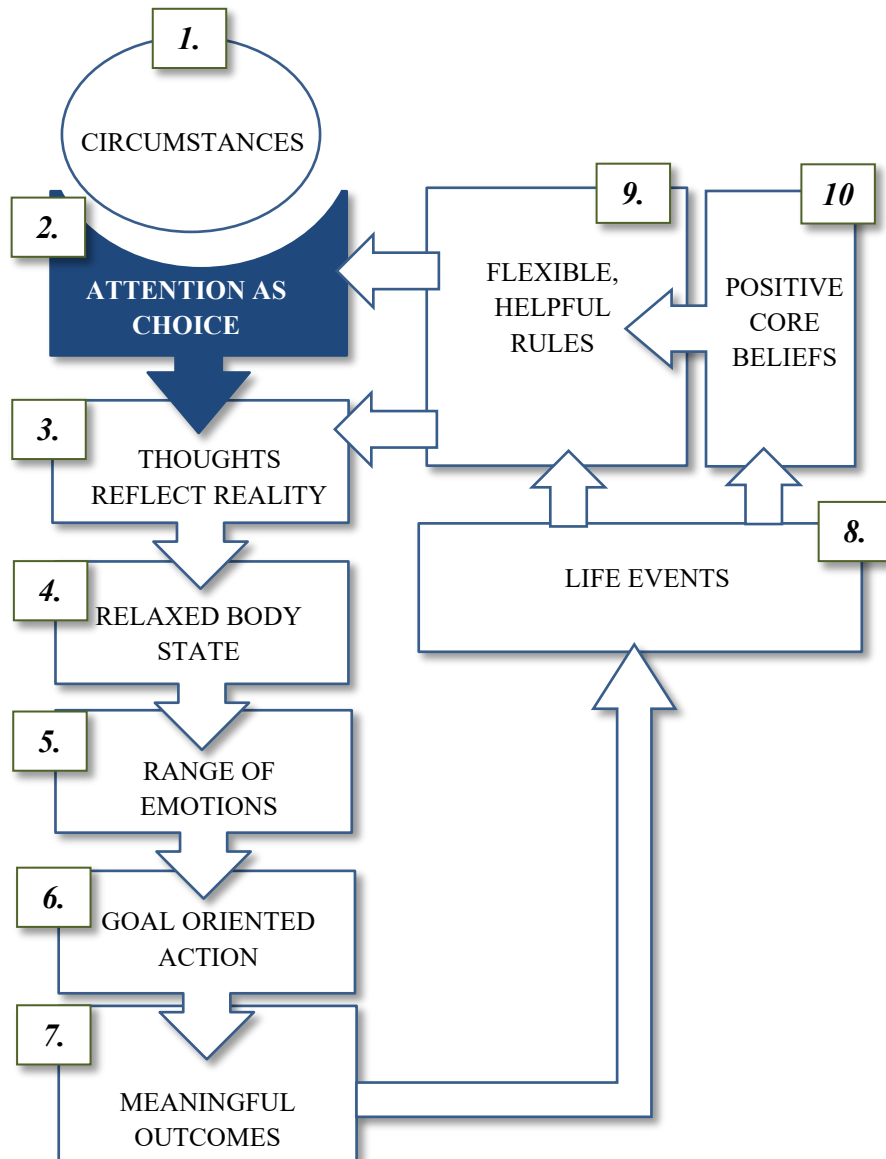


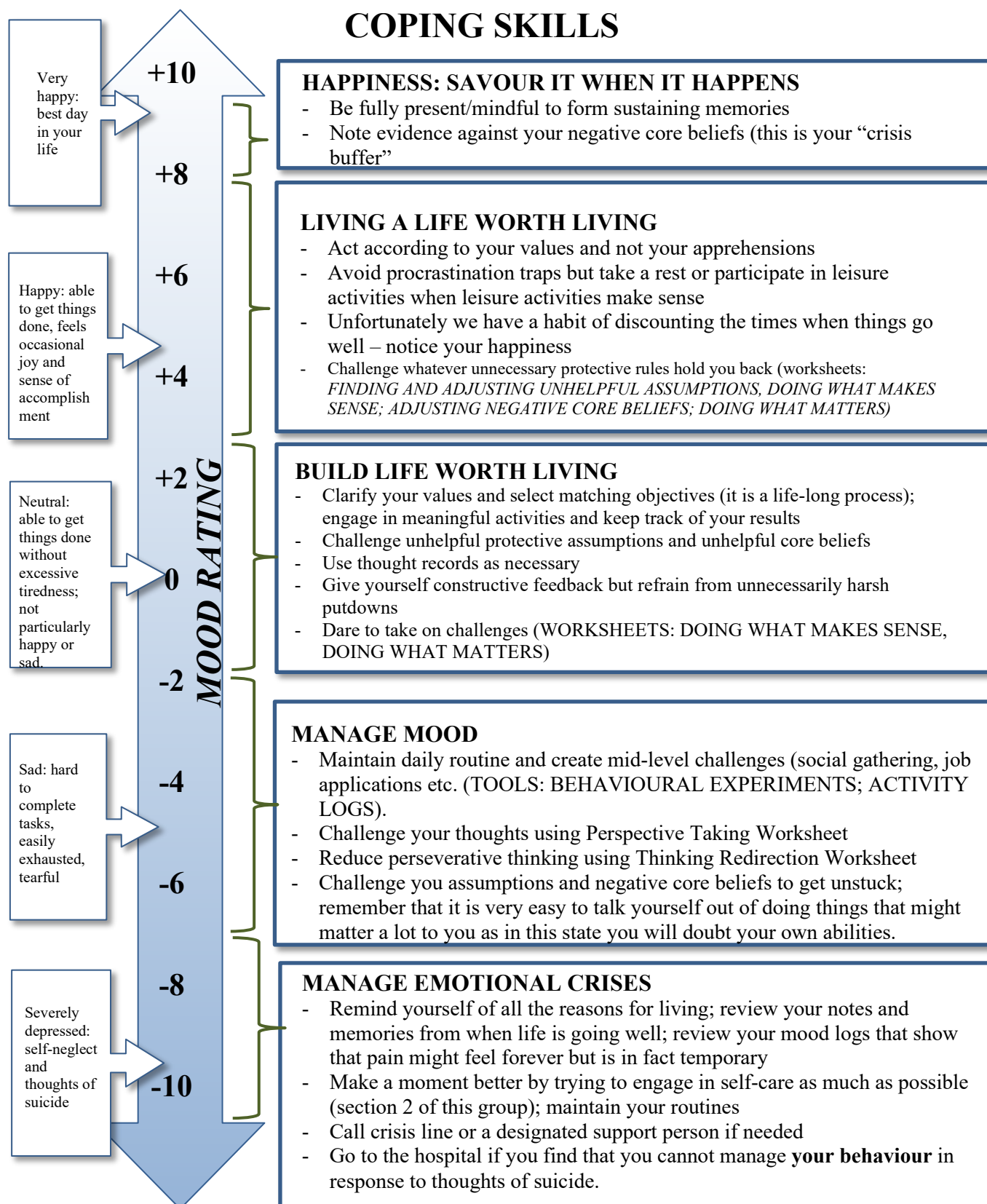
## OVERCOMING DEPRESSION: MEETING 12 WRAP UP – WHAT’S NOW?



1. Things happen. Unfortunately having completed the group will not protect anyone against vagaries of life.
2. What you pay attention to becomes a matter of choice. This means that it becomes easier to appreciate good times when these happen, easier not to dwell and easier to take action when action is required.
3. Thoughts reflect external reality.
4. The baseline body state is more relaxed and less tired.

5. Both pleasure and pain are experienced. Emotional experiences match circumstances.
6. Behaviours tend to produce desired outcomes.
7. Meaningful outcomes become part of the life events “package”
8. Changes in life experiences produce positive changes in core beliefs.
9. Rules become more flexible and helpful – you do more of what works.
10. Our core beliefs become more flexible and useful. We define ourselves by our values and not our fears.

