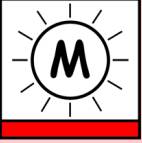
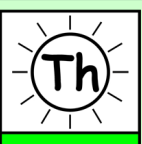
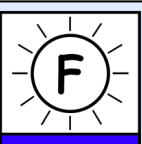
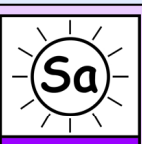
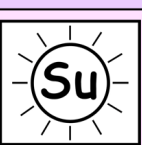




I want to talk to the therapist about

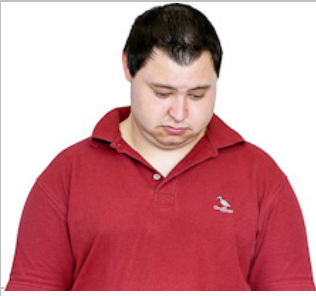
- you can write down the things you want to talk about
- you can draw the things you want to talk about

What I do in the week

day	what I did					
	breakfast		lunch		dinner	
						
						
						
						
						
						
						

instructions

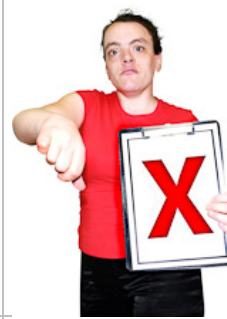
- your worker will help you fill in this sheet
- you and your worker will write or draw what you do everyday
- the diary can be filled in
 - when you think it is important to
 - whenever you remember
- some examples of when you can fill in the diary are at
 - breakfast
 - lunch
 - dinner



when I feel depressed I.....

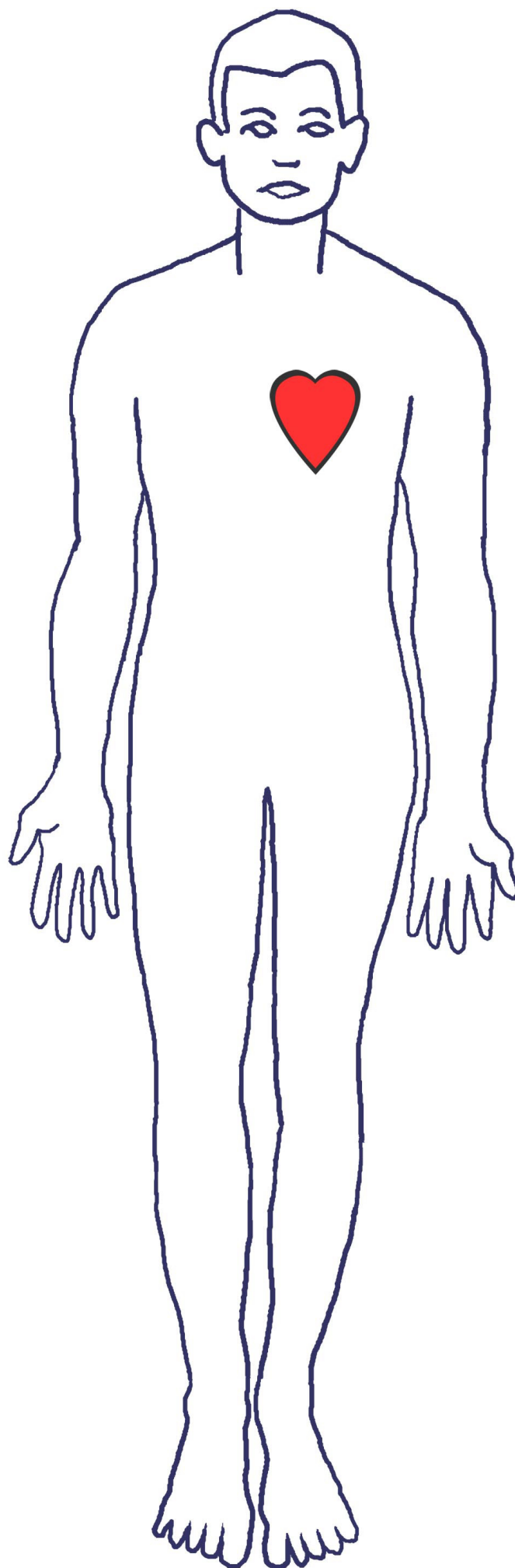


good things in my life



**things I am not happy
about**

when I get **anxious** I feel





what we will do today



I will go through your **homework**

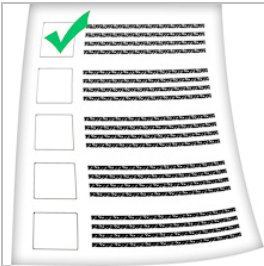
what we will do today



I will give you some **homework** to do for the next time we meet



end of the session

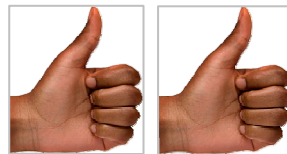


my goal

- a **goal** is something you want to achieve

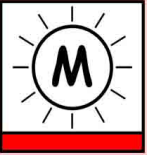
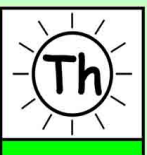
what I will do to **change**

how important is this goal?

