

Lack of Confidence and Depression



Making life meaningful involves developing a healthy sense of confidence to be open to discovering meaningfulness and having faith in yourself. 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.
4. {} You agree with others too quickly,
5. {} Endorsing a high number of irrational beliefs,
6. {} Not recognizing that you are being irrational,
7. {} Not wanting to talk about your problems and conflicts,
8. {} Not disclosing personal information because you feel ashamed or feel guilty about your actions,
9. {} Using rationalizations to justify your negative and self-defeating behaviors,
10. {} Disregarding the costs and consequences of your behavior,
11. {} Believing you can reach your goals easily,
12. {} Making decisions too quickly,
13. {} Being controlled by the situation, i.e., "You piss me off."
14. {} Thinking and feeling helplessness because no one is addressing your concerns,
15. {} Finding fault in others, and you blame them for your negative feelings.
16. {} Feeling hopeless,
17. {} 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 goals,
12. () Implementing your cognitive ability to reach long-term goals,
13. () Ready making decisions in a systematic and orderly fashion,
14. () Solves problems with others in a systematic and orderly fashion,
15. () Using relatively firm and logical thinking to integrate your resources and address your concerns,
16. () Applying reality-orientated thinking and investing your sense of self in integrated your interests.
17. () Applying pragmatic and functional thinking to control and develop your concerns and interests,



Figure 2: Prefrontal - Thinking Brain

(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)

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:

- 🕒 *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.

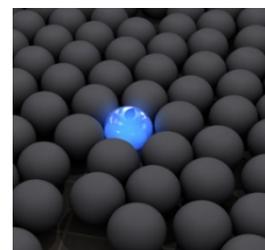


Figure 3: The Psychology of Being Unique



II. Life Demands that You Be Confident in How You Approach Life: Life demands that you face life with confidence and, you learn new task as you mature. You want to develop confidence in yourself and instill confidence in others. Confidence means knowing that you will likely be successful and that people will like you. It involves not being afraid to make mistakes or to try something new.

- (1) Life demands that you try new behaviors that will improve your life: I can do this
- (2) Life demands that you think for yourself -
- (3) Life demands that you don't have to give up when you make a mistake
- (4) Life demands that you recognized that you are not 100% bad person for making a mistake

Definitions: Embrace Life with Hope: Index 9 through 12 (Confidence)

Higher Value: Increases Resiliency	Survival Mode: Lower Values	Opposite of Survival Model and Higher Value
Flipped Values		
Example of Love: You value love. You want to care about another person. You are committed to a cause, or someone or something bigger than yourself.	Example of Hate: You devalue another person and you hate that person.	Indifference: You neither love or hate another person; vs. extreme indifferences can lead to catastrophic consequences, such as the Holocaust
Index 9: Self-Reassurance: <i>You value in believing in yourself, and you want to believe that you can do this!</i> (Index 9)	Self-Doubt: <i>I devalue my worth when I fail or when I am unable to achieve a particular goal.</i> (Index 9)	Unenthusiastic <i>You value being unenthusiastic and unsympathetic about certain issues,</i>
Index 10 Self-Reliant – Independent Thinking: <i>You value your ability to think independently.</i>	Seeking Approval <i>I value another person’s opinion too much, and I devalue your opinion and ideas. (Index 10)</i>	Contemplating: <i>You value thinking about something before you make a decision, and you want to be modest but you are not passive.</i>
Index 11 Sensible Risk Taking: <i>You value trying positive and constructive ways to improve your life or the life of another. (Index 11)</i>	Self-Perfection Attitude: <i>I value being perfect. I want to do things perfectly, so I can feel good about myself. (Index 11)</i>	Self-Distancing – <i>You value being objective about your behavior. You want the capacity to look at yourself from the “outside, objectively.</i>
Index 12 Unconditional Self-Acceptance: You value accepting yourself unconditionally. You want to appreciate and accept another person’s uniqueness. (Index 12)	Self-Downing <i>I devalue myself. I want to put myself down because I believe this devaluing myself will motivate me to do better in the future.</i> (Index 12)	Unconnected: You don’t have to be always connected with others, ideas, etc.

Adapted from the work of Mike Bernard

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The ABC Model in discovering meaningfulness and developing your resiliency skills.



