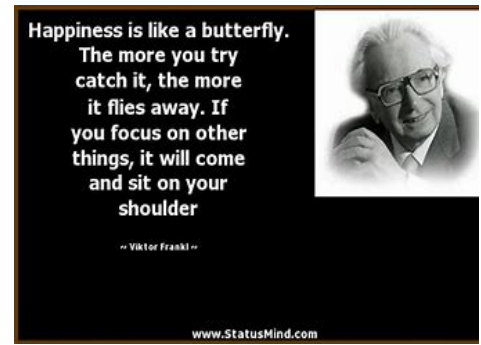


Depression: Dealing with Feelings of Helplessness, Hopelessness, Worthlessness, and Guilt



Viktor Frankl believes depression occurred at the psychological, physiological, and spiritual levels. At the psychological level, he believes that feelings of inadequacy stem from undertaking tasks beyond your abilities. Frankl uses philosophical and abstract concepts frequently. For example, his idea of "existential vacuum," which describes someone who feels apathetic, listless, and has no initiative he uses often. This existential vacuum is a sign that our "noetic dimension" is blocked. The word noetic stems from the Greek word "noetikos," which suggests the use of our intellectual abilities, such as thinking (noein), and our mind (nous). The mind, which in Greek is "menos," meaning spirit, is a complex of elements in an individual that feels, perceives, thinks, wills, and ability to reason. The mind is the conscious mental events and capabilities in an organism. The mind could all represent the organized conscious and unconscious adaptive mental activity of a person. This variety of ancient Greek words leaves me in a tizzy. The following chart outline Frankl's Triad of Despair.



	Depression	Addiction	Aggression
Despair	Feeling depressed involves feeling desperate and having a strong feeling of despair. Despair is the loss of all hope and confidence.	An addiction is when a person attempts to numb himself/herself to deal with despair. A person suffering from an addiction seeks a thrill with substance or behavior.	Aggression is when a person feels despair and tries to control others by violence. The word aggressive implies a disposition to dominate often in disregard of others' rights or determined and energetic pursuit of one's ends.
Violence	Depression may involve violence to oneself in terms of self-defeating behaviors or self-destructive actions.	Addiction worsens any violent act that is present. For example, a person may become violent when drunk.	Aggression involves hostile, dangerous, or destructive behavior or outlook, primarily when caused by frustration.
Desperation	Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.	People suffering from addiction may steal from loved ones and friends because they see their life as being desperate.	People suffering from hostility and excessive anger will get along with others when they are no angry, but look out when they become angry.

A summary of the factors I (McKenna) have found and researched.

Depression Factors		
Helplessness (Ps)	Hopelessness (D2)	Feeling Rejected and Guilty (D6)
You are helpless; You are no good; You are doomed; You have no talents; You are inadequate; No one respects you You are inferior to others	You feel hopeless You feel your life is meaningless You are easily bored You feel disgusted Life is painful You have no future; You feel your life is empty	You feel rejected People bore you You have too many regrets You have failed too much You feel incomplete; You often feel guilty
Low Energy Depression (D5)	Somatic Depression (D1)	Withdrawn and Feel Worthless (D7)
You feel lonely; You feel miserable; You feel tired; You sit around all day; You feel empty and lonely You often feel sad and gloomy;	You feel sick too often You feel weak You often feel sluggish; You feel weary You feel out of sorts Your mind is not sharp or alert	You feel useless You feel worthless You don't care about others You feel downhearted You feel dejected It is hard for you to relax You rather be by 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.

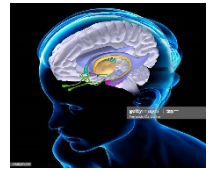


Figure 1: Emotional Brain

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,

(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 - 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.

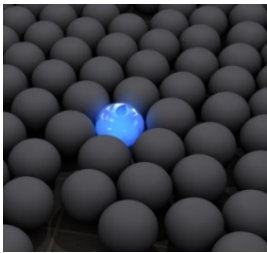


Figure 3: The Psychology of Being Unique

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.

Principle 4: Every action we take has positive and negative consequences.

