

Social Tension and Resiliency Training



When you experience stress, sensations from traumatic events, chronic pain, constant frustration, limited resources, and someone attempts to take your uniqueness away by stereotyping you, your brain goes into the survival mode. Our goal is to make life meaningful in spite of the suffering and pain you experience.

I: In the **survival mode**, you may have some of the following feelings and thoughts. You are...

1. Feeling unsafe and unsure of yourself,
2. Having numerous negative thoughts in which you think about one adverse event after another,
3. Feeling sure about decisions with no evidence or reasoning to back up that decision, and you agree with others too quickly,
4. Endorsing a high number of irrational beliefs,
5. Not recognizing that you are being irrational,
6. Not wanting to talk about your problems and conflicts,
7. Not disclosing personal information because you feel ashamed or feel guilty about your actions,
8. Using rationalizations to justify your negative and self-defeating behaviors,
9. Disregarding the costs and consequences of your behavior,
10. Believing you can reach your goals easily,
11. Making decisions too quickly,
12. Being controlled by the situation, i.e., "You piss me off."
13. Thinking and feeling helplessness because no one is addressing your concerns,
14. Finding fault in others, and you blame them for your negative feelings.
15. Feeling hopeless,
16. Believing you *can't* get what you truly want.



Figure 1: Emotional Brain

II: When you feel calm, and your **prefrontal lobe is active**, you know that you are...

1. Learning and being aware of remote but realistic rewards,
 2. Overcoming perceptual distractions, (mindfulness: being in the presence),
 3. Extracting and comprehending the relevant stimulus and utilizing competitive inhibition,
 4. Realizing interests that have an orientation to reality,
 5. Consciously and deliberately developing interests and the means to achieve your chosen goals,
 6. Restraining and inhibiting following social expectations,
 7. Being persistent and giving your best effort (100%) in completing your responsibilities,
 8. Willing to prepare and repeat a process (that works), so others reward you,
 9. Anticipating and restraining your willfulness,
 10. Using your personality resources to reach short-term goals.
 11. Implementing your cognitive ability to reach short-term and long-term goals,
 12. Ready making decisions in a systematic and orderly fashion,
 13. Solves problems with others in a systematic and orderly fashion,
 14. Using relatively firm and logical thinking to integrate your resources and address your concerns,
 15. Applying reality-orientated thinking and investing your sense of self in integrated your interests.
 16. Applying pragmatic and functional thinking to control and develop your concerns and interests,
- (These two lists were adapted from the research and work of Raymond Cattell, Personality and Learning Theory, Volume 1, The Structure of Personality in Its Environment, 1979)



Figure 2: Prefrontal Lobe - Thinking Brain

Before we get started, let's review some definitions and principles first. You want to remember that instilling confidence in yourself and others does not take place in a vacuum. So, you want to differentiate between a thought, feeling, and a concern.



A thought is a sentence in your head, usually using more than one word.

Examples: I have to go to the grocery store. John is picking me up at seven tonight.

A feeling describes something positive, negative, or neutral using one word.

Examples: happy, sad, indifferent, joy, excited, depressed, nervous, etc.

A concern: Concern comes from the Latin – sift together – you want to bring together, showing concern, caring, and instilling confidence in each other.

Examples: doing well in school, getting love and support from others, etc.

Care vs. Indifference	Concern vs. Anxiety	Confidence vs. Self-Downing
You want to be seen as a responsible person when you are dealing with uncertainty. You know you can cope with apprehension (fear, anxieties). You want to address your responsibilities first, so you can better deal with uncertainty and anxiety. You want to address what you truly care about before you do things you really like to do. (Structure)	You interested in dealing with uncertainty and coping with apprehension (threat, fear, anxieties); You want to focus on what you are interested in. You have a high degree of motivation that will help you learn and endure frustrations.	You have a healthy sense of certainty, trust and faith in yourself, others, and your higher values. As you become more responsible, independent and confident, you take on new responsibilities and you are account and answerable to others.

Principles of Expanding Your Uniqueness:

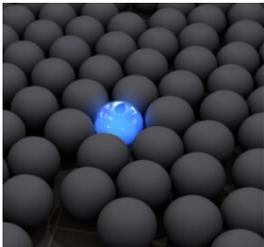


Figure 3: The Psychology of Being Unique

Principle 1: Expressing Your Uniqueness to Others - You want to express your thoughts, feelings, wants, and concerns to important people in your life. If you don't tell them, then they will have to guess, and they usually guess wrong. When they guess incorrectly, you get mad, hurt, anxious, etc.

Principle 2: Seeing Uniqueness in Others - You want to know what another person's concerns, thoughts, feelings, and wants. If you don't, then you will have to guess, and you will most likely guess incorrectly. When you guess incorrectly, they will get mad at you or feel hurt, anxious, etc.