A: Adversity - In this series of worksheets, you will...

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



B: Basic Attitudes - In this series of worksheets, you will...

1. Identify your basic attitudes: a mental position with regard to a fact and a feeling or emotion toward that fact.
2. Allocate the appropriate degree of responsible for your current situation, your feelings and behavior;
3. Differentiate your beliefs, desires, personal demands and extreme evaluation.
4. Identify possible flip of values, such as responsiveness to self-centeredness, etc.



C: Consequences of Basic Attitudes - In this series of worksheets, 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 and see how survival mode of thinking impacts your thinking.
- Verbalize any distorted thinking and misperceptions you may have about the adversity.



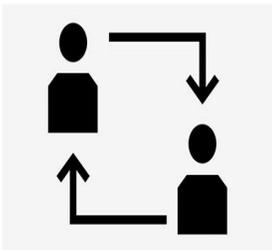
D: Discover New Ways of Thinking, Feeling, and Behaving - In this series of worksheets, you will...

- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, sadness, disappointment, sorrow, grief, flexible anger, 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 – In this series of worksheets, 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: In this series of worksheets, 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: In this series of worksheets, you will...

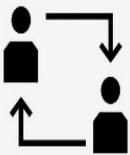
- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience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

When I doubt myself, I believe I can't do what I need to do;

Cheat Sheet: #1 Confidence Index #9

	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>(C) Consequences of Adversity</p> 	<p>Feelings:</p> <p>{ } depressed low in spirits, sad, especially affected by psychological depression</p> <p>{ } hopelessness, life is meaningless, bored, life is empty,</p> <p>{ } Despair is the loss of all hope and confidence.</p> <p>{ } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.</p>	<p>Behaving:</p> <p>{ } I withdraw from rewarding experiences and interests.</p> <p>{ } I withdraw into myself.</p> <p>{ } I think I am unable to help myself, so I don't do anything (Ps: helplessness).</p> <p>{ } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)</p> <p>{ } I attempt to terminate feeling depressed in self-defeating and self-destructive ways</p>	<p>Thinking:</p> <p>{ } I only see the negative aspects of the loss or failure</p> <p>{ } I think about other losses and failures that I have experienced.</p> <p>{ } I think I am unable to help myself (Ps: helplessness)</p> <p>{ } I only see pain and darkness in the future (D2: hopelessness)</p>
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with instill confidence in each other</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
	<p>3. (B): Basic Attitude – Self-Doubt:</p> <ul style="list-style-type: none"> • When I doubt myself, I believe I can't do what I need to do; • When I fail, I think I am not good at anything; • I think, "nothing ever works out for me," (index #9) 		<p>10.(D) Discover a New Way Thinking Self-Reassurance:</p> <ul style="list-style-type: none"> ○ You can do this! (Your Name) you truly believe that you are more likely to be successful than you are to fail. ○ If you work hard, you can be successful at relationships, school, and at work. ○ You will give yourself credit when you are successful, and if you fail, you can remember of the things you are good at (list specific skills you are good at). (index #9)
 <p>demands.</p>	<p>8 (D) Discovering Meaningfulness in</p> <ul style="list-style-type: none"> • How is being intolerant meaningful? • Doubting yourself helps you to focus on what is really important to you, and what you need to do to meet life's 		<p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> ○ You can appreciate your confidence without becoming overly confident or conceited, ○ You are irreplaceable because you have confidence in yourself. ○ You do not worry about demonstrating your confident to others, and you can recognize each moment is unrepeatable because of the skills others have helped you to develop.
	<p>9 (C) Restriction of Uniqueness:</p> <p>{ } It would be difficult to expand your uniqueness if you are always doubting yourself and having a lack confidence in yourself</p>		<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <p>{ } Unconditional Self-Acceptance is necessary factor in expanding your uniqueness.</p>

When I doubt myself, I believe I can't do what I need to do.