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I feel worthless.....	12
I feel worthless.....	13

Depression	Sadness	Contented-Lighthearted
<ul style="list-style-type: none"> □ I think I will <i>never</i> be good at anything. □ If I believe I can't win, then I won't be so disappointed when I finally do lose. □ However, if I win, then I'll blame it on luck. 	<p>{ } Believing that I "can't win" leads to devaluation because I am judging myself as worthless if I don't win.</p> <p>{ } I want to think "hard work and persistence will increase my chances of succeeding."</p> <p>{ } I want to accept reality and see mistakes as a natural process of learning.</p> <p>{ } Accepting reality, while not liking it, will help me because I can express my concern and have an opportunity to use constructive behaviors to deal with my disappointments or feelings of sadness.</p> <p>{ } I would like be perfect if I would be immune to not winning but I'm not.</p> <p>{ } It is possible for me to experience sadness and disappointment, and</p> <p>{ } I'll have to get used to those feelings without liking them (Windy Dryden).</p>	<p>{ } Contented: feeling or showing satisfaction with one's possessions, status, or situation; happy, joyful, joyous; blithe, lighthearted; exalted, fired, inspired, uplifted</p> <p>{ } Lighthearted: free from care, anxiety, or seriousness; happy-go-lucky; cheerfully optimistic and hopeful; easygoing</p>

The objectives for this section are to apply the ABC model of Resiliency to Getting Along with others and engender love between two people.

The ABC Model helps you to assess and address your concerns.



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

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



B: Basic Attitudes - In this series of worksheets, 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 - 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 increase 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 you 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 | feel helpless (Ps)

Cheat Sheet # 1 I feel helpless (Ps)			
	1. (A) Adversity: 2. Stresses:		
	3 Basic Attitude I feel depressed <input type="checkbox"/> I think I will <i>never</i> be good at anything. <input type="checkbox"/> If I believe I can't win, then I won't be so disappointed when I finally do loose. <input type="checkbox"/> However, if I win, then I'll blame it on luck.		
3 (C) Consequences of Adversity (Ps) 	4 Feelings: {} I feel helpless. {} I feel very unhappy for long periods of time. {} I feel doomed and that I am going fail.	5 Behavior: {} I can't restrain my negative feelings. {} I feel inadequate. {} I feel that I don't have any talent, so I don't try new things.	6 Thought: {} I think that I am no good. {} I am inferior to others. {} I know that no one respects me. {} I know that loved one's don't really want to help me. {} I feel condemned as though I have done something reprehensible and terribly wrong.
	7 (D) Discover New Feeling: Sadness – Discover the meaningfulness in sadness {} I want to accept reality and see mistakes as a natural process of learning. {} Accepting reality, while not liking it, will help me because I can express my concern and have an opportunity to use constructive n" leads to devaluation because I am judging myself as worthless if I don't win. {} I want to think "hard work and persistence will increase my chances of succeeding." behaviors to deal with my disappointments or feelings of sadness. {} I would like be perfect if I would be immune to not winning but I'm not. {} It is possible for me to experience sadness and disappointment, and be satisfied with life. (Windy Dryden).		
	8 (D) Discover A New Way of Thinking Realistically {} Is it realistic to believe that you are <i>incapable</i> of finding a solution to your problems, you cannot manage your resources, or you will never be proud of your accomplishments? {} You see yourself as being very simple, and you don't see yourself as a unique and complex person. {} You can find some solutions to your problems, and you can manage the majority of your questions, but it would be unrealistic to expect you to find the perfect solution to every problem you have in life. {} If you were a simple creator, like a worm, you wouldn't have these stresses and challenges. {} You are a human being with complex problems and a wide range of traits, strengths, resources, and limitations. {} When you are realistic about managing your life, you can solve your problems and make sound decisions. {} You want to win, but you don't always have to win.		8 (D): Discover A New Way of Thinking Logically {} Is your thinking logical when you believe your actions are not susceptible to remedy? {} You are making a prediction that is not logical because if you think of something "today," then that thought will make you susceptible to a remedy, or that thought won't make you a sensitive person. {} If you could think, "you are susceptible to a solution," and then what you are predicting, you will improve. {} However, if you have thought, you will not improve, and then you wouldn't improve.
			10 (D): Discover A New Way of Thinking Pragmatically {} Reality may agree or disagree with your ideas, but it is your job to have your thoughts match reality. {} In this situation, you are confusing one trait or proneness (the ability not to improve) with the conclusion that you will never succeed because of that one tendency or that one proneness. {} Yes, you may have a proneness to be vulnerable, or you tend to fail at a few things, but this means you have to work harder to overcome those one or two traits. but don't give up! {} If you examine what you are telling yourself, then you have a better chance of overcoming that particular proneness or vulnerability.
	11 (D) Discover Meaningfulness: <i>When you feel helpless that means that you can't get what is important to you. The word importance implies a value judgment of the superior worth or influence of something or someone</i>		12 (D) Discover Meaningfulness: <i>You only find meaningfulness in reality. Fantasy and inspiration can be a good beginning, but you need to follow those good ideas with setting realistic goals and persistence.</i>
	13 (C) Restricting Your Uniqueness: <i>You restrict your uniqueness when you are defensive. When you believe you always have to win will restrict your uniqueness because you learn something about yourself when you give your best effort. You can enjoy winning while not hurting others.</i>		14 (D) Expanding Your Uniqueness <i>Wanting to give up means that you are facing a difficult task, and you are finding a way so you can solve the problem. Discovering meaningfulness of the moment takes time and energy. Therefore, if you feel like giving up, you may want to inventory your resources and reevaluate your support network.</i>

