

# COURAGE GROUP



## Handout Packet

This project was supported by a grant from the VA South Central (VISN 16) Mental Illness Research, Education, and Clinical Center

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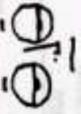
## **COURAGE GROUP GUIDELINES**

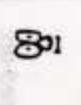
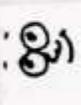
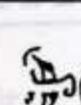
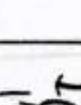
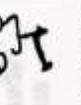
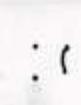
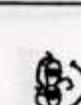
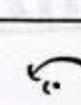
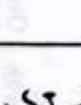
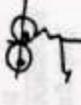
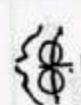
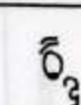
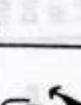
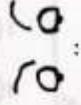
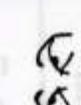
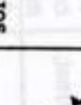
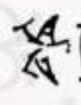
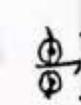
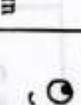
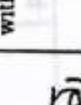
1. What is said in the group stays in the group.
2. No smoking, drinking or use of other intoxicating substances during/before group time.
3. Differences will be respected and similarities embraced.
4. Groups will begin on time and end on time.
5. Group members will arrive promptly and attend all meetings.
6. Group members will call to cancel if they cannot attend a group meeting.
7. We will all listen courteously and carefully to one another so that all may have an opportunity to speak.
8. It is okay to ask questions of one another, and it is okay not to answer.
9. We will all be honest in the group.
10. We will not victim blame, either ourselves or one another.
11. You can share as much or as little as you want about your abuse.
12. No threatening/abusive language or behavior toward others in group will be tolerated.
13. Confidentiality will be absolutely respected, except in cases of immediate danger to yourself or others.
15. If you chose to stop attending the group before the 12 weeks are over, we will ask you to share this decision with the group and have the opportunity to say goodbye.

This group will meet on: \_\_\_\_\_

Group Begins: \_\_\_\_\_ Group Ends: \_\_\_\_\_

# EMOTIONS

<b>aggressive</b>  Pushy in nature; violating the rights of others; tending to start conflict; desire to dominate.	<b>alienated</b>  Feeling alone; detached; estranged; withdrawn from someone / something in a hostile, unfriendly manner.	<b>angry</b>  Mad; extremely upset; strong feeling of not being pleased with someone / something.	<b>annoyed</b>  Irritated or bothered; lost patience.	<b>anxious</b>  Extreme worry or uneasiness of the mind; nervous or apprehensive about something uncertain in the future.	<b>apathetic</b>  Indifferent; "I don't care" attitude; lack of feeling or interest; unmoved.	<b>bashful</b>  Timid; shy; self-conscious; easily embarrassed.
<b>bored</b>  Disinterested; finding something dull, tedious, monotonous.	<b>cautious</b>  Reluctant to take chances; being careful.	<b>confident</b>  Self-assured; certain; having a strong belief in oneself and one's ability.	<b>confused</b>  Mixed-up; bewildered; perplexed; unclear in one's mind.	<b>curious</b>  Eager to learn or know; strong desire to find out information.	<b>depressed</b>  Sad or gloomy; low spirits.	<b>determined</b>  Firm or persistent in sticking to a purpose; having one's mind made up.
<b>disappointed</b>  Dissatisfied with hopes, wishes or expectations.	<b>discouraged</b>  A sense of loss of spirit, courage, & confidence.	<b>disgusted</b>  A strong dislike or distaste for something offensive.	<b>embarrassed</b>  Ill-at-ease; flustered; self-conscious; red-faced.	<b>enthusiastic</b>  Very strong, positive feeling for something; eager interest.	<b>envious</b>  Discontent at the advantages / successes enjoyed by someone else, with a strong desire to have them for oneself.	<b>ecstatic</b>  Overjoyed; great delight; being beside oneself.
<b>excited</b>  Aroused; stirred-up; stimulated.	<b>exhausted</b>  Tired out; weakened; drained.	<b>fearful</b>  Afraid; terrified; full of apprehension; alarm; fright.	<b>frightened</b>  Scared; terrified; filled with sudden fear, terror, alarm.	<b>frustrated</b>  Defeated; helpless; puzzled; discouraged; unable to achieve an objective or goal.	<b>guilty</b>  Deep shame resulting from a belief that one has done something wrong or immoral.	<b>happy</b>  Great pleasure, joy, contentment.