Worksheet: #1 Confidence				
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>			
(D) 	4 Feelings: How would you rather feel?	5 Behavior: How would you rather do?	6 Thinking: How would you rather think?	
<p>B) Basic Attitude about Stress/Trauma/Pain/ that interferes with depression and a lack of confidence</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person 10.(D) Discover a New Way Thinking</p>		
 (index #9)	<p>3. (B): Basic Attitude – Self-Doubt:</p> <ul style="list-style-type: none"> When I doubt myself, I believe I can't do what I need to do; When I fail, I think I am not good at anything; I think, "nothing ever works out for me," 			
<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 confident?</p>			
	<p>16 (G) Goal: What goal did you expect to reach by doing this exercise?</p>			
	<p>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>			
	0	1	2	3
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cheat Sheet: #2 Seeking Approval versus Confidence Index 10



1. (A) Adversity:

2. Stresses:

(C) Consequences of Adversity



Feelings:

{ } depressed low in spirits, sad, especially affected by psychological depression
 { } hopelessness, life is meaningless, bored, life is empty,
 { } Despair is the loss of all hope and confidence.
 { } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.

Behaving:

{ } I withdraw from rewarding experiences and interests.
 { } I withdraw into myself.
 { } I think I am unable to help myself, so I don't do anything (Ps: helplessness).
 { } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)
 { } I attempt to terminate feeling depressed in self-defeating and self-destructive ways

Thinking:

{ } I only see the negative aspects of the loss or failure
 { } I think about other losses and failures that I have experienced.
 { } I think I am unable to help myself (Ps: helplessness)
 { } I only see pain and darkness in the future (D2: hopelessness)

(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with



3. (B): Basic Attitude –

- o I need people's approval to feel good about myself:
- **Seeking Approval** involves believing I have to have people's approval and love to be happy, successful, or to feel good about myself,

- I think it is horrible if people reject me;
- I can't stand it when I get rejected or disagree with me. (index #10)

(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person



10.(D) Discover a New Way Thinking

- o **Self-Reliant:** You appreciate that you can think for yourself. (Your Name) you know that it is important to speak up even if others think you are being silly or acting stupid.
- o You want people to like you, and you want to get along with others, but you don't have to upset yourself when people disapprove of you, reject you, or criticize you.
- o You don't like to get rejected, but it is not awful when people reject you or criticize you (index #10).



8 (D) Discovering Meaningfulness: How is being intolerant is meaningful?

- Getting along with others opens the doors to new perceptions, which helps me to discover the meaningfulness of each moment.

- You appreciate that people have different opinions from your own, and
- You can acknowledge that their opinions are important and significant to them.

11 (D) Discovering Meaningfulness: Self-Reliant and Logotherapy:



- You know you are irreplaceable but you know you will need to get along with others and appreciate their love and support.
- You can recognize each moment is unrepeatable, so be grateful for the love and support you receive now and the support you will receive in the future.



9 (C) Restriction of Uniqueness:

{ } When you seek excessive approval from others or
 { } You get upset when people disapprove of your actions and feelings. { } You may conform to their wishes more than

discovering what is meaningful to you, and { } how you can be creative and do something you always wanted to do.

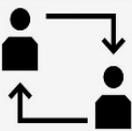


12. (D) Discover Constructive Ways to Expand Your Uniqueness:

- You can grasp the nature, worth, quality, and significance of your uniqueness without being overly dependent on others or being overly self-sufficient.

Seeking Approval versus Confidence:

Worksheet #2: Seeking Approval versus Confidence – index 12

	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>3 (D) Discover</p>	<p>4 Feelings: How would you rather feel?</p>	<p>5 Behavior: What would you rather do?</p>	<p>6 Thinking: How would you rather think?</p>		
					
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>			
	<p>3. (B): Basic Attitude –</p> <ul style="list-style-type: none"> • Seeking Approval involves believing I have to have people’s approval and love to be happy, successful, or to feel good about myself. • I think it is horrible if people reject me; • I can’t stand it when I get rejected or disagree with me. (index #10) 			<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 self-reliant?</p>				
	<p>16 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
	<p>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>				
	<p>0</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
	<p>Not Helpful</p>	<p>A Little Helpful</p>	<p>Somewhat Helpful</p>	<p>Helpful</p>	<p>Very Helpful</p>