I feel my life is meaningless, empty, and my situation is hopeless.

Worksheet #1: I feel helpless, inadequate, I am inferior to others (Ps)					
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
(C) Consequences of Adversity (Ps) 	<p>3 Basic Attitude I feel depressed</p> <ul style="list-style-type: none"> <input type="checkbox"/> I think I will <i>never</i> be good at anything. <input type="checkbox"/> If I believe I can't win, then I won't be so disappointed when I do loose. <input type="checkbox"/> However, if I win, then I'll blame it on luck. 				
	<p>4 (D) Discover New Feeling: Sadness Dealing and with your Grief – Discover the meaningfulness in sadness</p> <ul style="list-style-type: none"> { You want to accept reality and see mistakes as a natural process of learning. { Accepting reality, while not liking it, it will help you because you can express your concern and have an opportunity to use constructive thinking, which may lead to devaluation because you are judging yourself as worthless if you don't win. { You want to think, "hard work and persistence will increase your chances of succeeding." { You can deal with feelings of disappointments or feelings of sadness. { You would like to be perfect, and if you were immune to losing would be great, but I'm not. { It is possible to experience sadness and disappointment, and be satisfied with life. (Windy Dryden). 				
See boxes 8, 9, and 10					
	5 (D) Discover A New Way of Thinking			6 (D): Discover A New Way of Thinking–Is	
				7 (D): Discover A New Way of Thinking–	
	8. Discovering Meaningfulness: Sadness shows you that			9 (D)Expanding Your Uniqueness:	
	10 (F) Follow Up: What was the purpose of this exercise?				
	11 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?				
	17 (E) Exercise: List three ways you can deal with feelings of helplessness				
	18(G) Goal: What goal did you expect to reach by doing this exercise?				
	Rate from 1 to 4 (only pick one score) 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

I feel my life is meaningless, empty, and my situation is hopeless.

Cheat Sheet # 2: looking at D2 – I feel my life is meaningless, empty, and my situation is hopeless.



1. **(A) Adversity:** When I'm feeling down, I believe I can't win, but I almost got it right. I do things repeatedly, but I never seem to get it right. I think I will *never* be good at anything. I think, "I'll be successful." I believe I am incapable of redemption or improvement. I *have to* see my life as being hopeless because I never seem to get it right. If I can't do it right – then I'll never get it right!
- 2 **Stresses:**



- 3 Basic Attitude** {} If I keep telling myself I am going to fail, then most likely, I will fail.
 {} If I keep worrying about my vulnerabilities, limitations, and negative tendencies, then my feelings of hopelessness will increase.
 {} I know you can develop new behaviors that will help you reach your realistic goals, but I don't try.
 {} When I tell myself, "It is hopeless," I am only reinforcing your negative thinking and generating an excuse to give up, so I continue to give up. I will *never* be good at anything.
 {} If I believe I can't win, then I won't be so disappointed when I finally do loose.
 {} However, if I win, then I'll blame it on luck.

