



Active participation in this group requires that you complete the following pages. You may not understand all the questions now. You can read on my website for instructions on how to answer them. Also, they will be explained during group meetings.

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Exactly what do you want to change? Please be as specific as possible.

What are your motives to change? In other words, why bother to change?

What is the Stress (Volcano) Model?

What are the 5 areas of focus in the Stress Model?

- 1.
- 2.
- 3.
- 4.
- 5.

What is the Cognitive Model?

What is the formula that summarizes the cognitive model?

Environment – What factors in your environment are contributing to your stress? Write them down on the lines below:

Behavior – What are you doing that is contributing to your stress? Write it down on the lines below:

Physical Condition – What factors in your physical condition are contributing to your stress? Write them down on the lines below:

Thinking – What habits of thinking (biases, stuck points, etc.) are contributing to your distress? Write them down on the lines below:

Emotion – Do you experience emotional distress so severe that you are unable to work on overcoming your depression, anxiety, and/or anger? If so, please describe the emotions on the lines below:

We talk about SMART goals. What do the letters in SMART mean?

S

M

A

R

T

# Group Workbook

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Name:

Date:

List each of the environmental factors previously identified in the middle column below. In the right-most column write down your action plan to improve each factor. Be sure to include the date for each entry in the left-most column.

Date	Environmental Factors	Plan of Action

After entering the date, list each of the problem behaviors identified previously in the middle column below. In the right-most column write down your desired behavior and your plan of action to achieve it.

Date	Behaviors	Desired Behavior and Plan of Action

After entering the date, list the previously identified factors in your physical condition that are affecting your stress level in the middle column below. In the right-most column write down your plan of action to improve each factor

Date	Physical Condition Factors	Plan of Action

In the middle column below, list the emotional factors previously identified above that interfere with your work on overcoming your depression, anxiety, and/or anger. In the right-most column write down your plan of action to manage each factor. Date each entry.

Date	Emotional Factors	Plan of Action

# Group Workbook

TempleWellness.org

Name:

Date:

List your automatic thoughts, biases, and stuck points in the column below. In the right-most column write down your alternative responses and your plan of action to adopt them. Be sure to enter the date for each entry.

Date	Automatic Thoughts, Biases, and Stuck Pts	Alternative Thoughts and Plan of Action





What is an “Activity Schedule” and how is it helpful?

List activities that you would include in your Activity Schedule:

What is a “Wellness Toolbox” and how is it useful?

List items that you would include in your Wellness Toolbox:

What symbol can you create that contains images to remind you and help you stay on track with the work you are doing?

## Basic Knowledge TEST

What is the purpose of the ABC sheet?

What is the purpose of the Challenging Beliefs Worksheet?

How do the ABC sheets relate to the Challenging Beliefs Worksheets?

We talk about people having “trouble with Ambiguity.” What does that mean?

We talk about people having “trouble with Control.” What does that mean?

We talk about people having “trouble with Expectations.” What does that mean?

Describe the following THINKING TRAPS (Problem Patterns of Thinking):

1. Mind Reading –
2. Fortunetelling –
3. Catastrophizing –
4. Minimizing Positives –
5. Maximizing Negatives –
6. Unwillingness to Disconfirm –
7. Overgeneralizing –
8. Labeling –
9. Black/White Thinking -
10. Judgment Focus -
11. Shoulds –
12. Personalizing –
13. Externalizing Responsibility –
14. Comparing Apples with Oranges –
15. Unfair Guilt/Regret –
16. What If –
17. Emotional Reasoning –
18. Arbitrary Conclusions –
19. Selective Attention –

Explain how the following important factors are related to learning:

1. Repetition -
  
2. Time required for change –
  
3. Gradual Progression -
  
4. Reminders -
  
5. Visualization -
  
6. Mental rehearsal –