Principle 3: Practicing Your Higher Values Increases Your Ability to be Resilient - You see that caring is a higher value than being indifferent; you know that addressing your concerns is better than being anxious, and you acknowledge that being confident is better than putting yourself down.

Goal: Be familiar with all four forms of Tension. People in survival mode experience (1) Physical Tension, (2) Social Tension, (3) Disapproval Tension, and (4) Projective Tension.

N-SAP Model: Survival Mode:	<i>Evaluative Items</i>	<i>Emotional Items</i>	<i>Executive Functioning Items</i>
<input checked="" type="checkbox"/> Nervous Physical Tension 	Irritable <ul style="list-style-type: none"> You believe you can't control your emotional reactions Insignificant things upset you too much You have a short-temper (and that's a bad thing) 	Restless: <ul style="list-style-type: none"> You feel restless You feel tired too much You feel physical tension, You are unable to relax You feel fatigued, You feel worn out, but you can't get a good rest. 	Edgy <ul style="list-style-type: none"> You are easily upset, feels tense, irritable You are over sensitive, easily hurt emotionally, You are on edge You feel too nervous too often
<input checked="" type="checkbox"/> Social Tension: 	Easily Emotionally Hurt <ul style="list-style-type: none"> You feel misunderstood (feeling hurt) You feel that you can't count on others You feel ignored by others 	Easily Frustrated <ul style="list-style-type: none"> You get angry too quickly You are too impatient You are in a bad mood, You are too moody 	Difficult Making Decisions <ul style="list-style-type: none"> You see yourself as being disorganized You can't decide You put things out of order
<input checked="" type="checkbox"/> Disapproval Tension: 	Lack of Confidence <ul style="list-style-type: none"> You feel down, and dejected, cast down in spirits; You feel down and bummed out Criticism hurts you too much You don't get along with others 	Emotional <ul style="list-style-type: none"> You are fussy You are apprehensive (viewing the future with tension or alarm) You often feel sorry for yourself (excessive self-pity) You believe you can't do anything worthwhile 	Low Self-Esteem: Inadequate <ul style="list-style-type: none"> You feel inadequate, You feel unsure of yourself Small failures upset you too much You feel lonely, You feel worthless
<input checked="" type="checkbox"/> Projected Tension: 	Irritable <ul style="list-style-type: none"> You get irritated at others too easily You are easily annoyed, You are distrustful You use negative mind reading You believe people show off too much 	Intolerant <ul style="list-style-type: none"> You often disagree with others You are intolerant of people because of their size, IQ, race, their religion, etc. You often feel angry at others 	Discloses Little <ul style="list-style-type: none"> You don't like to talk about yourself You are suspicious and mistrustful You don't like to talk with people

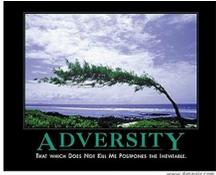
Note: these characteristics indicate that you are in survival mode. Please don't use this table to judge yourself or to judge others. Adapted from the work of Raymond Cattell

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The ABC Model for Developing Resiliency: A through G –

Social Tension and Resiliency: We have a social brain that is sculptured by evolution, which strongly relies on language to understand the world and other people. When you experience stress, trauma, chronic pain, constant frustration, limited resources, or people attempt to reduce your uniqueness, your brain goes into a survival mode. To regain your sense of resiliency, you will use the following ABC model. This section we will only focus on feeling emotional hurt, easily frustrate, and difficulty making decisions (Social Tension).



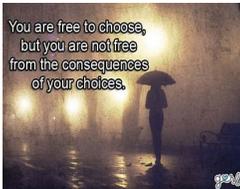
A: Adversity – You will

- Verbalize your adversities:
- State the conditions, or instances of continued adverse fortune;
- Discuss misfortune, difficulty in the past, difficulty occurring now, or
- Anticipated struggle in the future without re-traumatizing yourself.



B: Basic Attitudes – You will identify your basic attitudes: a mental position with regard to a fact and a feeling or emotion toward that fact

- Allocate the appropriate degree of responsible for your current situation, your feelings and behavior;
- Differentiate your beliefs, desires, personal demands and extreme evaluation.
- Identify possible flip of values, such as responsiveness to self-centeredness, etc.



C: Consequences of Basic Attitudes – You will determine the consequences of the adversity accurately:

- Report tension, feelings depressed and anxiety with short episodes of excessive anger, hurt, depressed, (unhealthy-rigid feelings), etc.
- Recognize your self-defeating behaviors, non-productive ways;
- You verbalize any distorted thinking and misperceptions you may have about the adversity.



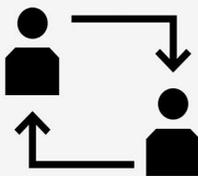
D: Discover New Ways of Thinking, Feeling, and Behaving – You will

- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, flexible anger, sadness, disappointment, sorrow, grief, etc. that are more helpful and which will provide you with the means strengthen wanted emotions and your sense of resiliency.