4 (C)
Consequences D2

- 5 Feelings:**
 {} I feel hopeless
 {} I feel despair and {} I'll never get better.

- 6 Behavior:**
 {} I am desperate, but I don't see any solutions to my problems.
 {} I am despondent,
 {} I see my efforts as being futile
 {} I am easily bored.

- 7 Thought:**
 {} I believe I have no future.
 {} I see life as meaningless.
 {} I see my life as being empty.



4 (D) Discover New Feeling: Sadness

- {} You want to accept reality and see mistakes as a natural process of learning.
 {} Accepting reality, while not liking it, it will help you because you can express your concern and have an opportunity to use constructive thinking, which may lead to devaluation because you are judging yourself as worthless if you don't win.
 {} You want to think, "hard work and persistence will increase your chances of succeeding."
 {} You can deal with feelings of disappointments or feelings of sadness.
 {} You would like to be perfect, and if you were immune to losing would be great, but I'm not.
 {} It is possible to experience sadness and disappointment, and be satisfied with life. (Windy Dryden).



8 (D): Discover A New Way of Thinking–I
 {} Looking at your world in terms of absolute hopefulness is

- unrealistic.
 {} When you observe the world, does everyone who succeeds, suffers? Some people are successful because they got lucky.
 {} They were at the right place and at the right time saying the right things to the right people.
 {} Other people are fortunate because they have worked hard and were persistent in achieving their goals.
 {} Others may have failed because they had to work on their short-term goals until they reached their long-term goals.
 {} You usually focus on your failures along the way, and you lose sight of your long-term goals.
 {} You want to win, but you don't always have to get when you desire.



9 (D): Discover A New Way of Thinking–
 {} Do the words "determination,

- persistence, hard work" have the same meaning as "suffering?"
 {} You are confusing the words "determination and persistence" with "suffering."
 {} The word determination means the act of deciding plainly and firmly.
 {} Persistence involves continuing to persist in a course and continuing to work hard despite interference.
 {} Determination, persistence, and hard work are not identical to suffering.
 {} Suffering can interfere with your ability to be successful, but perseverance and persistence become important in discovering meaningfulness in your distress.



10 (D): Discover A New Way of Thinking–
 {} Will waiting until

- certain conditions are present help you reach your goals?
 {} When you wait for other people to act in a certain way or for the perfect situation to come along, you may be waiting for a long time.
 {} This form of thinking may not be helpful because you don't have a choice when other people.
 {} This form of thinking won't help because you'll eventually feel helpless.
 {} You may develop feelings of depression because you believe that you don't have any choice, and
 {} You feel powerless to do anything.



- 11. (D) Discover Meaningfulness:**
 {} When you feel hopeless that means that you missing something significant in your life. {} Significance is knowing something is important but that is not self-evident and may or may not be recognized immediately



- 12 (D)Expanding Your Uniqueness:**
 {} Without healthy hope and realistic goals, it would be difficult to expand our uniqueness.

I feel my life is meaningless, empty, and my situation is hopeless.

Worksheet #2: D2



1. (A) Adversity:
2. Stresses:

(C) Consequences of Adversity (Ps)



- 3 Basic Attitude** {} If I keep telling myself I am going to fail, then most likely, I will fail.
 {} If I keep worrying about my vulnerabilities, limitations, and negative tendencies, then my feelings of hopelessness will increase.
 {} I know you can develop new behaviors that will help you reach your realistic goals, but I don't try.
 {} When I tell myself, "It is hopeless," I am only reinforcing your negative thinking and generating an excuse to give up, so I continue to give up. I will *never* be good at anything.
 {} If I believe I can't win, then I won't be so disappointed when I finally do loose.
 {} However, if I win, then I'll blame it on luck. I feel depressed
- I think I will *never* be good at anything.
 - If I believe I can't win, then I won't be so disappointed when I do loose.
 - However, if I win, then I'll blame it on luck.