Cheat Sheet: #3 Taking Sensible Risks is a greater value than seeking perfection for myself (index #11)			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>(C) Consequences of Adversity</p> 	<p>Feelings:</p> <p>{ } depressed low in spirits, sad, especially affected by psychological depression</p> <p>{ } hopelessness, life is meaningless, bored, life is empty,</p> <p>{ } Despair is the loss of all hope and confidence.</p> <p>{ } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.</p>	<p>Behaving:</p> <p>{ } I withdraw from rewarding experiences and interests.</p> <p>{ } I withdraw into myself.</p> <p>{ } I think I am unable to help myself, so I don't do anything (Ps: helplessness).</p> <p>{ } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)</p> <p>{ } I attempt to terminate feeling depressed in self-defeating and self-destructive ways</p>	<p>Thinking:</p> <p>{ } I only see the negative aspects of the loss or failure</p> <p>{ } I think about other losses and failures that I have experienced.</p> <p>{ } I think I am unable to help myself (Ps: helplessness)</p> <p>{ } I only see pain and darkness in the future (D2: hopelessness)</p>
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
	<p>3. (B): Basic Attitude – Self-Perfection attitude:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I have to be perfect to be happy. <input type="checkbox"/> I have to be successful in everything I do and <input type="checkbox"/> It is horrible when I am imperfect. <input type="checkbox"/> I can only be happy if I do a task perfectly. <input type="checkbox"/> Perfection will always result in me feeling happy (index #11) 		<p>10.(D) Discover a New Way Thinking Sensible Risk Taking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You can do new behaviors. <input type="checkbox"/> (Your NAME), you can learn new ways of thinking. <input type="checkbox"/> You don't have to get yourself in trouble with others and you can reach your long-term goals. <input type="checkbox"/> You can develop your talents even though you might not able to do them immediately (index #11)
	<p>8 (D) Discovering Meaningfulness in How can self-perfection be meaningful?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perfection actually means to complete, to make whole. <input type="checkbox"/> Wanting to doing something better takes effort and time, so perfection is your appreciation of something that is bigger than yourself, such as art, music, science, etc. 		<p>. 11 (D) Discovering Meaningfulness: Why is Taking Sensible Risk Taking Meaningful:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Being perfect and feeling complete are two different things. <input type="checkbox"/> Being complete involves having all necessary parts, elements, or steps, you are being highly proficient, a task is fully carried out, you were thorough <input type="checkbox"/> You can find meaningfulness in your sense of completeness, wholeness (free of defect or impairment; intact, physically sound and healthy, free of disease, being mentally or emotionally sound).
	<p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You sense of success will be based on what other people think. <input type="checkbox"/> So, you will restrict your uniqueness by conforming to another person's standards. 		<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness: { } You can appreciate your uniqueness without hurting others or hurting yourself, { } You can expand your irreplaceability by taking practical risks that are workable.</p> <p>{ } You can restrict your uniqueness by not getting yourself into legal, social, or economic trouble.</p> <p>{ } You can recognize a moment is unrepeatable without having those moments repeated.</p>

Worksheet: #3 index 11



1. (A) Adversity:

2. Stresses:

Discovering



4 Feelings: How would you rather feel?

5 Behavior: What would you rather do?

6 Thinking: How would you rather think?

(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with

(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person



3. (B): Basic Attitude – Self-Perfection attitude:

- I have to be perfect to be happy.
- I have to be successful in everything I do and
- It is horrible when I am imperfect.
- I can only be happy if I do a task perfectly.
- Perfection will always result in me feeling

happy (index #11)



10.(D) Discover a New Way Thinking



8 (D) Discovering Meaningfulness in



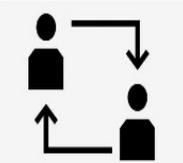
. 11 (D) Discovering Meaningfulness:



9 (C) Restriction of Uniqueness:



12. (D) Discover Constructive Ways to Expand Your Uniqueness:



13 (F) Follow Up: What was the purpose of this exercise?

14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?



15 (E) Exercise: List three you can increase unconditional self-acceptance?



16 (G) Goal: What goal did you expect to reach by doing this exercise?



Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.

0	1	2	3	4
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cheat Sheet: #4 Self-Downing Thinking Index 12



1. (A) Adversity:

2. Stresses:

(C) Consequences of Adversity



Feelings:

{ } depressed low in spirits, sad, especially affected by psychological depression
 { } hopelessness, life is meaningless, bored, life is empty,
 { } Despair is the loss of all hope and confidence.
 { } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.