<p>helpless</p>  <p>Powerless, weak and ineffective; not able to take care of or defend oneself.</p>	<p>hopeful</p>  <p>Encouraged or inspired; expecting to get what one wants.</p>	<p>hostile</p>  <p>Unfriendly; antagonistic; aggressive.</p>	<p>humiliated</p>  <p>Degraded, hurt, with a loss of pride or dignity.</p>	<p>hurt</p>  <p>Offended; wounded; having injured feelings.</p>	<p>hysterical</p>  <p>Emotionally uncontrolled; having brief spells of laughter and/or crying.</p>	<p>innocent</p>  <p>Free of guilt or wrongdoing; lacking in knowledge or experience; genuinely simple, pure.</p>
<p>Interested</p>  <p>Concerned; attentive.</p>	<p>jealous</p>  <p>Concerned about losing someone's affection to another person; negative feeling towards one who is perceived as a competitor.</p>	<p>lonely</p>  <p>Sad at feeling alone; isolated; longing for companionship.</p>	<p>loved</p>  <p>Cared about; strong emotional attachment.</p>	<p>lovestruck</p>  <p>In love or infatuated.</p>	<p>mischievous</p>  <p>Playful; prankish; teasing.</p>	<p>miserable</p>  <p>Very unhappy; extremely uncomfortable; suffering.</p>
<p>negative</p>  <p>Lacking in positive qualities — such as optimism and enthusiasm.</p>	<p>optimistic</p>  <p>Hopeful that things will turn out well; looking on the bright side.</p>	<p>pained</p>  <p>Distressed or hurt; mental or emotional suffering.</p>	<p>paranoid</p>  <p>Very suspicious and mistrusting of others; thinking that people are talking about you, or are after you.</p>	<p>peaceful</p>  <p>Calm; relaxed; at ease; tranquil.</p>	<p>proud</p>  <p>Full of self-respect and independence; pleased and satisfied with something one owns, makes, does or is part of.</p>	<p>puzzled</p>  <p>Uncertain; confused; perplexed.</p>
<p>regretful</p>  <p>Sense of sorrow over a past event/ act or for the loss of a person/ thing.</p>	<p>relieved</p>  <p>Freed or lessened of pain, discomfort, anxiety, worry.</p>	<p>sad</p>  <p>Unhappy; sorrowful.</p>	<p>satisfied</p>  <p>Content; gratified; fulfilled with a need or wish.</p>	<p>shocked</p>  <p>A sudden upset to the mind/ feelings due to surprise or great loss.</p>	<p>shy</p>  <p>Bashful; timid; not at ease with others.</p>	<p>sorry</p>  <p>Full of regret, pity, sympathy; expressing apology.</p>
<p>stubborn</p>  <p>Unwilling to change a purpose or opinion despite the urging or requests from others; set in one's ways.</p>	<p>sure</p>  <p>Confident; certain; firm.</p>	<p>surprised</p>  <p>Amazed by something sudden or unexpected; astonished.</p>	<p>suspicious</p>  <p>Distrustful; sensing that something is wrong or harmful, with no evidence.</p>	<p>thoughtful</p>  <p>Considerate; kind; attentive to others' feelings and needs; absorbed in careful thought.</p>	<p>undecided</p>  <p>Unsure; unsettled; not having made up one's mind; open to ideas.</p>	<p>withdrawn</p>  <p>Removed; preferring to be alone.</p>

*Skills Training Manual for Treating Borderline Personality Disorder*, Linehan 1993