E: Exercise & Practice New Attitudes – You will

- Exercise and practice new attitudes and effective means of addressing adversity;
- Address the adversity and stresses in your life (A),
- Talk about related emotional, behavioral, and cognitive consequences (C);
- Practice desiring without demanding;
- Learn and practice in using non-extreme evaluations;
- Match the five demands of life and how your Higher Values impact on your new vision that will increases your sense of genuine trust and sincere show of respect.



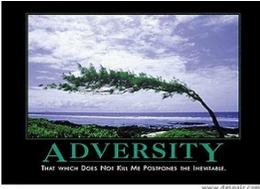
F: Follow Up: You will

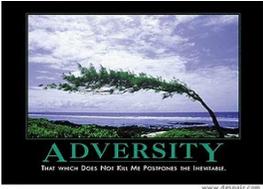
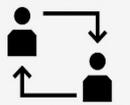
- Talk about how your practice (E) went in the past week.
- Complete self-help assignments.
- Discuss if the assigned self-help assignment improved your social situation and emotional life.
- Practice calming yourself down in stressful situation and
- Call upon your higher values of responsible, self-reassurance, taking sensible risks, reasonableness, etc. and
- Discover these higher values have a greater influence over your life than self-centeredness, self-doubt, self-perfection, and intolerance to stress.



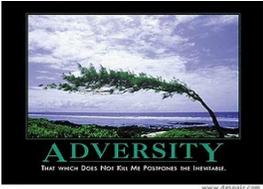
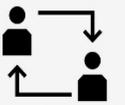
G: Goal Directed Behavior: You will

- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals, and
- Set realistic long-term goals so that that you experience your higher values and
- Discover meaningfulness of the moment.

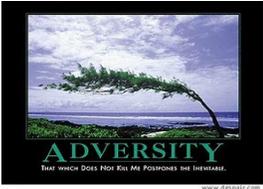
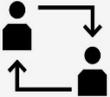
Cheat Sheet: #1 I get upset when people don't understand me			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3. (C) Consequences of Adversity</p> 	<p>4 Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am moody, <input type="checkbox"/> I feel fatigue, tired, <input type="checkbox"/> I am easily upset and changeable; <input type="checkbox"/> I become overly emotional when frustrated, <input type="checkbox"/> I worry a lot <input type="checkbox"/> I feel emotionally hurt – 	<p>5 Behavior:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am disorganized, I am emotional ambivalence (I love-I hate) in which I am indecisive, and act inefficiently, <input type="checkbox"/> I blame others for my feelings. <input type="checkbox"/> I avoid your responsibilities, <input type="checkbox"/> I tend to give up, (I'm not persistent in executing and practicing my plan, <input type="checkbox"/> I get into fights and problem situations. <input type="checkbox"/> 	<p>6 Thinking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I don't belong, <input type="checkbox"/> People are more concerned about themselves than with me
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
 <p>7 (B): Basic Attitude – Personal Demands:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Loved ones in my life must understand me, and if they don't understand me, then they must not care about me <input type="checkbox"/> I want essential people in my life to understand me, so they <i>have to</i> care about me. <ul style="list-style-type: none"> <input type="checkbox"/> I need loved ones to understand me, care about me, etc. all the time. 	 <p>10.(D) Discover a New Way Thinking About Getting Along with Others by using Self-Distancing Technique:</p> <p><i>Where is the evidence that people must always understand you?</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Throughout your life, people have not understood you entirely, but things worked out to your best interests. <input type="checkbox"/> You can actively tell yourself, “I <i>can't</i> stand” for their lack of understanding, but this is unrealistic because in the past. You were not injured, and you didn't die because they did not understand you. 		
 <p>8 (D) Discovering Meaningfulness in that people don't understand me</p> <ul style="list-style-type: none"> <input type="checkbox"/> People not understanding me may be an opportunity for me to be more responsive to others and to be closer to them. 	 <p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Knowing that reasonable and rational thinking is greater than irrational thinking <input type="checkbox"/> This thinking can help you to discover the meaningfulness of the moment because... <input type="checkbox"/> You are calm and exercising your higher values. 		
 <p>9 (C) Restriction of Uniqueness:</p> <p><i>I will not expand my uniqueness because</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> People will not address my <i>concerns and worries will not be resolved,</i> <input type="checkbox"/> <i>I will not state my preference clearly and assertively.</i> 	 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You are concerned about people understanding you, and you can only be unique if other people understand you. <input type="checkbox"/> Understanding each other brings about positive feelings and new ways of thinking. 		