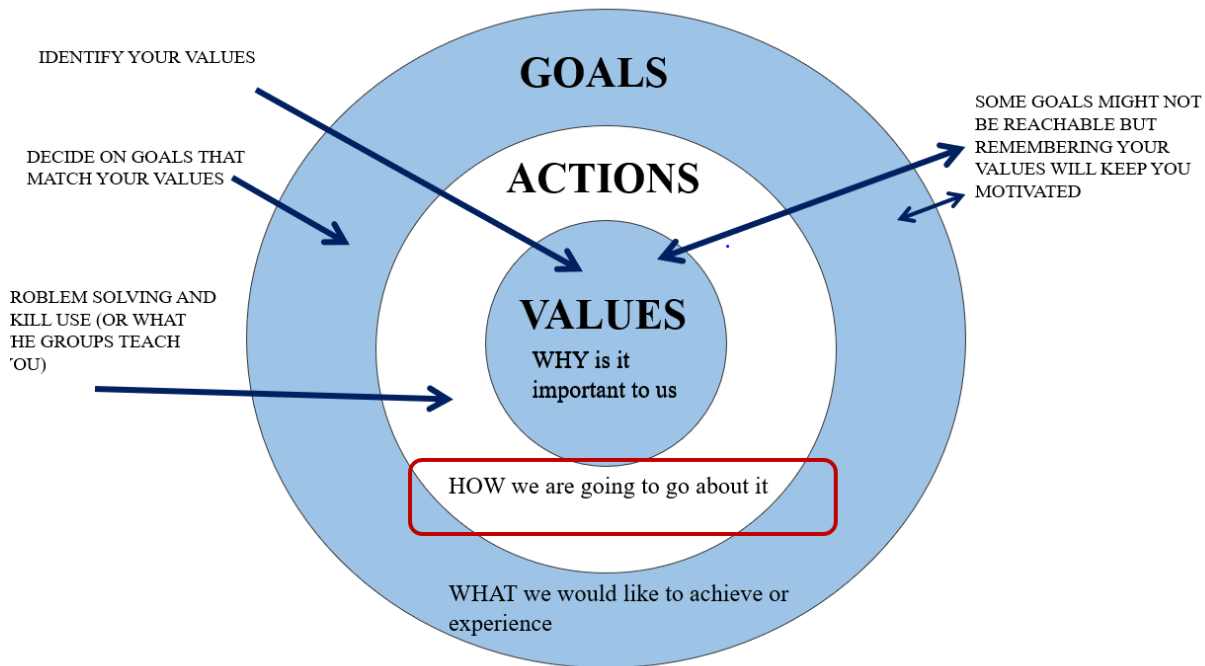
## COPING SKILLS



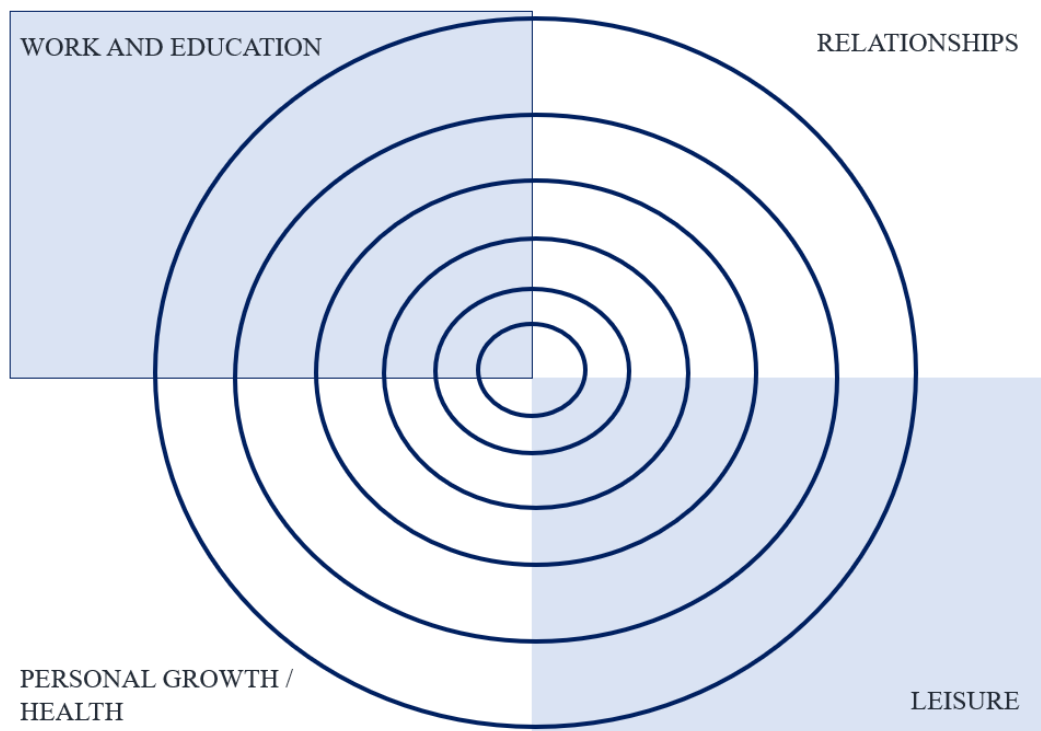
## REVIEWING GOALS / MAINTAINING GAINS

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 depression 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)?