☐☐☐

I have **reached** my goal when

my **thoughts** and **feelings** diary

day	what happened?	what did I do?	how did I feel?
			
			
			
			
			
			
			

instructions

- your worker will help you fill out this sheet
- you and your worker will fill out
 - what **happened**?
 - what did I **do**?
 - how did I **feel**?
- you will bring the sheet with you to the next session
- you and the therapist will talk about what you and your worker wrote

Thoughts, feelings and behaviours

- cut out the pictures along the dotted lines
- arrange them into what you think is
 - a feeling
 - a thought
 - what people do



angry



eating lunch



cooking



I will do it all wrong



happy



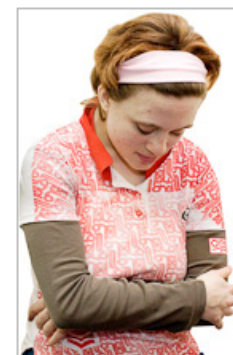
**going to the day
centre**



this is really good



**staying at home
alone**



sad



**people don't like
me**



sleep



**no one will want to
be my friend**



having a shower



worried



scared

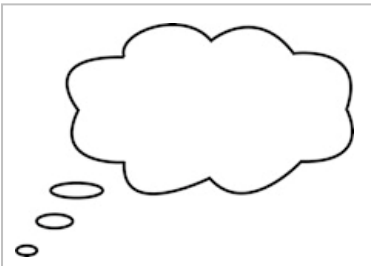
good times



one situation I really **enjoyed**

what happened?

what did I **do**?



what did I **think**?

Cut out and
paste a picture
of how you felt

how did I **feel**?

Bad times



one situation I found **hard**

what happened?

what did I **do**?



what did I **think**?

Cut out and
paste a picture
of how you felt

how did I **feel**?

unhelpful ways of thinking

- think about your thoughts
 - use the rating scale to show how often you think these thoughts are true
-
- how often do you know what other people are thinking about you?


never


sometimes


always

- Do you expect things to go wrong all the time?


never


sometimes


always

- Do people think that you are stupid or a bad person?


never


sometimes


always

- How often do you think that you will not get things right?


never


sometimes


always

- Do you think you will never get anything right?


never


sometimes


always

- Do you think you have to do everything right?


never


sometimes


always

- Do you think you're not good enough if you get something wrong?


never


sometimes


always

- Do you think that people will think you are stupid, if you do not get something right?


never


sometimes


always

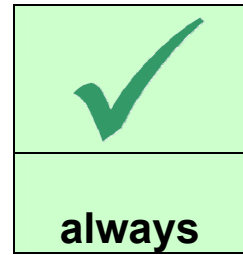
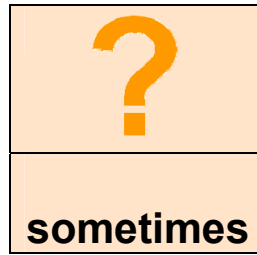
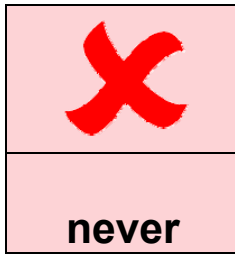
- Do you believe everything you think?


never

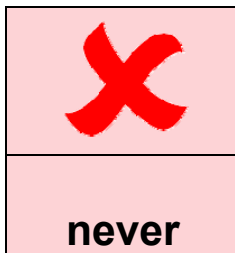

sometimes


always

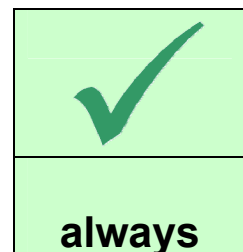
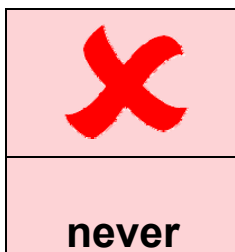
- Do you think you know what is going to happen if you do something?



- Do you think things are going to be worse than they actually are?



- Do you think things are either really good or really bad?



- Do you think you usually know what is going to happen?


never


sometimes


always

- Do you think if one thing is bad it's going to make everything else bad?


never


sometimes


always

- You may think something is your fault when it actually is not?


never


sometimes


always

- Do you only focus on the negative thoughts?


never


sometimes


always

- How often do you think that I **must** do something or I **must not** do something?


never


sometimes


always

- Do you think that you **should** do this or you **should** do that?


never


sometimes


always

- How often do you not do something because you think you will not do it right?


never


sometimes


always

- How often do you blame yourself if something goes wrong?