Worksheet #1						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>3. (D) Discover New Way of</p> 		<p>4 Feeling:</p> <ul style="list-style-type: none"> { } Concerned { } Engaged; to have an influence on { } Care: you will take care of yourself with the support of others. 	<p>5 Acting</p> <ul style="list-style-type: none"> { } Express concerns calmly and honestly { } Face up to the threat assertively and forthrightly { } Deal with the threat constructively. 	<p>6 Thinking:</p> <ul style="list-style-type: none"> { } You know you can view the threat realistically { } You will make realistically appraisal about your ability to cope with the threat. { } You will deal with the threat constructively. 		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>			<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>			
 <p>7 (B): Basic Attitude – Demands:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Loved ones in my life must understand me, and if they don't understand me, then they must not care about me <input type="checkbox"/> I want essential people in my life to understand me, so they <i>have to</i> care about me. I need loved ones to understand me, care about me, etc. all the time. 		<p>10.(D) Discover a New Way Thinking</p> 				
 <p>8 (D) Discovering Meaningfulness in</p>		<p>. 11 (D) Discovering Meaningfulness:</p> 				
 <p>9 (C) Restriction of Uniqueness:</p>		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>				
 <p>13. (F) Follow Up: What was the purpose of this exercise?</p> <p>14. (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>						
 <p>15. (E) Exercise: List three ways you can be more X?</p>						
 <p>16. (G) Goal: What goal did you expect to reach by doing this exercise, and was this exercise helpful in reaching your goals? Rate from 1 to 4 (only pick one score)</p>						
		<p>0 Not Helpful</p>	<p>1 A Little Helpful</p>	<p>2 Somewhat Helpful</p>	<p>3 Helpful</p>	<p>4 Very Helpful</p>

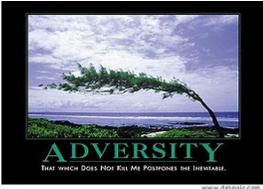
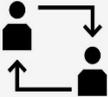
<p>Cheat Sheet #2 Social Tension: I can't count on important people in my life; people are undependable;</p>			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3. (C) Consequences of Adversity</p>	<p>4 Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am moody, <input type="checkbox"/> I feel fatigue, tired, <input type="checkbox"/> I am easily upset and changeable; <input type="checkbox"/> I become overly emotional when frustrated, <input type="checkbox"/> I worry a lot <input type="checkbox"/> I feel emotionally hurt 	<p>5 Behavior:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am disorganized, I am emotional ambivalence (I love-I hate) in which I am indecisive, and act inefficiently, <input type="checkbox"/> I blame others for my feelings. <input type="checkbox"/> I avoid your responsibilities, <input type="checkbox"/> I tend to give up, (I'm not persistent in executing and practicing my plan, <input type="checkbox"/> I get into fights and problem situations. 	<p>6 Thinking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I don't belong, <input type="checkbox"/> People are more concerned about themselves than with me
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
<p>7 (B): Basic Attitude –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Loved ones in my life must be reliable and dependable all the time. <input type="checkbox"/> I need people that I can depend on in times of stress. <input type="checkbox"/> I need people because I feel worthless that I couldn't get what my needs met. <input type="checkbox"/> When I get demanding, they must not get mad at me. <input type="checkbox"/> I am only happy when there are people I can count on for their love and approval. <input type="checkbox"/> This approval is my only source of pleasure and happiness. <p>I will never be happy or feel secure if I can't count on people.</p>	<p>10.(D) Discover a New Way Thinking</p> <ul style="list-style-type: none"> <input type="checkbox"/> There is no logical connection between your intense desire for people to be reliable and their actual behavior. <input type="checkbox"/> There is no logical connection between your desires and their tendency to be unreliable. <input type="checkbox"/> Your calculation that people will always be reliable is inaccurate because people's dependability or their lack of reliability will not determine if good things or bad things will happen to you. <input type="checkbox"/> You are <i>not</i> responsible for other people's choices because your choices are not identical to other people's choices, and those choices can exclude and contradict your preferences. <input type="checkbox"/> Their behavior will sometimes predict some actions and different responses you will not predict easily. <input type="checkbox"/> Making a cause and effect connection between your sense of happiness and people's ability to be reliable suggests you're in survival mode, and your thinking is unreasonable. <input type="checkbox"/> Factually, some people have let you down some of the time, and these very same people have helped you. 		
<p>7 (D) Discovering Meaningfulness in that people don't understand me</p> <p>{ } My demands will interfere with my ability to meet life's demands, but I can discover meaningfulness in addressing their concerns, even if I feel anxious.</p>	<p>. 11 (D) Discovering Meaningfulness:</p> <p>{ } You are concerned about people understanding you.</p> <p>{ } This concern is valid because understanding each other brings about more positive feelings, which will open the door to you, discovering the meaningfulness of the moment.</p>		
<p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am overfocusing on what other people can do for me, so I will have to have a high degree of conformity to please the other person. 	<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <p>{ } You are concerned about people being dependable and trusting people. This form of thinking is a realistic and pragmatic concern.</p> <p>{ } You like it when you have friends that you can count on, but there is no evidence that they have to be dependable or any other way you wish them to be.</p>		