Goal of Emotions Regulation Training – Emotion Regulation Handout #1

Myths about Emotions – Emotion Regulation Handout #2

What Good Are Emotions? Emotion Regulation Handout #5

Steps for Increasing Positive Emotions – Emotion Regulation Handout #7

Adult Pleasant Events Schedule - Emotion Regulation Handout #8

Mindfulness of Your Current Emotion – Emotion Regulation Handout #9

Changing Emotions by Acting Opposite to the Current Emotion - Emotion Regulation Handout #10

## DYSFUNCTIONAL THOUGHT RECORD

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and, as soon as possible, jot down the thought or mental image in the automatic thought column.

DATE	SITUATION	AUTOMATIC THOUGHT(S)	EMOTION(S)	OUTCOME	RATIONAL THOUGHT
	Describe actual event or physical sensation here	Write automatic thought that preceded emotion(s)	Specify sad, anxious, angry, etc.	What happened then?	Replace auto thought here

## COMMON COGNITIVE DISTORTIONS

- All or Nothing Thinking – We often think that things are “black or white,” “right or wrong,” “good or bad.” We believe that things are “either/or” as opposed to realizing the full spectrum of reality. There are virtually no situations that are truly black and white—can you think of any? There are even times when it is the right response to kill someone. If that is true, then there probably are many potential “right” responses when our emotions and thinking patterns are involved!
- Ignoring the Positive – Sometimes we don’t even recognize positive things when they happen. We either ignore them and throw them away or sometimes we can even take positive things and distort them to mean negative things—then hold onto those! It’s like the person who can’t see the positive and spends 50 years looking at the negative—not because that is all they ever got, but because it is all they ever held onto or acknowledged. After 50 years you would have a pretty negative view of life and yourself, and say nothing good ever happened. This wouldn’t be true of course, because the good things that happened to them always ended up in the trash can or got distorted to be a negative!
- Catastrophizing – We often think that if something bad is going to happen it will be the “worst thing that’s ever happened to us.” We anticipate negative consequences and think they are going to be catastrophic. Most of the time the reality is much less severe, and the catastrophic is actually very improbable! But some anticipate and look for the absolute worst nonetheless!
- Overgeneralizing – “One bad apple spoils the whole bunch.” We see this when people have one negative experience with a person or place and now think that everyone or everything associated with that person or place is bad. This is not uncommon in a bureaucracy is it? A consumer may have one bad experience and now everything associated with that agency or business is bad or no one who works at the agency or business cares. The truth is typically somewhere closer to the middle. Obviously all people in all places make mistakes, but that doesn’t mean they are all bad.

- Personalizing – When something happens to us, we naturally take it personally even if it wasn't meant that way. Have you ever had someone stare at you in public? Have you ever been lost in thought and found that *you* were staring at someone in public? It wasn't personal was it? Sometimes people cut in front of us in traffic—we take that as a personal affront. Do you think they really meant it personally towards us? We are the “sun in our own universe,” but we have to remember that we are *not* the sun in other people's universes—what they do and say is most often not about us but yet we commonly think that it is about us.
- Emotionalizing – When we have a negative emotion we then define ourselves by that emotion. This is the idea that “we are what we feel,” when actually our emotions change and have a wide range. We are not defined *by* our emotions, we can define them!
- Should Statements – This is using the “all or nothing” thinking against ourselves. By saying the word “should,” there is a judgment underlying that. Saying that you “should” do something differently implies you did it wrong. Using the word “could” is very different—no judgment implied. Saying you “could” do it differently implies that there are many right ways to do something.