4 (D) Discover New Feeling: Sadness Dealing and with your Grief –

Discover the meaningfulness in sadness

- {} You want to accept reality and see mistakes as a natural process of learning.
- {} Accepting reality, while not liking it, it will help you because you can express your concern and have an opportunity to use constructive thinking, which may lead to devaluation because you are judging yourself as worthless if you don't win.
- {} You want to think, "hard work and persistence will increase your chances of succeeding."
- {} You can deal with feelings of disappointments or feelings of sadness.
- {} You would like to be perfect, and if you were immune to losing would be great, but I'm not.
- {} It is possible to experience sadness and disappointment, and be satisfied with life. (Windy Dryden).

See boxes 8, 9, and 10



5 (D) Discover A New Way of Thinking



6 (D): Discover A New Way of Thinking–Is



7 (D): Discover A New Way of Thinking–



8. Discovering Meaningfulness: Sadness shows you that

9 (D)Expanding Your Uniqueness:



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

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



17 (E) Exercise: List three ways you can deal with feelings of helplessness



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









Rate from 1 to 4 (only pick one score) indicating if this exercise was helpful in reaching your goals.

(REVIEW)

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











Depression-Guilt-Rejected

Cheat Sheet #3: looking at D6– When things go wrong, I feel that it is all my fault









	<p>1. (A) Adversity:</p> <p>2 Stresses:</p>		
	<p>3 Basic Attitude</p> <p>{ } I assume that I have definitely committed the sin, { } I assume more personal responsibility than the situations warrant, { } I assign far less responsibility to others than is warranted, { } I do not think of mitigating (extenuating) factors, { } I think that you will receive retribution (<i>the dispensing or receiving of reward or punishment latter on</i> { } If you don't have any expectation of succeeding, then it is okay to fail. { } I've tried over and over, but nothing works, so why get my hopes up? { } I'll just end up feeling frustrated and disappointed again. { } If nothing ever works for me, it's not my fault."</p>		
<p>(C) Consequences of Adversity D6</p> 	<p>4 Feelings:</p> <p>{ } I feel guilt ridden { } I feel incomplete { } I feel rejected-excluded</p>	<p>5 Behavior:</p> <p>{ } People bore me { } I have too many regrets, so I don't try new activities</p>	<p>6 Thought:</p> <p>{ } I believe that I have failed too much { } I feel culpable, blameworthy, or responsible for things that have gone wrong. { } I am full of <i>self-reproach</i>; to bring into discredit, to express disappointment in or displeasure with (a person) for conduct that is blameworthy</p>
 <p>8 (D) Discover A New Way of Thinking</p> <p>{ } You don't feel hopeless, but it is a feeling that most people experience. { } You may feel hopeless, but that feeling does not prove that other people have condemned you to a life of hopelessness. { } You don't have to be harsh with yourself because things don't go as you have planned, and if things don't go your way – it does not mean your entire life is hopeless. { } When you observe other people, the world doesn't grant their wishes all the time, but they still appear to be moderately happy.</p>	 <p>9 (D): Discover A New Way of Thinking–</p> <p>{ } Do you have to give up because your life appears hopeless? { } You are illogical because you want your life to be stable, but the world is not permanent, and it is not a linear place. { } Things change, accidents happen; people act irrationally, etc. { } Your idea of "hope" is stable, but you" sense" of hope is different from the reality you can always hope for a better life, but that does not mean you will always have a better experience. { } Reality fluctuates, and hope varies. { } It is more logical to base your thinking on probability and statistical reasoning rather than demanding.</p>	 <p>10 (D): Discover A New Way of Thinking–</p> <p>{ } Is having a very low expectation helpful? No! { } You may feel less pressure in life, but you will most likely not reach your long-term goals. { } Feelings and thoughts related to hopelessness are usually unhealthy, which may lead to a lack of persistence and more negative thoughts and feelings. { } Desperation can lead to depression, anxiety, and extreme forms of despair. { } You are not helping yourself by focusing on how awful things are or how hopeless things are. { } Life will appear meaningless and empty if you dwell on how miserable your life is. { } You will develop and create more cognitive distortions, and you will look for proof of how miserable your life feels. { } You wish bad things did not happen, but you are aware that bad things happen regardless of your wishes and desires. { } You base your magical thinking on having seemingly supernatural powers. { } Luck is making a positive prediction based on no information or very little information. { } You want to base your realistic thinking on what can observe, count, measure, etc. { } Scientific thinking is different from magical thinking and luck.</p>	
 <p>11. (D) Discover Meaningfulness:</p> <p>{ } Depression and guilt help me to discover that I'm not happy with the way my life is going. { } I see life's demands as being forced upon me, so I resist taking responsibility for my life. Guilt suggests that I am being irresponsible.</p>	 <p>12 (C) Restricts My Your Uniqueness:</p> <p>{ } Guilt and depression can restrict your uniqueness because you are giving up and you think it is pointless to try something new (See Index #7 in Making Life Meaningful)</p>		