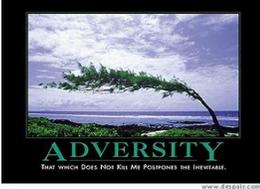
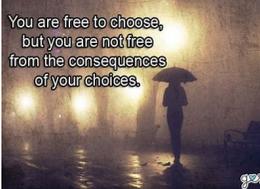
Worksheet #2							
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>					
<p>(D) 3 Discover New Way of</p> 		<p>4 Feeling:</p> <ul style="list-style-type: none"> { } Concerned { } Engaged; to have an influence on { } Care: you will take care of yourself with the support of others. <p>Why is Concern better than feeling anxious?</p>		<p>5 Acting</p> <ul style="list-style-type: none"> { } Express concerns calmly and honestly { } Face up to the threat assertively and forthrightly { } Deal with the threat constructively. 		<p>6. Thinking:</p> <ul style="list-style-type: none"> { } You know you can view the threat realistically { } You will make realistically appraisal about your ability to cope with the threat. { } You will deal with the threat constructively. 	
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>			<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>				
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 <p>9 (C) Restriction of Uniqueness:</p>			 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>				
		<p>13. (F) Follow Up: What was the purpose of this exercise?</p> <p>14. (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>					
		<p>15. (E) Exercise: List three ways you can be more X?</p>					
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		0	1	2	3	4	
		Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	

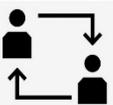
Cheat Sheet #3			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3. (C) Consequences of Adversity</p>	<p>4 Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am moody, <input type="checkbox"/> I feel fatigue, tired, <input type="checkbox"/> I am easily upset and changeable; <input type="checkbox"/> I become overly emotional when frustrated, <input type="checkbox"/> I worry a lot <input type="checkbox"/> I feel emotionally hurt – 	<p>5 Behavior:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am disorganized, I am emotional ambivalence (I love-hate) in which I am indecisive, and act inefficiently, <input type="checkbox"/> I blame others for my feelings. <input type="checkbox"/> I avoid your responsibilities, <input type="checkbox"/> I tend to give up, (I'm not persistent in executing and practicing my plan, <input type="checkbox"/> I get into fights and problem situations. 	<p>6 Thinking:</p> <ul style="list-style-type: none"> { } I don't belong, { } People are more concerned about themselves than with me
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
<p>7 (B): Basic Attitude –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bad things will happen to me if I can't count on important people in my life. <input type="checkbox"/> Important people <i>must</i> be dependable and consistent for me to feel good about myself and for them to feel good about me. <p><input type="checkbox"/> I <i>have to</i> have people to count on.</p> <p><input type="checkbox"/> I want people to be dependable and consistent, so they <i>have to</i> be responsible all the time regardless of how they feel, their stresses, or what pain they may be experiencing.</p> <p>{ } It would be awful when essential people are undependable, and I can't count on them.</p>	<p>10.(D) Discover a New Way Thinking</p> <ul style="list-style-type: none"> { } Realistically, people make numerous mistakes and not being 100% dependable, and If they are in survival mode, most likely that they will be unreliable. { } Being obsessive about other people's dependability will have you focusing on the times they are unpredictable and { } You will overlook the times they are reliable. { } This form of thinking will bring about more interpersonal conflicts, and { } You may not enjoy life if you spend much of your time worrying about other people's choices because you see that your old belief is untrue, illogical, and impractical, it won't get you what you want. 		
<p>8 (D) Discovering Meaningfulness in Meaningfulness in the concern that people don't understand me –</p> <p>I will realize that I may be using negative mind reading, and this may diminish my ability to develop confidence in myself or decrease my ability to instill confidence in the other person.</p>	<p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> <i>o</i> When you strengthen your ability to tolerate frustration, you will be more reliable because you can complete difficult tasks. <i>o</i> When you are a trustworthy person, it will enable you to discover meaningfulness at the moment because people are more supportive of you, and they trust you as compared to when people don't believe you. 		
<p>9 (C) Restriction of Uniqueness:</p> <p>{ } I am overly concerned about what the other person thinks about me. This type of thinking may result in negative mind reading, and diminish my ability to develop confidence in myself or decrease my ability to instill confidence in the other person.</p>	<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> { } You are concerned about people being dependable and trustworthy, which is a worthwhile idea. { } You like it when you have friends that you can count on, but there is no evidence that they have to be dependable all the time. { } You want to clarify your desires, wishes, and wants, which is an expression of your uniqueness. It is not the end of the world when your friends are undependable because this badness does not last forever. 		