## RELATIONSHIPS BETWEEN VALUES, GOALS AND SKILLS



## HOW CLOSE ARE YOU TO LIVING ACCORDING TO YOUR VALUES?



### BUILDING LIFE WORTH LIVING PERSONAL PROGRESS PLAN

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.	WORK / EDUCATION	RELATIONSHIPS	PERSONAL GROWTH / HEALTH	LEISURE
<p><b>Values:</b> 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><b>Behavioural Goals:</b> 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><b>Obstacles:</b> List all the depression related difficulties that you still need to work on in order to live according to your values and to achieve your goals.</p>				
<p><b>Action Plan:</b> 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>				

## RECOMMENDED SELF-HELP MATERIALS

### DEPRESSION

*Mind over Mood* by D. Greenberg and C. Padesky (purchase the October 15, 2015 edition; majority of materials presented in the group derive from the work of C. Padesky)

*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)

*The Happiness Trap: How to Stop Struggling and Start Living. A Guide to ACT.* By Ross Harris (For those who like analogies and are over-focussed on their mental states).

### DEPRESSION AND ANXIETY

*Mind over Mood* by D. Greenberg and C. Padesky

### 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

### SELF-ESTEEM

*Overcoming Low Self Esteem* by Melanie Fennel (old, tried and good, especially recommended for those who struggle with family of origin issues and experience combination of depression and anxiety)

### PERFECTIONISM

*When Perfect is Not Good Enough* by M. Antony

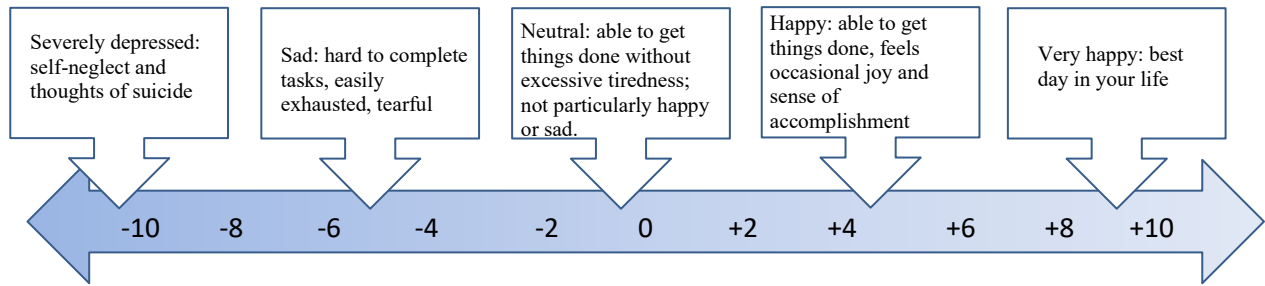
### INTERPERSONAL PROBLEMS

*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 your overall mood for the day using the scale above and mark it on the graph.	+10						
	+8						
	+6						
	+4						
	+2						
	0						
	-2						
	-4						
	-6						
	-8						
-10							
What challenges / stresses were you faced with today?							
Did you engage in any meaningful activity? If so, what was it?							
What skill have you practiced?	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters
What other things were you able to accomplish?							

**SELF-MONITORING LOG**

**Planned**  **Actual**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am							
8 am							
9 am							
10 am							
11 am							
12 noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 midnight							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
Mood rating (-10 to + 10)							



## GAINING PERSPECTIVE

<b>REACTING</b>	<b>1: Situation</b> Describe the situation in which you have experienced distressful emotions. Where were you? What were you doing?)	
	<b>2: Thoughts</b> Write down thoughts that come/came to your mind about your current situation. Circle the thought that causes the most distress. This is your hot thought that you will be working on. (If your thoughts are all questions (“whys” or “what ifs”), rewrite them as statements. For example, “Why does it happen to me?” becomes “This happens to me” and “What if I lose my job?” becomes “I will be jobless”.)	<b>3: Rate</b> your mood from -10 to + 10.
	<b>4: What do you have an URGE to do about this situation?</b>	
<b>GAINING PERSPECTIVE</b>	<b>5: Write down all the FACTS that support your conclusion:</b>	<b>6: Write down all the FACTS that do not support your conclusion:</b>
	<b>7: Write down a balanced statement that describes your situation by taking into the account the facts for AND against our initial conclusion.</b>	
	<b>8: Given a more balanced view of your circumstances, what actions make sense to get you closer to what you want?</b>	<b>9: Re-rate</b> your mood from -10 to + 10.