never


sometimes


always

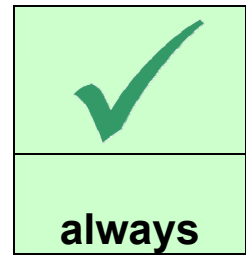
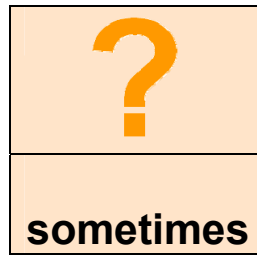
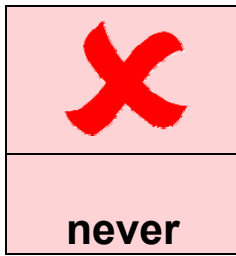
- Do you usually ignore your positive thoughts?


never

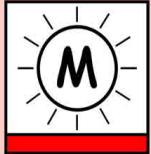
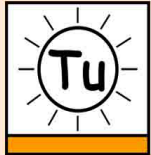
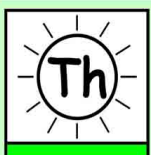

sometimes


always

- Do you usually ignore positive things that happen?



how I am **thinking** diary

day	what happened?	what did I do?	how did I feel?	what was wrong with my thinking?
				
				
				
				
				
				
				

instructions

- your worker will help you fill out this sheet
- you and your worker will fill out
 - what **happened**?
 - what did I **do**?
 - how did I **feel**?
- you will bring the sheet with you to the next session
- you and the therapist will talk about what you and your worker wrote
- you and the therapist will then fill out **what was wrong with my thinking?**

a different way of thinking



when I find myself thinking

my **unhelpful thought**



I will say **STOP** (to myself)

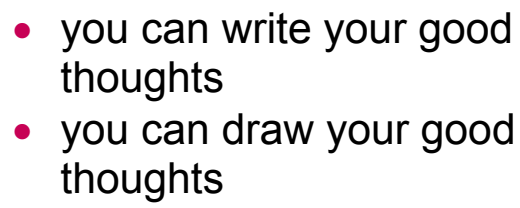
I will then think of a more **helpful thought**



I will repeat the helpful thought _____ times

instructions

- fill in the worksheet
- the therapist will help you to do this
- cut out the card and make it into a flashcard
- put it where you will see it easily
- use it the next time you have the unhelpful thoughts

A woman with brown hair, wearing a black and white patterned sleeveless top and a necklace, is giving a thumbs up with both hands. She is positioned inside a large, hand-drawn black thought bubble.



my thoughts about me that
are **not nice**

- you can write these thoughts
- you can draw these thoughts



- you can write your worrying thoughts
- you can draw your worrying thoughts

- you can write your worrying thoughts
- you can draw your worrying thoughts



- write your worrying thoughts
- draw your worrying thoughts



- write your good thoughts
- draw your good thoughts

core beliefs

- core beliefs are thoughts you have about yourself
- core beliefs are fixed thoughts from childhood

instructions

- how often do you believe these thoughts?
- use the rating scale to show what you think

- I am a failure


never


sometimes


always

- I am not responsible for what I do


never


sometimes


always

- I am not responsible for what I say


never


sometimes


always

- it is important that my carer is involved in everything I do


never


sometimes


always

- people will be angry or cross if I say the things I really want to say


never


sometimes


always

- what I really think does not matter


never


sometimes


always

- I must not show my feelings to others


never


sometimes


always

- no one understands me


never


sometimes


always

- I need other people to help me get by


never


sometimes


always

- bad things happen to me all the time


never


sometimes


always

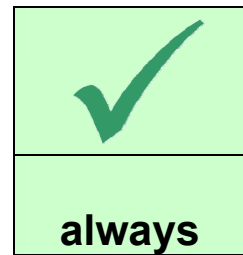
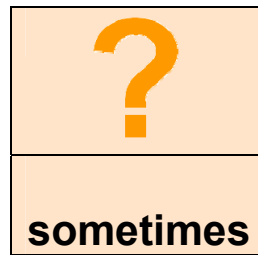
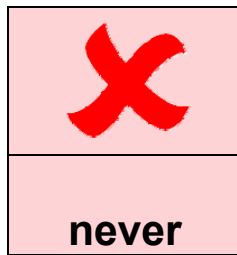
- I am more important than others


never

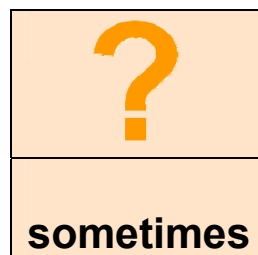
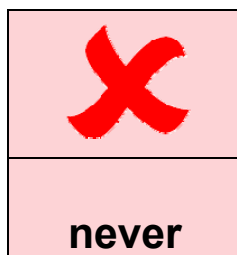

sometimes


always

- it is important to put other people's wishes before my own feelings



- people I love will never be there for me



my core belief

my thoughts that tell me **my core belief is wrong**



- ---

- ---

- ---

- ---

- ---

How to be more assertive

	think of a time you were aggressive	Changing to		how could you change to be more assertive next time
		Changing to		

How to be more assertive



think of a time when
you were **passive**

Changing to



how could you
change to be more
assertive the next
time

Changing to



how I can be more **assertive**

	important people in my life
name	this person is important to me because



1. _____
2. _____
3. _____

things people like about me