I have too many regrets and I feel rejected

Worksheet #3: D6 – I have too many regrets. I often feel rejected by others.

	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>(C) Consequences of Adversity (Ps)</p> 	<p>3 Basic Attitude {} If I keep telling myself I am going to fail, then most likely, I will fail. {} If I keep worrying about my vulnerabilities, limitations, and negative tendencies, then my feelings of hopelessness will increase. {} I know you can develop new behaviors that will help you reach your realistic goals, but I don't try. {} When I tell myself, "It is hopeless," I am only reinforcing your negative thinking and generating an excuse to give up, so I continue to give up. I will <i>never</i> be good at anything. {} If I believe I can't win, then I won't be so disappointed when I finally do loose. {} However, if I win, then I'll blame it on luck. I feel depressed, so I think I will <i>never</i> be good at anything.</p>				
 <p>5 (D) Discover A New Way of Feeling {} regret {} disappointed, {} saddened</p>	 <p>6 (D): Discover A New Way of Thinking–Is {} You see information revealed in a compassionate self-accepting context, {} You are realistic about the likelihood that others will notice or be interested in the information,</p>	 <p>7 (D): Discover A New Way of Thinking– {} You are realistic about the degree of disapproval you will receive {} You are realistic about the length of time any disapproval will last,</p>			
 <p>8. Discovering Meaningfulness: Sadness shows you that</p>	<p>9 (D)Expanding Your Uniqueness:</p>				
 <p>10 (F) Follow Up: What was the purpose of this exercise?</p> <p>11 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>					
 <p>17 (E) Exercise: List three ways you can deal with feelings of helplessness</p>					
 <p>18(G) Goal: What goal did you expect to reach by doing this exercise?</p>					
<p>Rate from 1 to 4 (only pick one score) 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>

I feel worthless

<p>Cheat Sheet # 4 D7 I feel worthless, I am overly pessimistic, I don't care about others</p>					
	<p>1. (A) Adversity:</p> <p>2Stresses:</p>				
	<p>3 Basic Attitude</p> <p>{ } If don't have any expectation of succeeding.</p> <p>{ } There is no way I can improve my life, then I conclude that everything that goes wrong is my fault.</p> <p>{ } Questions run through my head, such as "Why should I bother to try?"</p> <p>{ } I've tried over and over, but nothing works, so why get my hopes up?</p> <p>{ } I'll just end up feeling frustrated and disappointed again. { } If nothing ever works for me, it's not my fault."</p>				
<p>(C) Consequences of Adversity D7</p> 	<p>4 Feelings:</p> <p>{ } I feel downhearted-pessimistic. I don't care about others.</p> <p>{ } I see myself as being worthless-despicable</p>	<p>Behavior:</p> <p>{ } I believe I am unable to relax.</p> <p>{ } I rather be by myself.</p> <p>{ } I frequently withdraw socially.</p> <p>{ } I am frequently gloomy and blue.</p>	<p>Thought:</p> <p>{ } I feel useless- inept</p> <p>{ } People often reject me and I feel dejected, miserable, and/or I frequently feel very sad.</p>		
	<p>8 (D) Discover A New Way of Thinking</p> <p>{ } Where is the evidence that you must get your way in the future? When you say, "Things will 'never' improve for you," Are you realistic?</p> <p>{ } Things indeed change, but you could believe that things will always get worse or "go negative for you."</p> <p>{ } For this to be realistic, your life at the age of five was better than your life when you were four.</p> <p>{ } When you were six years old, your life was worse than when you were five and so on.</p> <p>{ } Yes, your life could have negative qualities at five years old, but it had some positive attributes and enjoyable experiences.</p> <p>{ } When you were six years old, you had some negative experiences, but you have also had positive experiences.</p> <p>{ } So, to say that you never get what you want is unrealistic.</p> <p>{ } To predict the future, "you will never get what you want" is unrealistic because how could you make such an absolute prediction based on mixed experiences of the past.</p> <p>{ } For you to predict an entirely negative future, you would have to have a whole adverse history.</p> <p>{ } In reality, you are focusing on the negative and discounting the positive.</p>		<p>9 (D): Discover A New Way of Thinking–</p> <p>{ } You are telling yourself you'll "never" get what you want!</p> <p>{ } When you use the word "never," you are implying that you will not ever have what you want.</p> <p>{ } At no time will you ever have everything you want, and never will you have everything you want, and to the degree you want it.</p> <p>{ } The word "never" implies that you will never have what you want under any condition.</p> <p>{ } For you to discern that "you never get your way." You don't get your way in any degree of, or under any circumstance.</p> <p>{ } This thinking is an unreasonable statement because "sometimes you get what you want, and there are times you don't get your way.</p>		<p>10 (D): Discover A New Way of Thinking–</p> <p>{ } Will complaining about that you never get what you want help you?</p> <p>{ } When you believe you have never gotten your way or you will never get what, you are making a negative self-fulfilling prophecy.</p> <p>{ } You are setting a goal for yourself that if you achieve, you eventually believe that you'll fail in the long-run.</p> <p>{ } Either way, you are not helping yourself. If you predict you will fail and you do fail, then you have reached your objective – failure – so you've succeeded.</p> <p>{ } This form of thinking can lead to cognitive dissonance that will decrease your ability to reason, solve problems, make decisions, and get along with people.</p>
	<p>11. (D) Discover Meaningfulness:</p> <p>{ } <i>Feeling worthless indeed feels terrible, but this feeling is meaningful because it indicates that you are using extreme evaluations to judge your success or failures.</i></p> <p>{ } <i>We can all learn from our mistakes so we can discover meaningfulness in those mistakes.</i></p>		<p>12 (D)Expanding Your Uniqueness:</p> <p>{ } <i>Expanding your uniqueness will involve rating your performances that will enable you to reach your goals.</i></p> <p>{ } It also involves evaluating yourself without using extreme evaluations, such as "I'm stupid, worthless, a failure, etc.</p>		

I feel worthless

Worksheet #4: I feel useless and I withdraw socially.



- 3. (A) Adversity:
- 4. Stresses:

(C) Consequences of Adversity (Ps)

3 Basic Attitude {} If I keep telling myself I am going to fail, then most likely, I will fail.
 {} If I keep worrying about my vulnerabilities, limitations, and negative tendencies, then my feelings of hopelessness will increase.
 {} I know you can develop new behaviors that will help you reach your realistic goals, but I don't try.
 {} When I tell myself, "It is hopeless," I am only reinforcing your negative thinking and generating an excuse to give up, so I continue to give up. I will *never* be good at anything.
 {} If I believe I can't win, then I won't be so disappointed when I finally do loose.
 {} However, if I win, then I'll blame it on luck. I feel depressed, so I hink I will *never* be good at anything.



5 (D) Discover New Feeling: Sadness Dealing and with your Grief – Discover the meaningfulness in sadness

- {} You want to accept reality and see mistakes as a natural process of learning.
- {} Accepting reality, while not liking it, it will help you because you can express your concern and have an opportunity to use constructive thinking, which may lead to devaluation because you are judging yourself as worthless if you don't win.
- {} You want to think, "hard work and persistence will increase your chances of succeeding."
- {} You can deal with feelings of disappointments or feelings of sadness.
- {} You would like to be perfect, and if you were immune to losing would be great, but I'm not.
- {} It is possible to experience sadness and disappointment, and be satisfied with life. (Windy Dryden).

See boxes 8, 9, and 10



5 (D) Discover A New Way of Thinking



6 (D): Discover A New Way of Thinking–Is



7 (D): Discover A New Way of Thinking–



8. *Discovering Meaningfulness: Sadness shows you that*

9 (D)*Expanding Your Uniqueness:*



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

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



17 (E) Exercise: List three ways you can deal with feelings of helplessness



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

Rate from 1 to 4 (only pick one score) 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