**THINKING REDIRECTION**

<b>1:</b> Write down what you are preoccupied with:	
<b>2:</b> What do you want to accomplish as a result of your preoccupation?	<b>3:</b> What are the unintended consequences of your preoccupation?
<b>4:</b> What would you be doing with your time if you weren't so preoccupied? List the activities and circle the one that makes the most sense for you at this time.	
<b>5:</b> What blocks you from doing what you would prefer to be doing with your time?	<b>6:</b> What can you do to tackle the barriers you have identified in box 6?
<b>7:</b> What are the benefits of doing your chosen activity?	<b>8:</b> What are the costs of doing your chosen activity?
<i>Start doing what you would prefer to be doing with your time. Your thoughts might come back like a hiccup, but try to keep on going. Complete the bottom part after you completed you preferred activity.</i>	
<b>9:</b> Were you able to do at least a little bit of what you would prefer to do with your time?	
<b>10:</b> Did your situation get any worse because you have allowed yourself time away from your thoughts?	
<b>11:</b> Did your situation get any better because you have allowed yourself time away from your thoughts?	
<b>12:</b> What can you do next time when you notice that you have been overthinking?	

## DOING WHAT MAKES SENSE

<p><b>1:</b> Think of a situation that you dread, might have avoided or that stayed on your mind for a long time after it already happened. Describe it.</p>	<p><b>2:</b> As you look at this situation, what are the KEY OBJECTIVES that make sense?</p>	
<p><b>3:</b> Complete following sentences:</p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) (write down the required action)</small></p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) (write down the required action)</small></p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) (write down the required action)</small></p> <p>If I want to _____, then it makes sense for me to _____  <small>(state your goal) (write down the required action)</small></p> <p>Circle the first action step that you are going to take</p>		
<p><b>4:</b> Write down the thoughts that come to your mind that make you hesitant about taking that action step:</p>	<p><b>5:</b> What facts / life experiences support these thoughts?</p>	<p><b>6:</b> What facts / life experiences DO NOT support these thoughts?</p>
<p><b>7:</b> What are the costs of doing what you plan on doing?</p>	<p><b>8:</b> What are the benefits of doing what you are planning to do?</p>	
<p><b>9:</b> What are the costs of not doing what you plan on doing?</p>	<p><b>10:</b> What are the benefits of not doing what you are planning to do?</p>	
<p><b>11:</b> Clarify what you are committing yourself to doing. What are you going to do and when? (Put it on your agenda)</p>		
<p><b>12:</b></p> <p>a. What happened when you did what you planned to do?</p> <p>b. You might not be able to achieve your objective at the first go. Were there any negative consequences to your actions?</p> <p>c. What is your next step?</p>		

## DOING WHAT MATTERS

### A: UNDERSTANDING OUR REACTIONS

**1:** Describe the situation that activated your negative core belief about yourself. Keep in mind this situation might not always be something that is objectively hurtful – sometimes our negative core beliefs are activated by opportunities such as an opportunity to get a better job or to form a new relationship.

**2:** What negative core belief came to your mind:

On a scale from 0 to 100%, how much do you believe this to be true about yourself?

**3:** Complete the sentences below and circle the one that applies the most. This will help you identify your hidden assumptions and the negative core beliefs that these assumptions are meant to protect you from.

If I don't want to feel like a \_\_\_\_\_ then I have to \_\_\_\_\_  
*insert the negative core belief* *write down what you typically do or have an urge to do in such situations*  
*that keeps you stuck*

If I don't want to feel like a \_\_\_\_\_ then I have to \_\_\_\_\_

If I don't want to feel like a \_\_\_\_\_ then I have to \_\_\_\_\_

### B: VALUES AND OBJECTIVES VS. URGES AND HABITS

**1:** Write down the objectives you would like to accomplish when dealing with this situation. Make sure that your objectives represent tangible outcomes such as "To be able to say what I need without excessive anger". "I want to send a job application". Avoid emotional objectives such as "I don't want to feel uncomfortable."

**2.** What personal values are you going to be able to uphold by following these objectives?

#### PLAN

**3:** What do you need to do to follow your objectives? Write down your plan:

#### URGES AND HABITS

**6:** What apprehensions / thoughts come to your mind as you look at your plan?

**4:** What are the costs of following your plan?

**5:** What are the benefits of following your plan?

**7:** What are the benefits of acting according to these thoughts?

**8:** What are the costs of giving into these thoughts?

### C: LEARNING OUR LESSONS

#### IMPLEMENT YOUR PLAN.

**1:** What was the outcome?

**2:** What have you learnt?

**3:** What are your next steps?

**4:** Now that you have implemented your plan, how much do you believe the negative core belief that was activated by this situation (0 to 100%)?