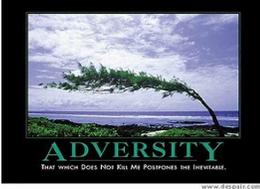
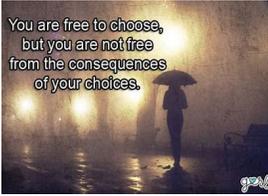
Worksheet #3						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>(D) 3 Discover New Way of</p> 		<p>4 Feeling:</p> <ul style="list-style-type: none"> { } Concerned { } Engaged; to have an influence on { } Care: you will take care of yourself with the support of others. <p>Why is feeling concern better than feeling anxious?</p>	<p>5 Acting</p> <ul style="list-style-type: none"> { } Express concerns calmly and honestly { } Face up to the threat assertively and forthrightly { } Deal with the threat constructively. 	<p>. 6 Thinking:</p> <ul style="list-style-type: none"> { } You know you can view the threat realistically { } You will make realistically appraisal about your ability to cope with the threat. <ul style="list-style-type: none"> <input type="checkbox"/> { } You will deal with the threat constructively. 		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>			<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>			
		<p>9 (B): Basic Attitude –</p> <ul style="list-style-type: none"> <input type="checkbox"/> I <i>have to</i> have people to count on. <input type="checkbox"/> I want people to be dependable and consistent, so they <i>have to</i> be responsible all the time regardless of how they feel, their stresses, or what pain they may be experiencing. { } It would be awful when essential people are undependable, and I can't count on them. 		<p>10.(D) Discover a New Way Thinking</p> 		
		<p>8 (D) Discovering Meaningfulness in</p>		<p>. 11 (D) Discovering Meaningfulness:</p> 		
		<p>9 (C) Restriction of Uniqueness:</p>		<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> 		
		<p>13. (F) Follow Up: What was the purpose of this exercise?</p> <p>14. (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
		<p>15. (E) Exercise: List three ways you can be more X?</p>				
		<p>16. (G) Goal: What goal did you expect to reach by doing this exercise, and was this exercise helpful in reaching your goals? Rate from 1 to 4 (only pick one score)</p>				
		0	1	2	3	4
		Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

<p>Cheat Sheet: #4 Loved one's must never let me down</p>			
	<p>1. (A) Adversity:</p>		
	<p>2. Stresses:</p>		
<p>3. (C) Consequences of Adversity</p>	<p>4 Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am moody, <input type="checkbox"/> I feel fatigue, tired, <input type="checkbox"/> I am easily upset and changeable; <input type="checkbox"/> I become overly emotional when frustrated, <input type="checkbox"/> I worry a lot <input type="checkbox"/> I feel emotionally hurt – 	<p>5 Behavior:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am disorganized, I am emotional ambivalence and indecisive, and act inefficiently, <input type="checkbox"/> I blame others for my feelings. <input type="checkbox"/> I avoid your responsibilities, <input type="checkbox"/> I tend to give up, (I'm not persistent in executing and practicing my plan, <input type="checkbox"/> I get into fights and problem situations. 	<p>6 Thinking:</p> <ul style="list-style-type: none"> { } I don't belong, { } People are more concerned about themselves than with me
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
<p>7 (B): Basic Attitude –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Friends, family and loved ones <i>must</i> never let me down, and it would be terrible when loved ones let me down <input type="checkbox"/> When friends, family, loved ones let me down, I am positive that bad things “will” happen to me. <input type="checkbox"/> People’s bad behavior causes me to feel bad, so if they are mistreating me – I will feel horrible. 	<p>10.(D) Discover a New Way Thinking</p> <ul style="list-style-type: none"> <input type="checkbox"/> The idea that “people must never let you down” is <i>rigid</i> because you are only giving people one choice, you are not allowing new information to come into this situation, <input type="checkbox"/> You are restricting the parameters on your ability to problem solve, and <input type="checkbox"/> you will end up giving in or giving up, and there is no give and take in that situation. <input type="checkbox"/> The belief “you don’t want people to let you down, but they don’t have to do what you wish because you cannot control their choices and it would not serve your self-interest if you did control their every choice” is flexible. 		
<p>8 (D) Discovering Meaningfulness in</p> <ul style="list-style-type: none"> { } I want to recognize that my demands will interfere with my ability to meet life’s requirements and find meaningfulness 	<p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> { } There is no evidence that people must never let you down, and it is false that you can predict what will happen by the way other people act toward you. { } Logically, you cannot derive the rigid belief, such as people <i>must never</i> let me down from a flexible notion that I don’t want people to let me down. 		
<p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> { } I will see people not understanding me like a catastrophe, I will not be able to tolerate future frustrations, 	<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> • You are concerned about people not being there when you want their assistance. • You like it when you have friends, a supportive family. • It is not the end of when your family is not supportive. • You don’t like unreliable people, but you can stand it • Nobody is perfect and 100% reliable, so you will stop rating them as worthless individuals because they are not as accurate as you demand. 		