Behaving:

{ } I withdraw from rewarding experiences and interests.
 { } I withdraw into myself.
 { } I think I am unable to help myself, so I don't do anything (Ps: helplessness).
 { } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)
 { } I attempt to terminate feeling depressed in self-defeating and self-destructive ways

Thinking:

{ } I only see the negative aspects of the loss or failure
 { } I think about other losses and failures that I have experienced.
 { } I think I am unable to help myself (Ps: helplessness)
 { } I only see pain and darkness in the future (D2: hopelessness)

(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with instilling confidence in each other

(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person

3. (B): Basic Attitude –



Self-Downing Thinking is when I believe that I am a total failure or useless
 ○ When I make a mistake or people reject me or disapprove of me.
 ○ I think that I have to perform in a particular way, or else I'm a 100% worthless (#12 index).

10.(D) Discover a New Way Thinking



○ **Unconditional Self-Acceptance** is recognizing that you can accept yourself for acting badly or not living up to your higher values,
 ○ When you accept yourself unconditionally, you are *not* letting yourself off the hook or excusing your actions.
 ○ Rather, you are accepting full responsibility for your behavior, but without depreciating yourself for making mistakes or
 ○ Failing to achieve your personal goals (#12 index).



4. (D) How is self-downing meaningful?

□ Recognizing my failures can help me make a plan to improve or alter my behavior.



. 11 (D) Discovering Meaningfulness in unconditional self-acceptance:

○ You can accept yourself unconditionally when you are responsible or irresponsible.
 ○ You recognized that “Response-ability” is the ability to respond to the meaning potentials offered by life.
 ○ Your challenge is to take on concrete tasks and to accomplish human achievements.
 ○ The tasks must be self-chose.
 ○ You know that without responsibility, freedom brings not meaning but meaningless chaos.



9 (C) Restriction of Uniqueness:

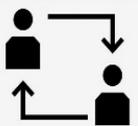
○ I can't appreciate my uniqueness without holding it over others or feeling superior to others,
 ○ I feel that I am replaceable because I believe anybody can do what I do and
 ○ I want to repeat past pleasant moments, so I want to live in the past



12. (D) Discover Constructive Ways to Expand Your Uniqueness:

○ You can appreciate your uniqueness without holding it over others;
 ○ You know that you are irreplaceable without worrying about being replaced, and
 ○ You recognize each moment is unrepeatabe while knowing those moments don't *have to* be repeated.

Worksheet: #4 Self-Downing-Depression index 12

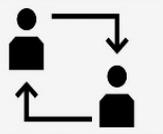
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>													
<p>3 (D) Discover New</p> 	<p>4 Feelings: How would you rather feel?</p> <ul style="list-style-type: none"> { } confidence { } a feeling of your power and a reliance on your circumstances – “I can do it attitude.” { } Rather, you accept full responsibility for your behavior, but without depreciating yourself for making mistakes and failing to achieve your personal goals. 	<p>5 Behavior: What would you rather do?</p> <ul style="list-style-type: none"> { } You want to appreciate and accept another person’s uniqueness. { } You want to encourage people to discover their own sense of meaningfulness. { } You confidently and realistically try new behaviors and activities. { } You express your thoughts, feelings, and concern in a giving and receiving format. 	<p>6 Thinking: How would you rather think?</p> <ul style="list-style-type: none"> { } You value accepting yourself unconditionally. { } You know you can recognize that when you accept yourself for acting badly or not living up to your higher values. { } You know that you are not letting yourself off the hook or excusing your actions. 											
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>												
<p>3. (B): Basic Attitude –</p> 	<p>Self-Downing Thinking is when I believe that I am a total failure or useless</p> <p>a. When I make a mistake or people reject me or disapprove of me.</p> <p>b. I think that I have to perform in a particular way, or else I’m a 100% worthless (#12 index).</p>		<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 confident?</p>													
	<p>16 (G) Goal: What goal did you expect to reach by doing this exercise?</p>													
	<p>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p> <table border="1" data-bbox="397 1848 1529 1936"> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">Not Helpful</td> <td style="text-align: center;">A Little Helpful</td> <td style="text-align: center;">Somewhat Helpful</td> <td style="text-align: center;">Helpful</td> <td style="text-align: center;">Very Helpful</td> </tr> </table>				0	1	2	3	4	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful
0	1	2	3	4										
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful										