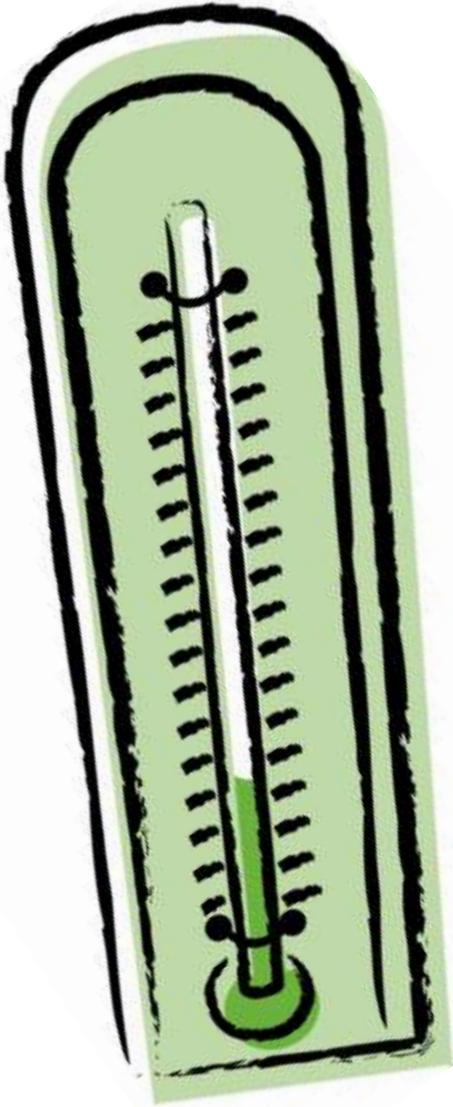
## WAYS TO COPE WITH STRESS

Here are a few ideas to help you deal with stress in your life:

1. **Exercise!** Exercise relieves tension and makes you feel good!
2. **Practice relaxation.** Turn down the lights and get comfortable!
3. **Problem solve** how to deal with the situation that is causing you stress. Is there another way to look at it? Get a new perspective!
4. **Take action.** Do something about a difficult situation that is causing you stress, if you can.
5. **Distraction.** Do something else to take your mind off the stressful situation—walk around the neighborhood, read a book, clean the house, play with the children, etc.
6. **Do something nice for yourself.** Take a bath, eat a piece of chocolate, put on makeup, have a friend wash your hair, or give you a massage.
7. **Listen to music.** Sing along!
8. **Write down** how you feel or draw a picture.
9. **Visualize.** Picture the stress leaving your body.



# ANGER THERMOMETER



10 \_\_\_\_\_

9 \_\_\_\_\_

8 \_\_\_\_\_

7 \_\_\_\_\_

6 \_\_\_\_\_

5 \_\_\_\_\_

4 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

1 \_\_\_\_\_

## WAYS TO DEAL WITH ANGER

Before you are angry, when you might be likely to get angry...

1. Exercise.
2. Stop and count to 10.
3. Take a five minute break.
4. Talk to someone—a close friend or family member.
5. Splash cold water on your face.
6. Close your eyes and visualize anger leaving your body.
7. Journal—write down how you feel.



Once you are already angry, you can...

1. Practice deep breathing and counting your breaths.
2. Use positive self talk.
3. Find some humor in the situation.
4. Close your eyes and visualize anger leaving your body.



## GUIDELINES IN DEALING WITH ANGRY FEELINGS

1. Acknowledge your anger. Recognize that anger is a normal human emotion. Learn to speak up, don't deny anger. Use "I" statements.
2. Respect other people's anger as well. Don't deny or run from it.
3. Getting angry is okay, don't be ashamed of it (just control the behavior!)
4. Listen, listen, listen! Repeat what the other person has said using paraphrasing.
5. Attack the problem, not the person—refrain from personal attacks and focus on the conflict at hand.
6. Don't put others down verbally, that just turns up the heat!
7. Recognize when you and others are just letting off steam, and don't personalize it!
8. Let go of it after you work through it, don't "keep score" or collect all the injustices!
9. No low blows! Fight fair and keep focused on the current issue, no bringing up the past.
10. Don't argue or try to resolve conflicts when you are mentally or emotionally compromised (tired, hungry, drunk, etc.)
11. Remember that your anger may not change the situation.
12. Admit when you are wrong and learn from it!