Worksheet #4						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>(D) 3 Discover New Way of</p> 		<p>4 Feeling:</p> <ul style="list-style-type: none"> { } Concerned { } Engaged; to have an influence on { } Care: you will take care of yourself with the support of others. <p>Why is Concern better than feeling anxious?</p>	<p>5 Acting</p> <ul style="list-style-type: none"> { } Express concerns calmly and honestly { } Face up to the threat assertively and forthrightly { } Deal with the threat constructively. 	<p>. 6 Thinking:</p> <ul style="list-style-type: none"> { } You know you can view the threat realistically { } You will make realistically appraisal about your ability to cope with the threat. { } You will deal with the threat constructively. 		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>			<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>			
 <p>7 (B): Basic Attitude –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Friends, family and loved ones <i>must</i> never let me down, and it would be terrible when loved ones let me down <input type="checkbox"/> When friends, family, loved ones let me down, I am positive that bad things “will” happen to me. <input type="checkbox"/> People’s bad behavior causes me to feel bad, so if they are mistreating me – I will feel horrible. 		<p>10.(D) Discover a New Way Thinking</p> 				
 <p>8 (D) Discovering Meaningfulness in</p>		<p>. 11 (D) Discovering Meaningfulness:</p> 				
 <p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> { } 		<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> 				
 <p>13. (F) Follow Up: What was the purpose of this exercise?</p> <p>14. (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>						
 <p>15. (E) Exercise: List three ways you can be more X?</p>						
 <p>16. (G) Goal: What goal did you expect to reach by doing this exercise, and was this exercise helpful in reaching your goals? Rate from 1 to 4 (only pick one score)</p>						
		<p>0</p> <p>Not Helpful</p>	<p>1</p> <p>A Little Helpful</p>	<p>2</p> <p>Somewhat Helpful</p>	<p>3</p> <p>Helpful</p>	<p>4</p> <p>Very Helpful</p>

Cheat Sheet #5			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3. (C) Consequences of Adversity</p> 	<p>4 Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am moody, <input type="checkbox"/> I feel fatigue, tired, <input type="checkbox"/> I am easily upset and changeable; <input type="checkbox"/> I become overly emotional when frustrated, <input type="checkbox"/> I worry a lot <input type="checkbox"/> I feel emotionally hurt – 	<p>5 Behavior:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am disorganized, I am emotional ambivalence (I love-I hate) in which I am indecisive, and act inefficiently, <input type="checkbox"/> I blame others for my feelings. <input type="checkbox"/> I avoid your responsibilities, <input type="checkbox"/> I tend to give up, (I'm not persistent in executing and practicing my plan, <input type="checkbox"/> I get into fights and problem situations. 	<p>6 Thinking:</p> <ul style="list-style-type: none"> { } I don't belong, { } People are more concerned about themselves than with me
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
 <p>7 (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } I don't think about how the stress is causing my brain to go into survival mode. { } I only see all the negative things I am facing. <p>{ } Loved ones in my life <i>must</i> not let me down – regardless of the situation! { } If they let me down, then I know I'll never be happy, other people will think that there is something wrong with me because people are always letting me down.</p>	 <p>10.(D) Discover a New Way Thinking When people let you down, { } They are not evil people for letting you down, and most likely, they don't even realize that they let you down. { } When you use extreme evaluations when others let you down, you are judging them for making the same mistakes that you may do in the future. { } You make will only increase your chances of feeling down, anger, and worried when you only think about how people have let you down.</p>		
 <p>8 (D) Discovering Meaningfulness in</p> <ul style="list-style-type: none"> <input type="checkbox"/> If I want to get along with people, then worrying about how people don't understand me may motivate me to start getting along with others and discover meaningfulness. <p>I have a better focus on how I can communicate better, so my concerns and wishes are known.</p>	 <p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> { } This worrying will surely not solve any problems. { } Factually, demanding that people never make mistakes and they must never disappoint you will make your life miserable. <p>{ } Because you see that this old belief of people must not let you down is untrue, illogical, and impractical, you can change your thinking about how you see other people.</p>		
 <p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> { } I will see people not understanding me like a catastrophe, I will not be able to tolerate future frustrations, which will restrict my uniqueness. 	 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> o You express your concerns in a unique way, but having people assist you will not take away from your uniqueness. o Remember, you need others to be creative and innovative. 		