Cheat Sheet #5 Index 12

	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>(C) Consequences of Adversity</p> 	<p>Feelings:</p> <ul style="list-style-type: none"> { } depressed low in spirits, sad, especially affected by psychological depression { } hopelessness, life is meaningless, bored, life is empty, { } Despair is the loss of all hope and confidence. { } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness. 	<p>Behaving:</p> <ul style="list-style-type: none"> { } I withdraw from rewarding experiences and interests. { } I withdraw into myself. { } I think I am unable to help myself, so I don't do anything (Ps: helplessness). { } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.) { } I attempt to terminate feeling depressed in self-defeating and self-destructive ways 	<p>Thinking:</p> <ul style="list-style-type: none"> { } I only see the negative aspects of the loss or failure { } I think about other losses and failures that I have experienced. { } I think I am unable to help myself (Ps: helplessness) { } I only see pain and darkness in the future (D2: hopelessness)
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
	<p>3. (B): Basic Attitude – Attitude – Self-Downing Attitude is when I believe that I am a total failure or useless</p> <p>c. When I make a mistake or people reject me or disapprove of me.</p> <p>d. I think that I have to perform in a particular way, or else I'm a 100% worthless (#12 index).</p>		<p>10.(D) Discover a New Way Thinking</p> <ul style="list-style-type: none"> o You can express your thoughts and feelings. o You don't have to judge yourself by using extreme evaluation (stupid, dump, etc.) or by judge others harshly. o You know damn well that putting yourself down will not motivate you to do better.
	<p>8 (D) Discovering Meaningfulness in</p> <ul style="list-style-type: none"> o Recognizing our failures can help us make a plan to improve or alter our behavior. o It's those moments of perfection that makes life wonderful.) 	<p>11 (D) Discovering Meaningfulness:</p> 	<ul style="list-style-type: none"> o When you respect yourself, you appreciate your uniqueness without holding it over others. o You know you are irreplaceable without worrying about being replaced, and recognizing each moment is unrepeatable without hoping those moments have to be repeated.
	<p>9 (C) Restriction of Uniqueness: When I see myself as a "total failure," most likely I will not new activities because I will fail, which will only prove what a worthless person I am.</p>		<p>12. (D) Discover Constructive Ways to Expand Your Uniqueness: { } Self-Respect - When you respect yourself, you appreciate your uniqueness without holding it over others.</p> <p>{ } You know that you are irreplaceable without worrying about being replaced, and recognize each moment as being unrepeatable without hoping those moments have to be repeated.</p> <ul style="list-style-type: none"> { } You express your thoughts and feelings in a sincere and genuine way without hurting others in your statements. { } You know that you don't have to judge yourself by using extreme evaluation (stupid, dump, etc.) or by judge others harshly. { } You know damn well that putting yourself down will not motivate you to do better.

Self-Downing, Depression and Unconditional Self-Acceptance

Worksheet #5 “I feel like a failure”

	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>													
<p>3 (D) Discover New Ways of</p> 	<p>4 Feelings: How would you rather feel?</p> <p>{ } confidence</p> <p>{ } a feeling of your power and a reliance on your circumstances – “I can do it attitude.”</p> <p>{ } Rather, you accept full responsibility for your behavior, but without depreciating yourself for making mistakes and failing to achieve your personal goals.</p>	<p>5 Behavior: What would you rather do?</p> <p>{ } You want to appreciate and accept another person’s uniqueness.</p> <p>{ } You want to encourage people to discover their own sense of meaningfulness.</p> <p>{ } You confidently and realistically try new behaviors and activities.</p> <p>{ } You express your thoughts, feelings, and concern in a giving and receiving format.</p>	<p>6 Thinking: How would you rather think?</p> <p>{ } You value accepting yourself unconditionally.</p> <p>{ } You know you can recognize that when you accept yourself for acting badly or not living up to your higher values.</p> <p>{ } You know that you are not letting yourself off the hook or excusing your actions.</p>											
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>												
 <p>7 (B): Basic Attitude – Self-Downing Attitude is when I believe that I am a total failure or useless</p> <p>e. When I make a mistake or people reject me or disapprove of me.</p> <p>f. I think that I have to perform in a particular way, or else I’m a 100% worthless (#12 index).</p>			<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>														
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