Worksheet #5						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>(D) 3 Discover New Way of</p> 		<p>4 Feeling:</p> <ul style="list-style-type: none"> { } Concerned { } Engaged; to have an influence on { } Care: you will take care of yourself with the support of others. <p>Why is Concern better than feeling anxious?</p>	<p>5 Acting</p> <ul style="list-style-type: none"> { } Express concerns calmly and honestly { } Face up to the threat assertively and forthrightly { } Deal with the threat constructively. 	<p>. 6Thinking:</p> <ul style="list-style-type: none"> { } You know you can view the threat realistically { } You will make realistically appraisal about your ability to cope with the threat. { } You will deal with the threat constructively. 		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>			<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>			
		<p>7. (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } I don't think about how the stress is causing my brain to go into survival mode. { } I only see all the negative things I am facing. { } Loved ones in my life <i>must</i> not let me down – regardless of the situation! { } If they let me down, then I know I'll never be happy, other people will think that there is something wrong with me because people are always letting me down. 		 <p>10.(D) Discover a New Way Thinking</p>		
		<p>8 (D) Discovering Meaningfulness in</p>		 <p>. 11 (D) Discovering Meaningfulness:</p>		
		<p>9 (C) Restriction of Uniqueness:</p>		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>		
		<p>13. (F) Follow Up: What was the purpose of this exercise?</p> <p>14. (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
		<p>15. (E) Exercise: List three ways you can be more X?</p>				
		<p>16. (G) Goal: What goal did you expect to reach by doing this exercise, and was this exercise helpful in reaching your goals? Rate from 1 to 4 (only pick one score)</p>				
		0	1	2	3	4
		Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cheat Sheet: #6 I feel people don't understand me, I don't belong, their concerns are more important than mine.			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3. (C) Consequences of Adversity</p>  <p>You are free to choose, but you are not free from the consequences of your choices.</p>	<p>4 Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I feel emotionally hurt <input type="checkbox"/> I feel hurt when another person treats me badly <input type="checkbox"/> I feel pain, grief, distress even though I don't deserve such pain, etc. 	<p>5 Behavior:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am shutting down communication channel with another person <input type="checkbox"/> I criticize another person without disclosing what I am feeling hurt about 	<p>6 Thinking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am overestimating unfairness; <input type="checkbox"/> I think others don't care about me, <input type="checkbox"/> I see myself as being misunderstood; <input type="checkbox"/> I am thinking others put their concerns before my needs
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
 <p>8 (B): Basic Attitude –</p> <ul style="list-style-type: none"> <input type="checkbox"/> People must treat me fairly all the time, <input type="checkbox"/> People should care about me all the time, <input type="checkbox"/> People understand me, even when I don't tell them how I feel or think. <input type="checkbox"/> Important people in my life shouldn't put their concern before mine. <input type="checkbox"/> I think that the other person has to make the first move to correct an issue or problem. 	<p>10.(D) Discover a New Way Thinking</p>  <ul style="list-style-type: none"> { } You are realistic about the degree of unfairness of another person's unfairness { } You see another person's behavior as acting badly and not as uncaring or indifferent, { } You don't yourself as being alone, uncared for, and misunderstood, { } You don't think about past hurts when you are currently feeling disappointed, { } You think that the other person doesn't have to make the first move. 		
 <p>8 (D) Discovering Meaningfulness in feeling hurt</p> <ul style="list-style-type: none"> <input type="checkbox"/> 	<p>. 11 (D) Discovering Meaningfulness:</p>  <ul style="list-style-type: none"> <input type="checkbox"/> Disappointment: indicates that you have failed to meet your expectations or something that you hope for is lost. <input type="checkbox"/> This disappointment 		
 <p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 	<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>  <ul style="list-style-type: none"> <input type="checkbox"/> You communicate directly your feelings and thoughts to the other person directly, <input type="checkbox"/> You are realistic about the degree of unfairness, <input type="checkbox"/> You see the other person as acting badly rather than uncaring or indifferent; 		

Adapted from the work of Windy Dryden

Worksheet #6 Feeling Emotionally Hurt						
		<p>3. (A) Adversity:</p> <p>4. Stresses:</p>				
<p>(D) 3 Discover New Way of</p>		<p>4 Feeling:</p> <ul style="list-style-type: none"> { } Concerned { } Engaged; to have an influence on { } Care: you will take care of yourself with the support of others. <p>Why is Concern better than feeling anxious?</p>	<p>5 Acting</p> <ul style="list-style-type: none"> { } Express concerns calmly and honestly { } Face up to the threat assertively and forthrightly { } Deal with the threat constructively. 	<p>.6 Thinking:</p> <ul style="list-style-type: none"> { } You know you can view the threat realistically { } You will make realistically appraisal about your ability to cope with the threat. { } You will deal with the threat constructively. 		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Social Tension (Factor C)</p>			<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>			
<p>7 (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } People must treat me fairly all the time, { } People should care about me all the time, { } People understand me, even when I don't tell them how I feel or think. { } Important people in my life shouldn't put their concern before mine. { } I think that the other person has to make the first move to correct an issue or problem. 		<p>10.(D) Discover a New Way Thinking</p>				
<p>8 (D) Discovering Meaningfulness in</p>		<p>. 11 (D) Discovering Meaningfulness:</p>				
<p>9 (C) Restriction of Uniqueness:</p>		<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>				
<p>13. (F) Follow Up: What was the purpose of this exercise?</p> <p>14. (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>						
<p>15. (E) Exercise: List three ways you can be more X?</p>						
<p>16. (G) Goal: What goal did you expect to reach by doing this exercise, and was this exercise helpful in reaching your goals? Rate from 1 to 4 (only pick one score)</p>						
		0	1	2	3	4
		Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful