

INTRODUCING THE 6 TOOLS -Today : Crisis plans

Holes diary cards

Chain analysis

Rational mind remediation

Goals diary cards

Wise mind remediation





What is a crisis, and why is it helpful to have a plan to deal with them ?

WHAT IS A CRISIS ?

A crisis is a time of intense difficulty, trouble, or danger. A personal crisis is a state of feeling which might be associated with an internal experience of confusion and anxiety to a degree that formally successful coping mechanisms fail us, and ineffective decisions and behaviors take their place. As a result, the person in crisis may feel confused, vulnerable, anxious, afraid, angry, guilty, hopeless and helpless.



Crisis plans and distress tolerance skills are the first material introduced in DBT and the Simple course because crisis are critical events that absolutely need to be understood and managed before anything else. Crisis have the potential to be devastating, but when skillfully managed, they can help us learn to cope better in the future.



To develop crisis plans you will need the DBT distress tolerance skills. That is why the first simple tool, crisis plans, is introduced at the same time as are the DBT distress tolerance skills which we will discuss over the next few weeks

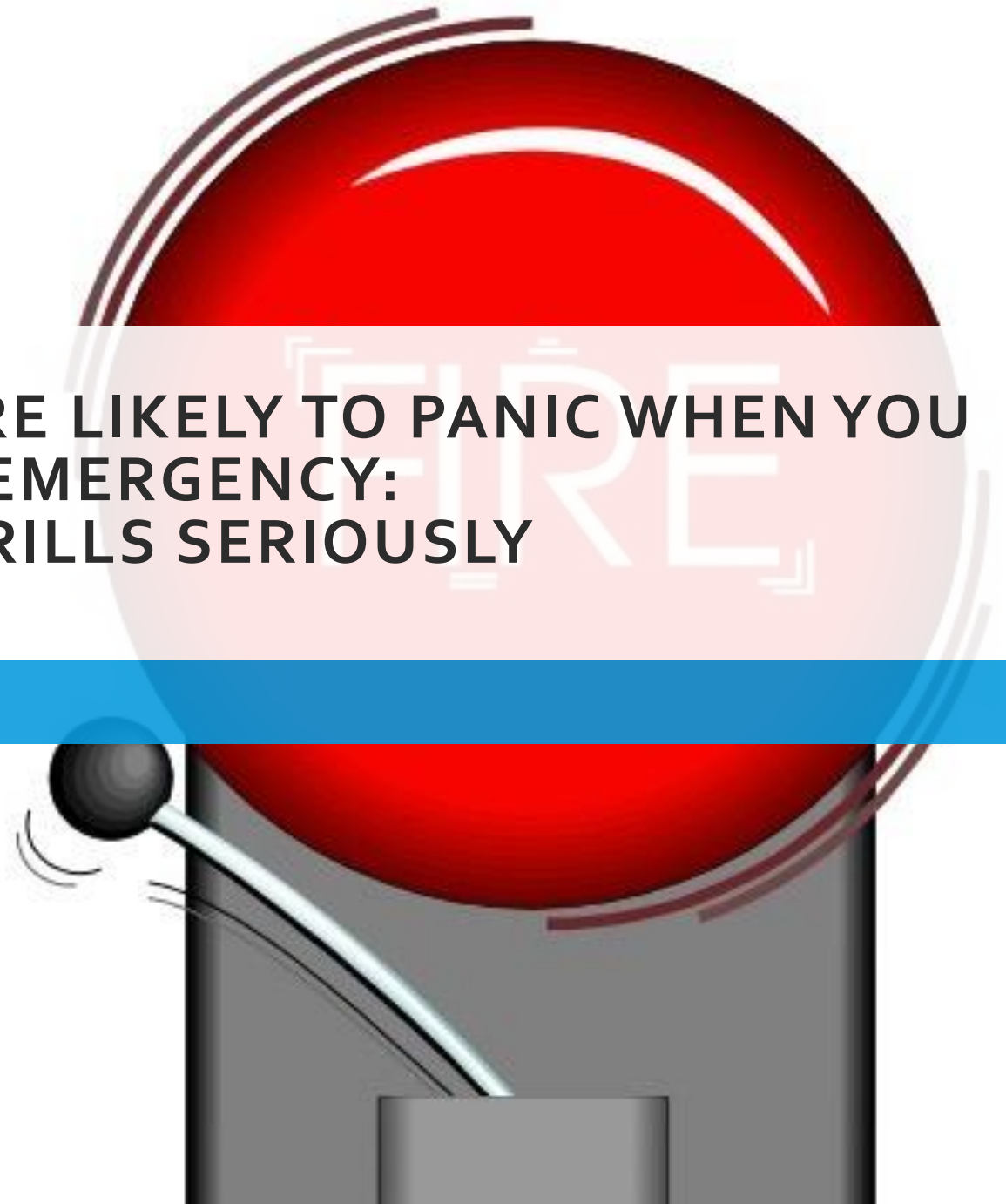
PERSONALITY IS THE PATTERNS OF THINKING FEELING AND BEHAVING OF AN INDIVIDUAL



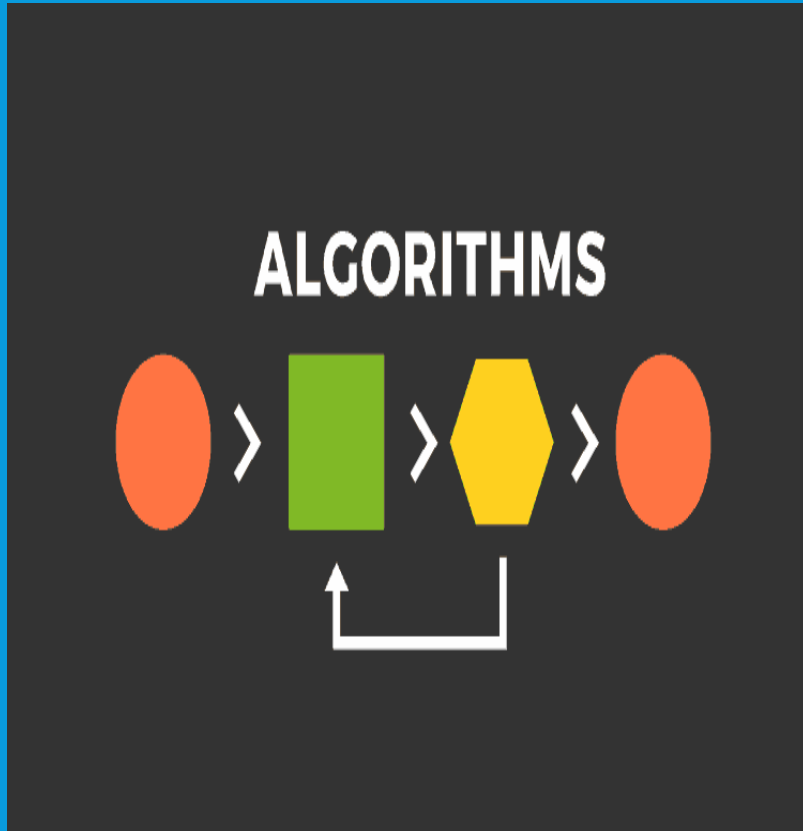
To develop new more adaptive patterns with which to respond to difficult circumstances, we must be aware of the patterns of our crisis and replace these with more adaptive patterns which we first repeatedly practice in our imaginations and then in the real world.

CRISIS OR EMERGENCY PLANNING

IF YOU DON'T PLAN FOR IT, YOU ARE LIKELY TO PANIC WHEN YOU
ENCOUNTER AN EMERGENCY:
TAKE EMERGENCY DRILLS SERIOUSLY

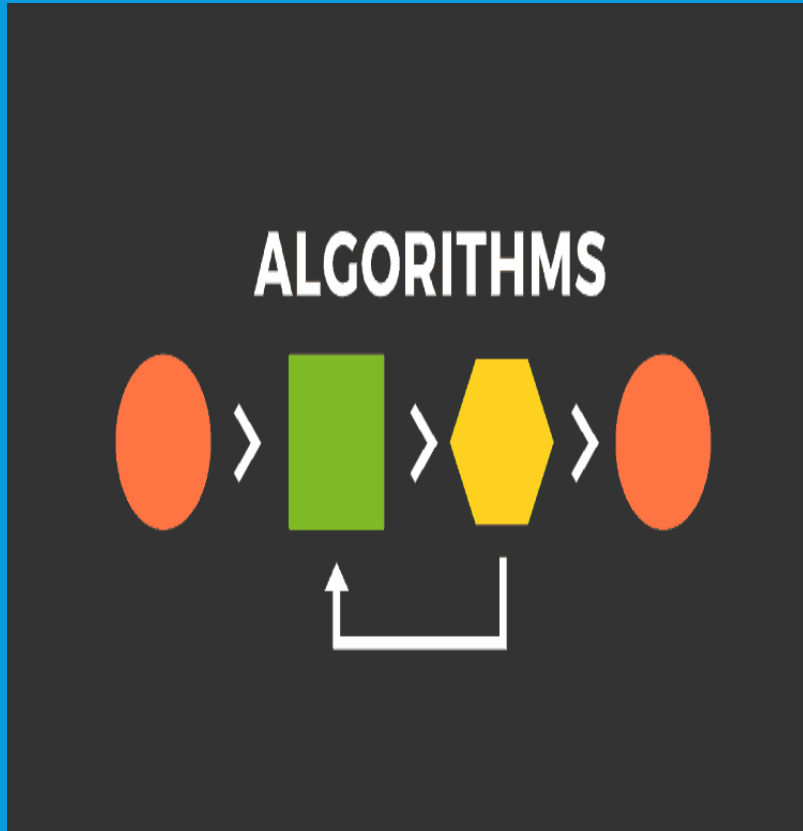


CRISIS PLAN ALGORITHM



- Developing your crisis plans and becoming skilled at using them involves 8 steps: This is the first Simple algorithm.
- 1. Understand the concept of holes you keep falling into or the specific crisis for which you are going to use the crisis plans
- 2. Identify some of the thoughts, feelings or behaviors that occur during the crisis that you want to work on. This is step 1 on the crisis plan template.
- 3. Complete the rest of your crisis plan template
- 4. Recall, in your mind, a real crisis from the past in which you fell into the hole you are working on and use the "editing, splicing, and pasting" technique, along with your skills and tools, to imagine a different outcome that incorporates your crisis plan.
- 5. Stay in the window of tolerance while editing, splicing, and pasting by pendulating.
- 6. Repeatedly visualize the new edited, spliced, and pasted version of the situation until you can visualize it without effort.
- 7. When a new crisis occurs work with it following these same steps.
- 8. practice, practice, practice.

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THERE'S A HOLE IN MY SIDEWALK

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same Street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But it isn't my fault.
It still takes me a long time to get out.

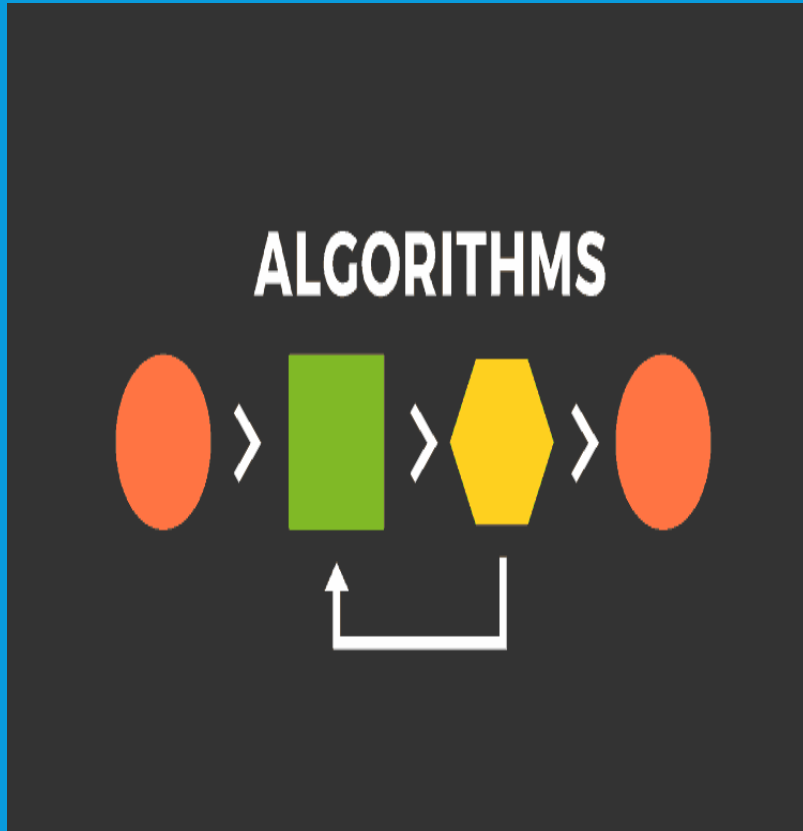
I walk down the same Street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

I walk down the same Street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another Street.”

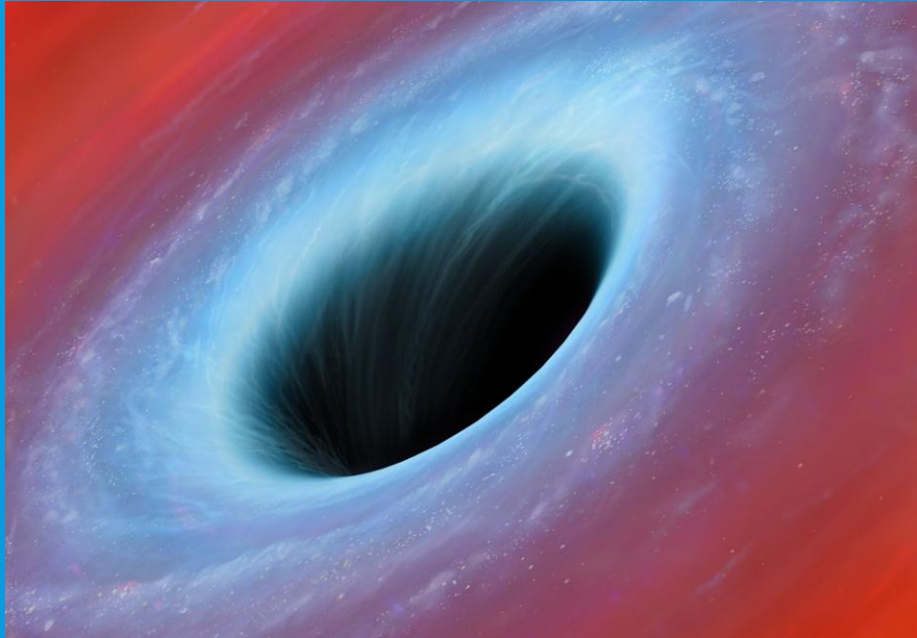
Portia Nelson

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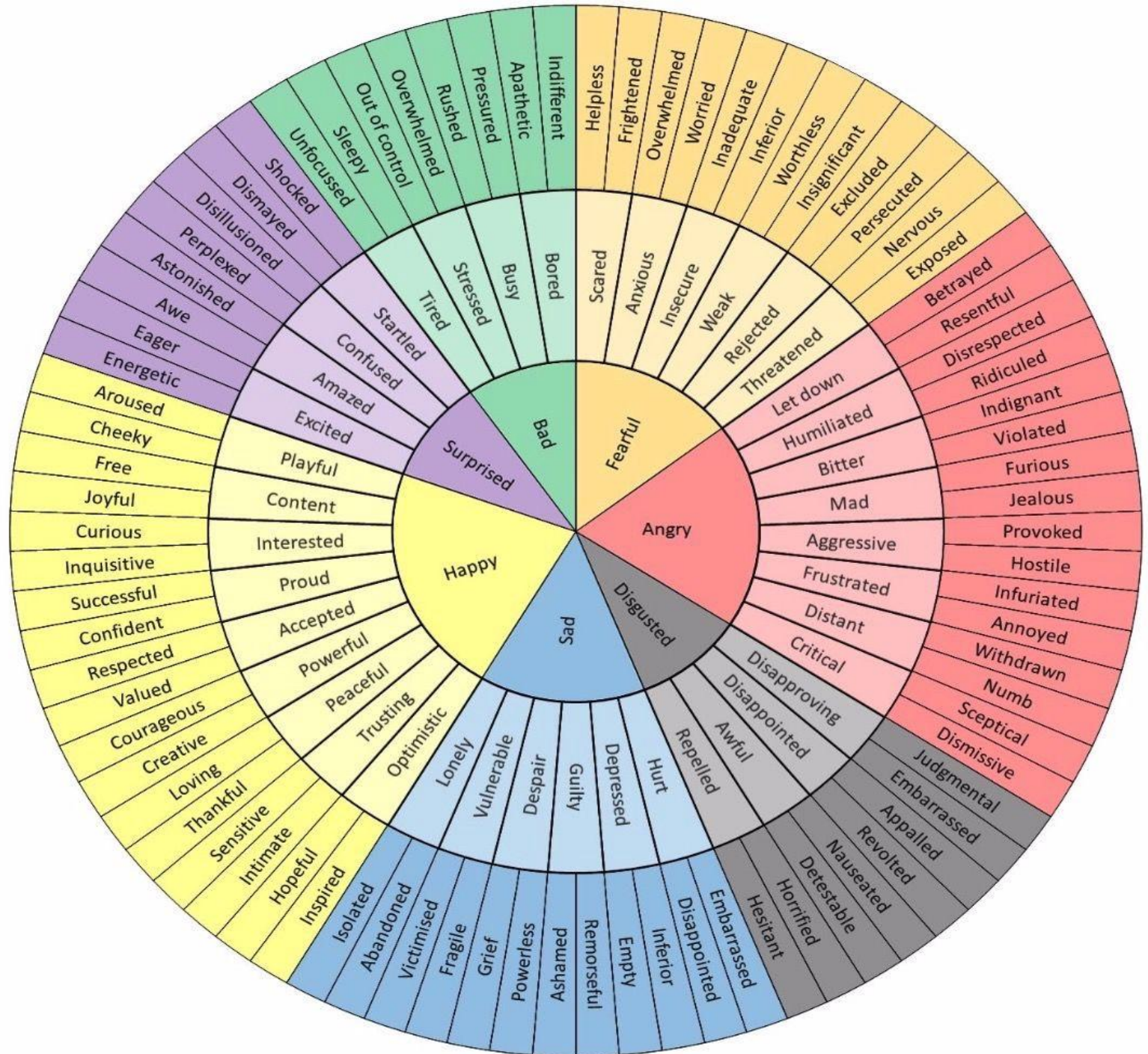
STEP 2. OF THE ALGORITHM IDENTIFYING THE “HOLES” YOU WANT TO WORK ON



- Holes are any dysregulated, problematic, repetitive patterns of thoughts, feelings, or behaviors that you want to change.
- Examples of holes include:
- Any kind of substance abuse. Any other addiction such as gambling
- Any impulsive behavior
- Engaging in repeated dysfunctional interpersonal interactions
- Self blaming in a ruminative way or negative self talk
- Being overly critical of others
- Any dysregulated emotion such as anxiety, anger, or despair
- Problems with boundaries, not being able to say no when appropriate. Being passive, aggressive or both.
- Any frequently recurring behavior that you later regret
- Withdrawing or running away
- Thinking of, or actually hurting yourself
- Suicidal thoughts
- It's helpful to consider physical, emotional, thinking, and behavior holes separately though they go together:

2. FEELING WHEEL: FINDING YOUR EMOTIONAL HOLES

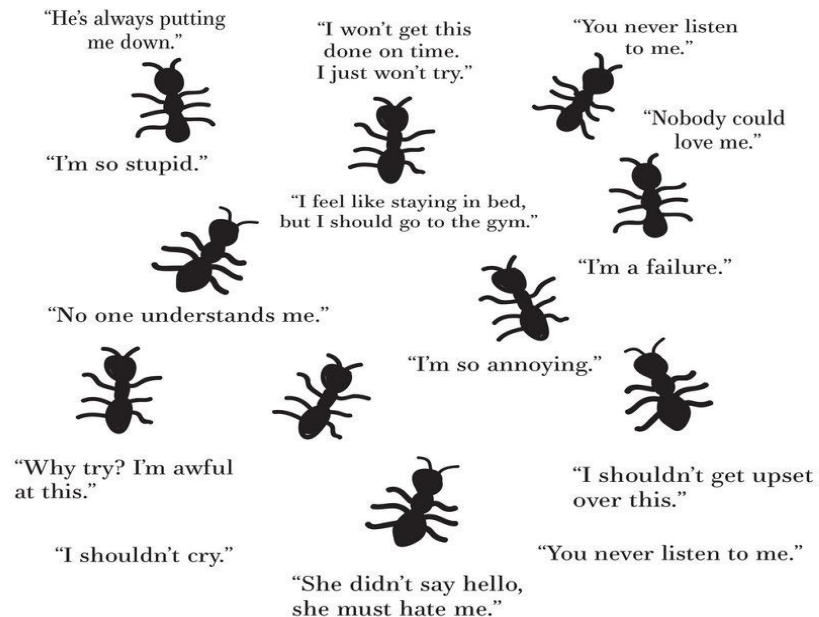
- To find your “emotional holes” using the feeling wheel:
- Think of a specific recent crisis you found yourself in and that is typical of your crisis.
- Try to identify one or more feelings you experienced during that crisis
- For help identifying your feeling consider the innermost circle of the wheel.
- Work towards the periphery of the circle to further home in on your feelings.
- These are your “emotional holes” or the feelings you tend to experience in a crisis



2. FINDING YOUR THINKING HOLES

WHAT ARE ANTS?

Automatic Negative Thoughts



- To find your “thinking holes”:
- Think of a specific recent crisis you found yourself in and that is typical of your crisis.
- Try to identify a few of the thoughts you had during the crisis .
- Automatic negative thoughts are also referred to as ruminative thoughts because they repeat over and over again.
- Thinking holes or negative thoughts tend to fall into one of several categories
- Consider which category your thoughts belonged to 1) thoughts of being incompetent, 2) an impostor, 3) defective, 4) unworthy, 5) shameful, 6) guilty, 7) unsafe, 8) vulnerable, or 9) out of control.
- You may have been so overwhelmed during your crisis that your thinking was disorganized, and you are unable to recall or identify any coherent thoughts

what is a thinking error?

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ALL OR NOTHING

I am perfect or a failure, and so is everyone else.



BLAMING

It is too hard to accept responsibility for my feelings so I will blame others for my pain.



EMOTIONAL REASONING

I feel it so it has got to be true!



OVERGENERALIZATION

Making a broad rule after a few instances of mistakes or problems.

CATASTROPHIZING

I expect the worst will happen every time.



MIND READING

I am certain of their thoughts and motivations, I don't need to consider other possibilities.



SHOULDs AND MUSTs

There is a way life 'should' be. I must rigidly follow the rules and so must everyone else.



FILTERING

Ignoring all the positive aspects of a situation and focusing a single negative detail or details.



Recognizing when you are using thinking errors and replacing them with more balanced thoughts can help manage depression and anxiety.

These are a few examples of cognitive distortions, aka thinking errors.

2. THINKING ERRORS: FINDING YOUR THINKING HOLES

- Automatic negative thoughts stem from thinking errors.
- If, metaphorically, automatic negative thoughts are the leaves of a tree, thinking errors are its branches.
- What thinking errors are you prone to?

2. FINDING YOUR BEHAVIORAL HOLES

EXTERNALIZING AND INTERNALIZING BEHAVIORS

Externalizing and Internalizing Behaviors and Emotions

Externalizing:

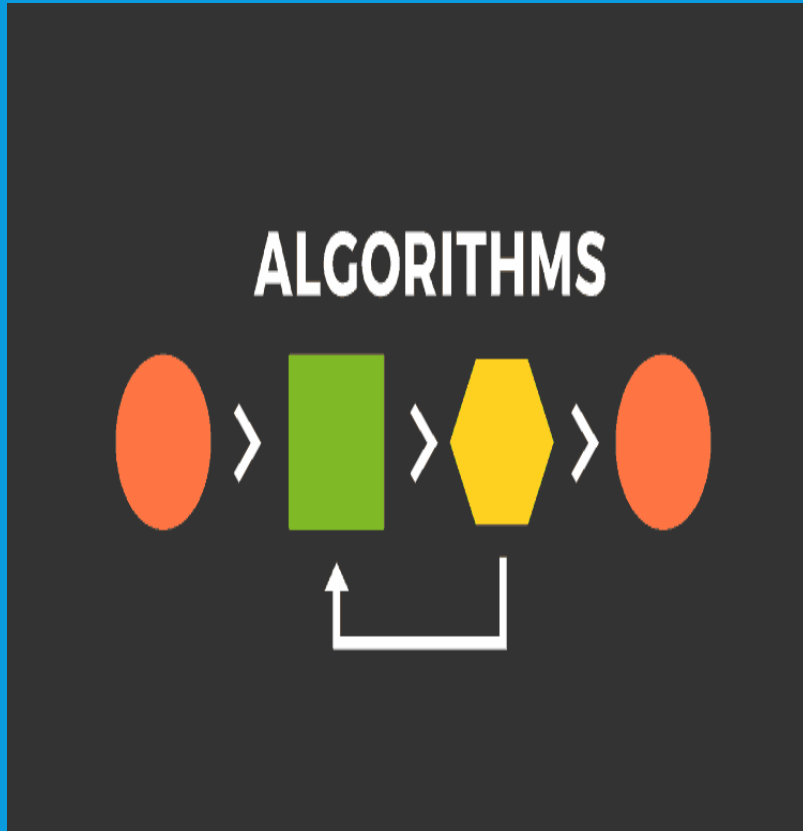
- Aggression
- Tantrums
- Defiance
- Noncompliance w/ rules
- Disobedience
- Lying & stealing
- Destructiveness
- Self-control difficulties

Internalizing:

- Withdrawal
- Limited activity levels
- Fixated on certain thoughts
- Avoidance of social situations
- Anxiety
- Depression
- Inappropriate crying

- To find your behavioral holes
- Think of one or more behaviors you tend to engage in when you're in the crisis you are working on.
- Internalizing behaviors are inner directed while externalizing are directed outward to others or the environment.

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- 8. practice, practice, practice.

Crisis Plan

1. Which crisis or “hole” is this plan for? What problematic feelings, thoughts, behaviours/maladaptive coping mechanisms/part/selves are present or active when I’m in this hole?

☐ anxiety/panic/flight

☐ dissociation

☐ withdrawing/running away

☐ fight/anger

☐ impulsive behaviour

☐ thinking of/hurting myself

☐ grief

☐ illegal behaviours

☐ thinking of/hurting others

☐ despair/giving up

☐ behaviours I later regret

☐ other specify: _____

☐ problems with boundaries

☐ addictive behaviour

2. What might trigger getting into this crisis/hole?

☐ something I perceive others saying/doing

☐ certain things in my environment

☐ other/describe: _____

☐ contact with certain people

☐ times of the day/year

☐ anniversaries

☐ being tired/stressed/not caring for myself

3. What other thoughts/feelings/behaviours are typical for me in these crisis/holes?

4. What are the things I or others do that tends to make these crisis/holes worse?

Applying Crisis Plan

5. Am I in a crisis/hole right now?
6. Am I doing anything that is making the crisis/hole worse? If yes, how do I hit the “pause button”?
7. Once I hit the pause button, I will try to follow steps to lower my activation/distress. I will resort to the next step only after trying the previous one unsuccessfully.

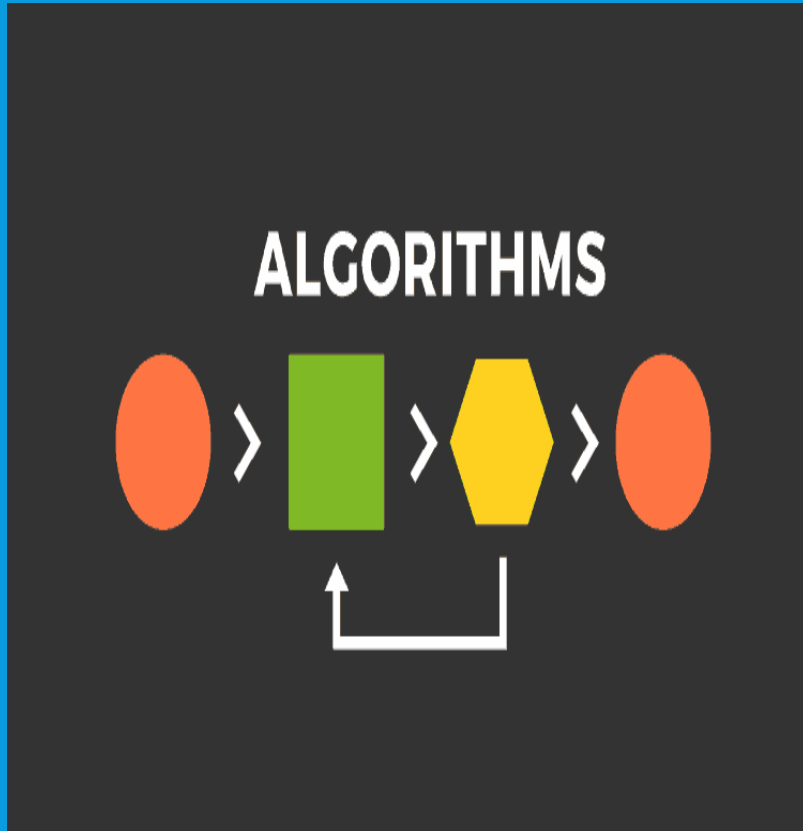
Step 1. Things I can do on my own to lower my activation/distress:

Step 2. Non-mental health professionals that may be helpful in helping lower my activation/distress and who I have briefed (Who are they? How do I reach them? What do I say to them?).

Step 3. Is there an “as needed” medication that might help me? (What medication and what dosage?).

Step 4: Professional resources that might be helpful in lowering my distress. (Who? How do I reach them? Times available? What do I say?).

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In part 7 of the template steps 2 and 4 ask that people seek help from family, friends or from professionals. Might that not present some challenges?

HELP FROM OTHERS

THE IDEAL AND THE REALITY



- Getting help from family and friends: Seek help only from those that are likely to be helpful
- Prepare with them beforehand make sure they are willing to help and know what you need
- Many people do not have family or friends that might help when they're in crisis
- Getting help from professionals can be difficult especially if you don't know the system or the person you're dealing with get to know the crisis resources that may be available to you.
- We will talk more about this when we discuss crisis that involve suicidal thoughts



Crisis plans

THE 6 TOOLS: Holes diary cards

Chain analysis

Mature adult remediation

Goals diary cards

Wise mind remediation

SIMPLE TOOLS



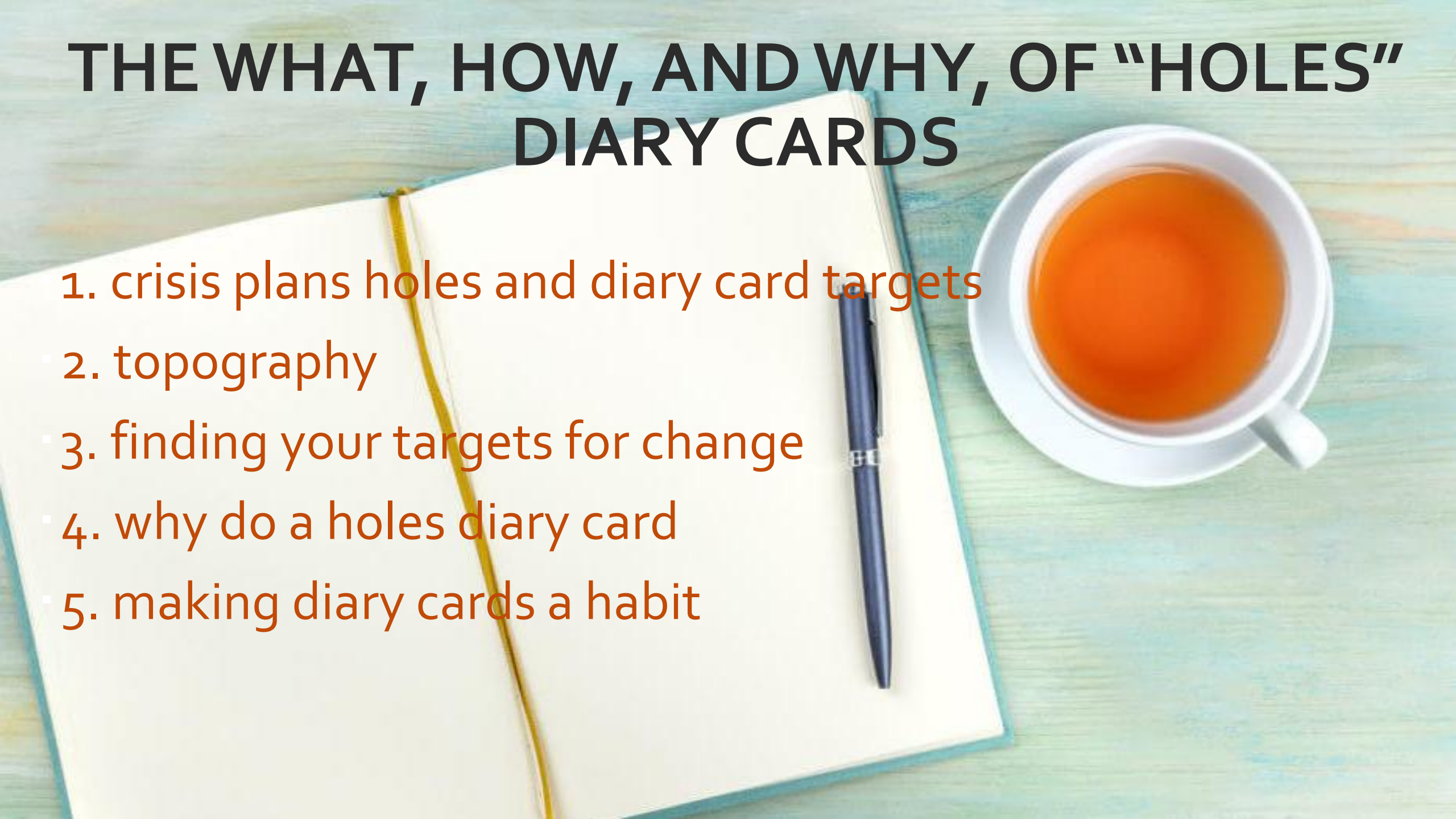
We previously discussed
the first Simple tool

Crisis plans

Today we introduce the
second Simple tool

Holes diary cards

THE WHAT, HOW, AND WHY, OF “HOLES” DIARY CARDS

- 
- 1. crisis plans holes and diary card targets
 - 2. topography
 - 3. finding your targets for change
 - 4. why do a holes diary card
 - 5. making diary cards a habit

Diary Card - Hole Targets

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Notes:

Diary Card - Hole Targets

Month: January

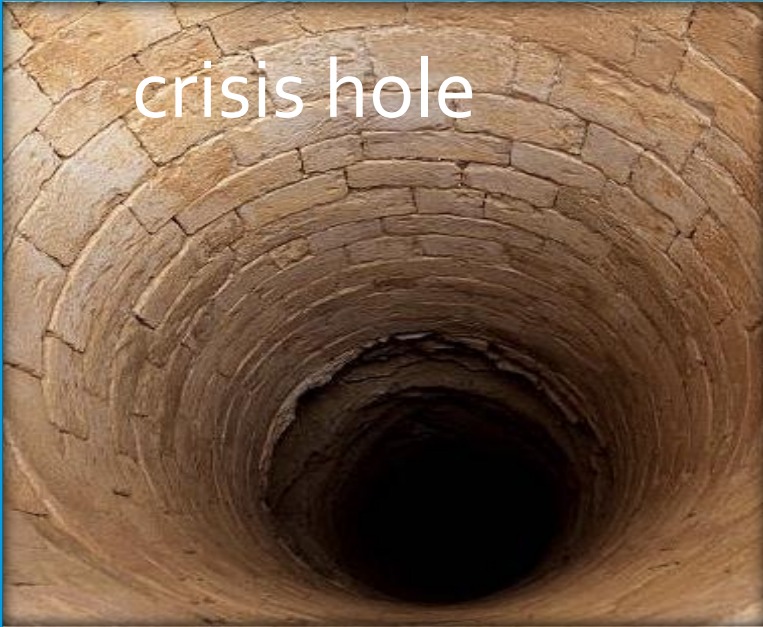
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Notes:



Are there ways in which the holes
diary cards the crisis plans resemble
each other ?

1. CRISIS PLAN HOLES AND DIARY CARD TARGETS



- Both crisis plans and holes diary cards are ways of recognizing and working with the holes in the sidewalk you fall into but they are different in important ways.
- Crisis holes in the sidewalk are all or nothing, either you are in a crisis hole or you are not. In that way they are like a hole.
- Diary cards recognize that there are different severities or intensities of dysregulated feelings, thoughts, and behaviors. In that way they are like a spiral staircase. The metaphor we use for crisis is that of a "hole", while the one we use for diary cards is of "stairs" with steps.
- In our diary cards we arbitrarily choose stairs that have 10 steps, each step representing different intensities of the dysregulated feelings, thoughts, or behaviors, which we call the target for change. (or just "target")
- 10 is the bottom step of the stairs, 1 is the top step closest to the sidewalk. 10 is the most intense, 1 the least.
- If you prefer, instead of using a 1-10 scale you can use colors ex. Yellow, orange, red, black, it may be easier for you to visualize.

Diary Card - Hole Targets

Month: January

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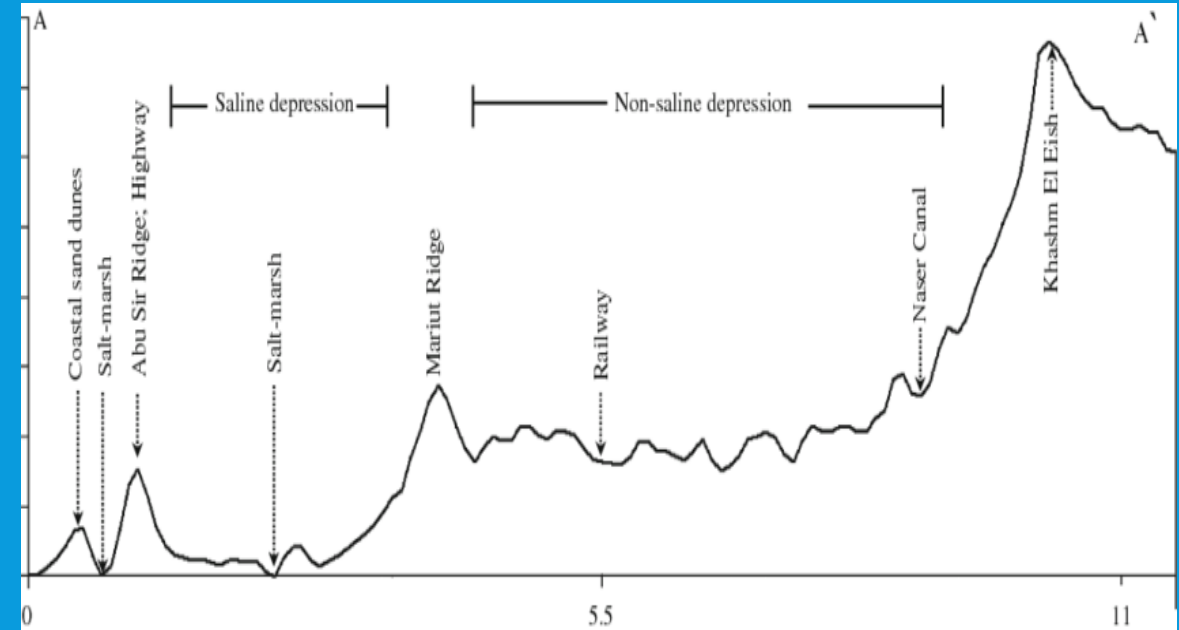
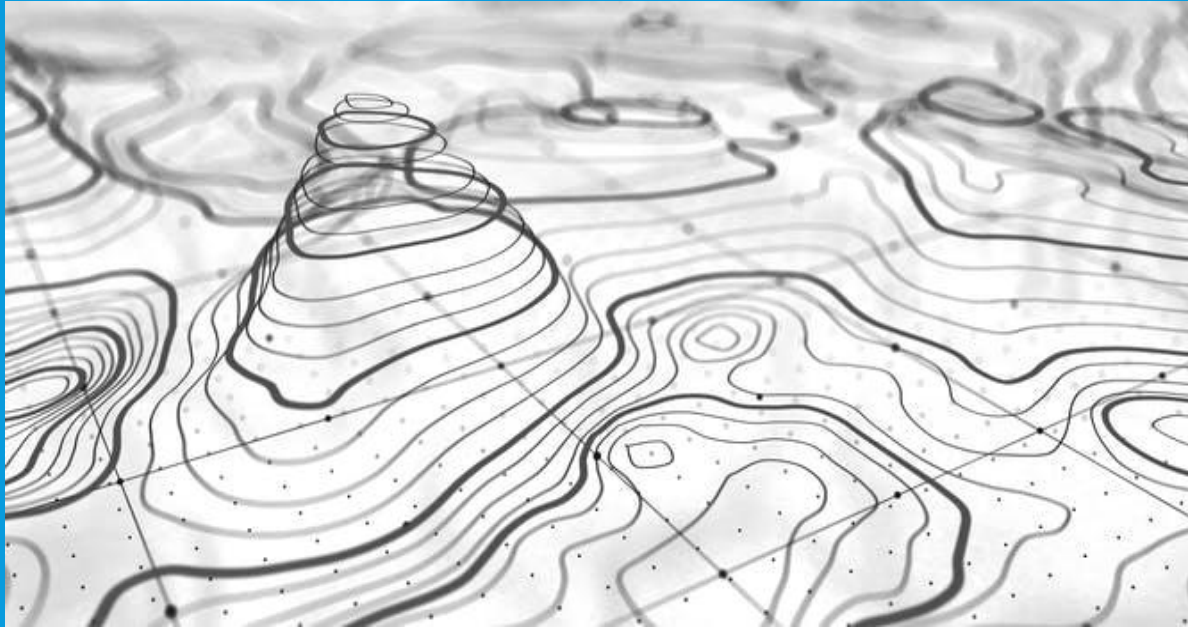
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2. Topography: is geographical term referring to the arrangement of the physical features of a certain terrain. We use the word topography to describe how the intensity of a person's targets fluctuate over time, in other words it tracks your journey up and down the stairs.



- The “topography” of your target dysregulated feelings, thoughts, or behaviors, can be depicted as a graph in which the horizontal axis is time while the vertical is the variation in intensity of your feelings, thoughts, and behaviors.
- These variations can occur faster or slower, over the course of minutes or weeks and months.

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3. FINDING YOUR TARGETS FOR CHANGE



DIARY CARD TARGETS
=
CRISIS PLAN HOLES



- Another similarity between crisis plans and diary cards is that diary card targets are very similar to crisis plan holes.
- There is a slight difference: crisis plan holes are all or nothing, you're either in a crisis or you're not, diary card targets vary in intensity from mild to severe.
- Like crisis plan holes, diary card targets are dysregulated physical states, emotions, thoughts, behaviors, or maladaptive coping strategies, that recur in your life, and that you have decided are problematic and want to change.
- Examples are the same as we considered when we were finding the "holes" our crisis plans they include substance abuse, gambling, or any other addiction. Engaging in dysfunctional social interactions. Self-blaming, and rumination. Excessive irritability or anger towards others.
- Targets can also be any of the holes suggested in the checkboxes in item 1 of the crisis plan template : anxiety, anger, despair, problems with boundaries, impulsive behaviors, behaviors a person later regrets, withdrawing/running away, and thinking of/actually hurting self/others.

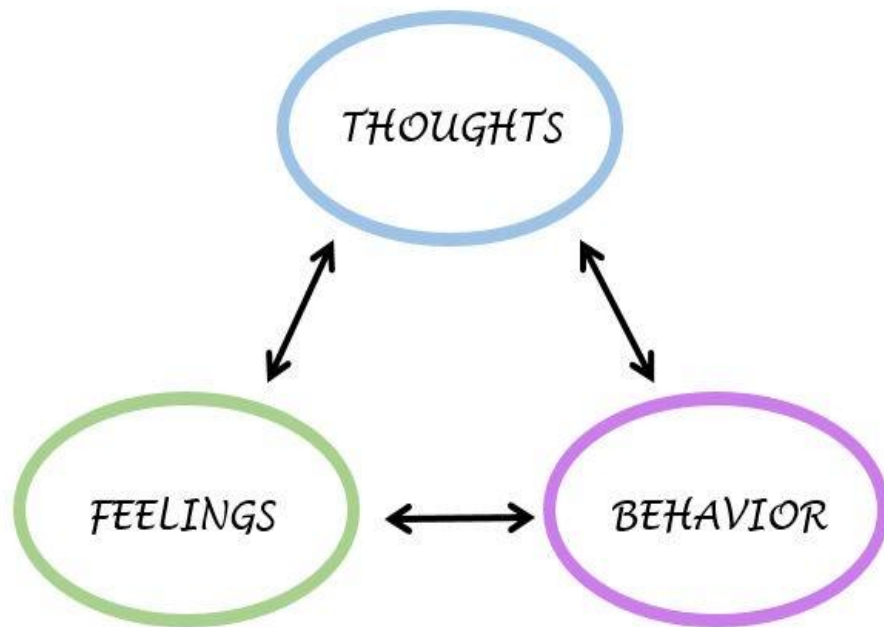
TYPES OF DIARY CARD TARGETS



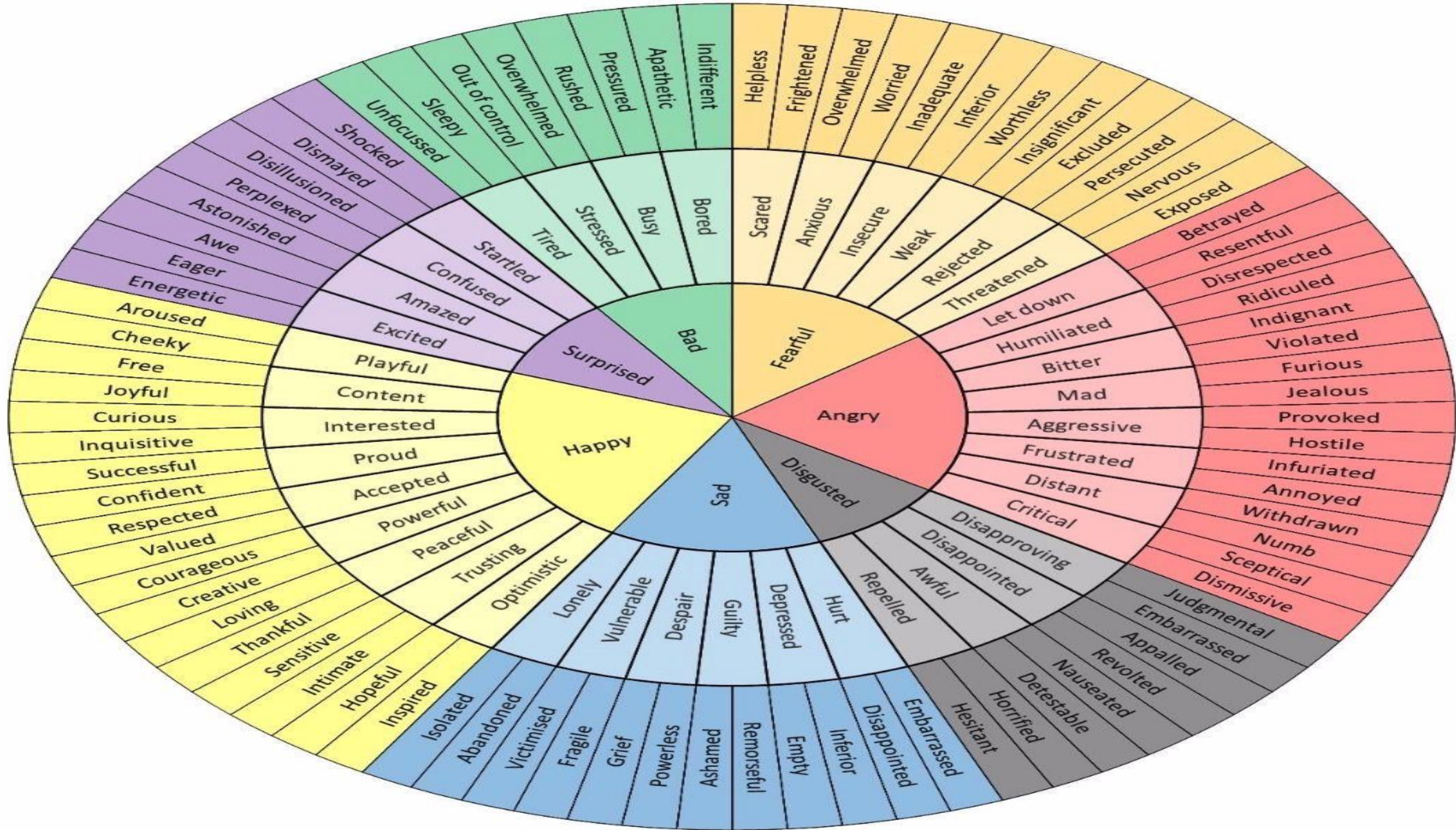
- There are **beginner, intermediate, and advanced** diary card targets. All the examples we have given so far are intermediate. If you have trouble finding an intermediate target use a “beginner target” in your diary card instead.
- Beginner targets are more generic and catch-all than intermediate ones. They are easier to use than the more specific intermediate targets. Beginner targets include: struggling, feeling bad, being upset, losing it, getting into trouble, or falling into a hole.
- We won't discuss **advanced targets** until later in the course when we explore internal family systems part selves. If you don't know what this means don't worry, we'll get to it.

DIARY CARD TARGETS

The Cognitive Triangle

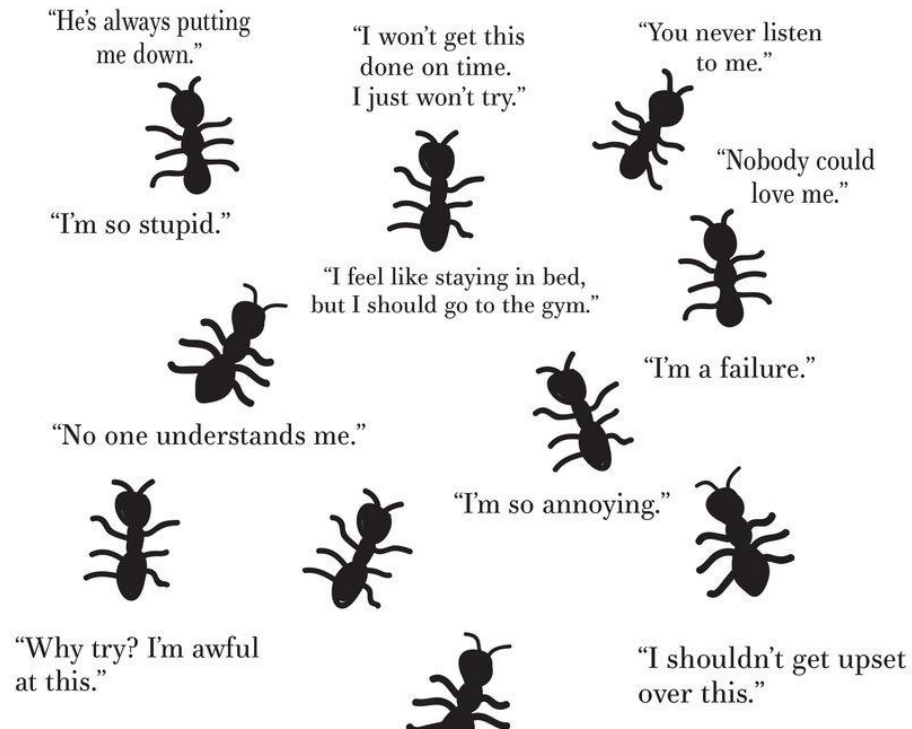


- Like crisis plan holes, diary card targets can be:
- 1. **Feelings**: to help you identify your feelings consult the wheel of feelings (see below) which we also used in trying to identify crisis plan holes.
- 2. **Thoughts**: consider ANTS or automatic negative thoughts (below)
- 3. **Behaviors**: consult externalizing vs. internalizing behaviors (below)
- 4. **Maladaptive coping strategies**: are defined as coping strategies that in the short term decrease your distress but increase it over the long term. Ex. Substance use, self-harm, unhealthy eating.



WHAT ARE ANTS?

Automatic Negative Thoughts



what is a thinking error?

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There is a way life 'should' be. I must rigidly follow the rules and so must everyone else.



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Ignoring all the positive aspects of a situation and focusing a single negative detail or details.



These are a few examples of cognitive distortions, aka thinking errors.

Recognizing when you are using thinking errors and replacing them with more balanced thoughts can help manage depression and anxiety.

Externalizing and Internalizing Behaviors and Emotions

Externalizing:

- Aggression
- Tantrums
- Defiance
- Noncompliance w/ rules
- Disobedience
- Lying & stealing
- Destructiveness
- Self-control difficulties

Internalizing:

- Withdrawal
- Limited activity levels
- Fixated on certain thoughts
- Avoidance of social situations
- Anxiety
- Depression
- Inappropriate crying

Externalizing vs. Internalizing Behavior

Externalizing Examples

1. Aggression
2. Arguing
3. Defiance/Non-compliance
4. Disruption (out of seat, calling out)
5. Excessive activity
6. Not following directions
7. Stealing
8. Tantrums

Internalizing Examples

1. Fearful
2. Sad or depressed
3. Limited social interactions
4. Does not participate
5. Overly shy or timid
6. Self-injurious
7. Teased or bullied
8. Withdrawn

ALGORITHM FOR FINDING YOUR INTERMEDIATE TARGETS



- 1. Think about a time when you have been in a hole or crisis, outside the window of tolerance, “lost it”, “struggled”, “felt bad”, “got into trouble”, or were very upset. (in other words start with a beginner targets)
- 2. When this happened, what were your dominant feelings, thoughts, or behaviors? (use the wheel of feelings, thinking errors and ANTS, and the internalizing and externalizing behaviors slides to help you)
- 3. From these choose from 1 to 3 feelings, thoughts, or behaviors that you experience frequently, are problematic for you, and you want to change.
- 4. These are your intermediate targets.
- Intermediate targets change over time so go through this same process occasionally especially if your life circumstances are changing.

THE WHAT, HOW, AND WHY, OF “HOLES” DIARY CARDS

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4. WHY DO HOLES DIARY CARDS?

[illegible]

- In order to change the behaviors, thoughts, or feelings that you have chosen as your targets: 1) you have to identify what they are then 2) you have to keep focusing, being aware, or being mindful of them.
- Diary cards promote mindfulness by keeping you focused on and thinking about the behaviors, thoughts, or feelings that are problematic and that you want to change.
- Crisis plans are a good tool to use when you're at the bottom of a hole. Diary cards help you to become more mindful of when your problematic thoughts, feelings, or behaviors arise and you're not in a full crisis.
- Diary cards are the foundation you need in order to use any of the other simple tools. To use a metaphor, building a house requires that you follow a certain order starting with the foundation, then the frame, wiring and plumbing...
- Don't confuse the "holes diary card" with the "dbt skills diary card" or the "goals diary card" which is tool # 5.
- There are different versions of holes diary cards. For example, some people who don't want to leave a paper trail use electronic ones.

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5. MAKING DIARY CARDS A HABIT

If you do not change
direction, you may end up
where you are heading.

Lao Tzu

HOW TO DEVELOP A *Habit*

1 COMMIT

DECLARE THE HABIT YOU WANT TO DEVELOP AND WRITE IT DOWN AS A FORM OF COMMITMENT.

2 STATE YOUR "WHY"

STATE YOUR MOTIVATIONS FOR DEVELOPING THIS HABIT AND HOW IT'LL BENEFIT YOU.

3 IDENTIFY THE CUE

IDENTIFY WHAT WILL GET YOUR HABIT GOING EVERY SINGLE TIME — THE TIME OF THE DAY, A LOCATION, AFTER AN EVENT/ACTION, OR SOMETHING ELSE.

4 IDENTIFY REWARDS

IDENTIFY WHAT YOU'LL GET OUT OF PERFORMING YOUR HABIT EVERY TIME AND ONCE YOU'VE DEVELOPED IT FOR AT LEAST A MONTH.

5 TRACK & GROW

IT TAKES AN AVERAGE OF 66 DAYS TO DEVELOP A HABIT SO TRACK THE DAYS YOU PERFORM YOUR HABIT AND SEE HOW LONG YOU CAN MAKE THE CHAIN GO UNTIL IT BECOMES AUTOMATIC FOR YOU.

Habit TRACKER FOR THE MONTH OF _____

1 *Habit:* _____ 5

2 MOTIVATION: _____

3 CUE: _____ 4 REWARD: _____

Habit: _____

MOTIVATION: _____

CUE: _____ REWARD: _____

Habit: _____

MOTIVATION: _____

CUE: _____ REWARD: _____

Habit: _____

MOTIVATION: _____

CUE: _____ REWARD: _____

GET THIS
HABIT TRACKER
PLUS DOZENS OF
OTHER PRINTABLES!

YOUR
Best Season
PLANNER



The
TINY
Small Changes
HABITS
That Change
BJ FOGG, PhD
Everything



Crisis plans

Holes diary cards

THE 6 TOOLS: Chain analysis

Mature adult remediation

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Today we're introducing the third simple tool which is the chain analysis. We have already covered crisis plans and holes diary cards. Can you tell us what chain analysis are and how you do them?

TWO TYPES OF SIMPLE TOOLS

ASSESSMENT TOOLS

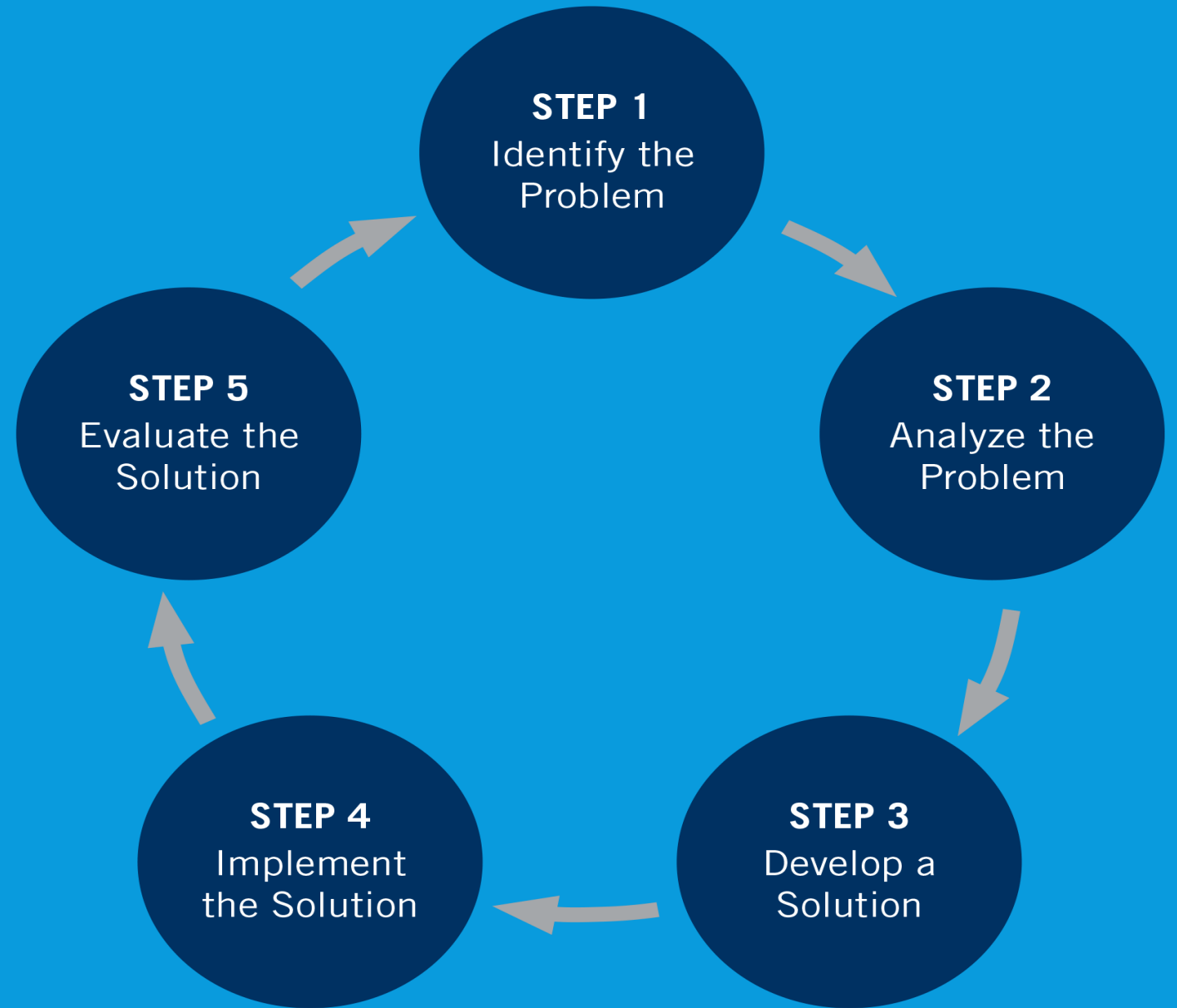
- Help us identify, analyze, and better understand the problem, hole, or target:
- Holes diary cards
- Chain analysis
- Goals diary cards

REMEDIATION TOOLS

- Help us develop and implement an approach for dealing with the problem, getting out of holes, and reducing our activation :
- Crisis plans
- Rational mind remediation
- Goals diary cards
- Wise mind remediation

GOOD PROBLEM SOLVING

- Holes diary cards help us **identify the problem**.
- Chain analysis helps us **analyze the problems** or holes we have previously identified and designated as our “holes” or “targets”.



Month: January

[illegible]

PART I

- 1) start with your completed diary card (above)
- 2) choose a day when the numbers for one or more of your targets were higher than baseline.
- 3) ask yourself at what point in time the numbers went up from baseline.
- 4) use the chain analysis template to understand what happened, what you felt, thought, and did.(see below)

Chain analysis algorithm part II

Complete the following chain analysis template

Remember to stay in window of tolerance by pendulating

1. What was the topography of your activation?
2. Was there a trigger(s) for the activation?
3. What did you feel when activated ?
4. Notice the sensations in your body without judging or trying to change them
5. What thoughts were associated with each feeling listed above?
6. What behaviors or urges were associated with each feeling?
7. What was your energy balance before the activation? 0-10

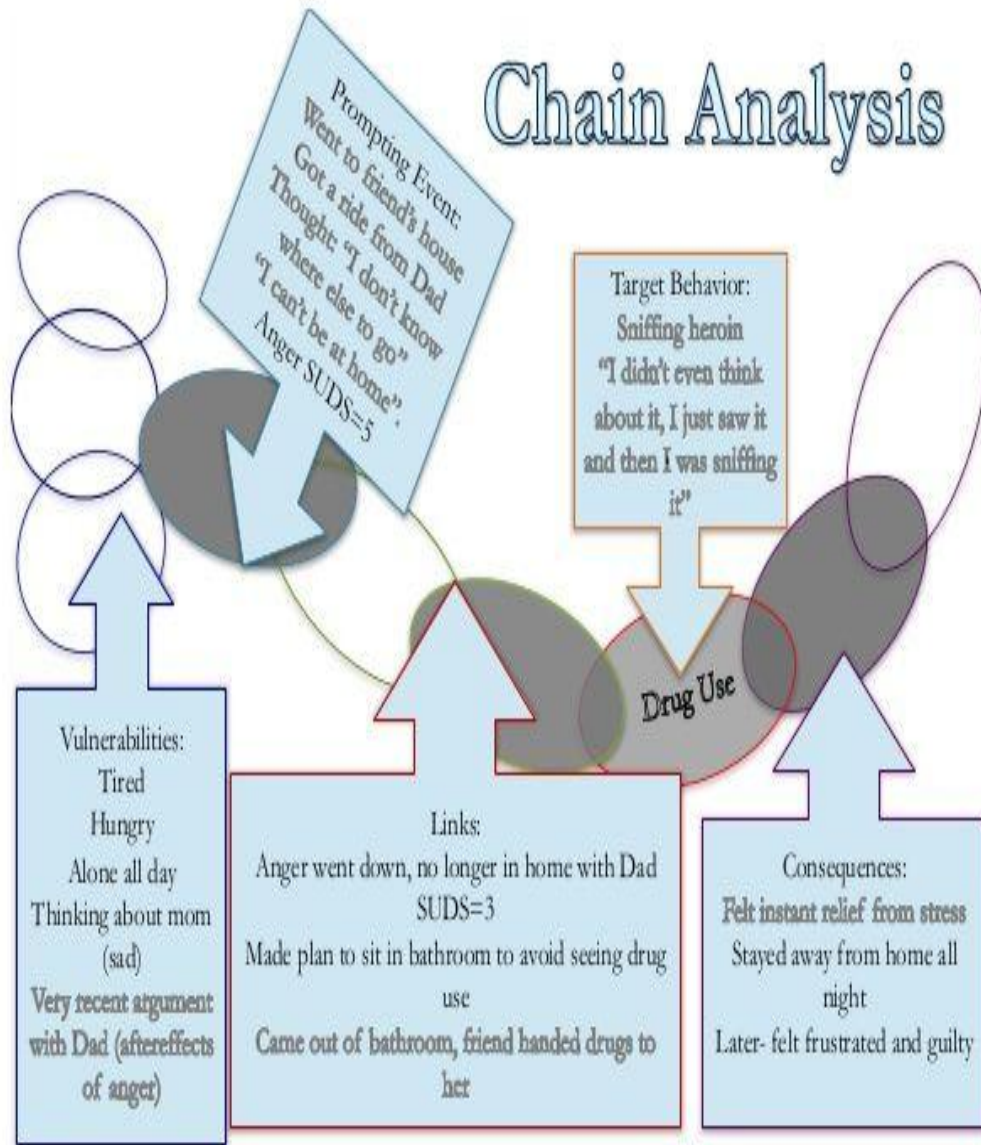
CHAIN ANALYSIS ALGORITHM

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CHAIN ANALYSIS ALGORITHM

- 1) start with your completed diary card.
- 2) choose a day when the numbers for one or more of your targets were higher than baseline.

Chain Analysis



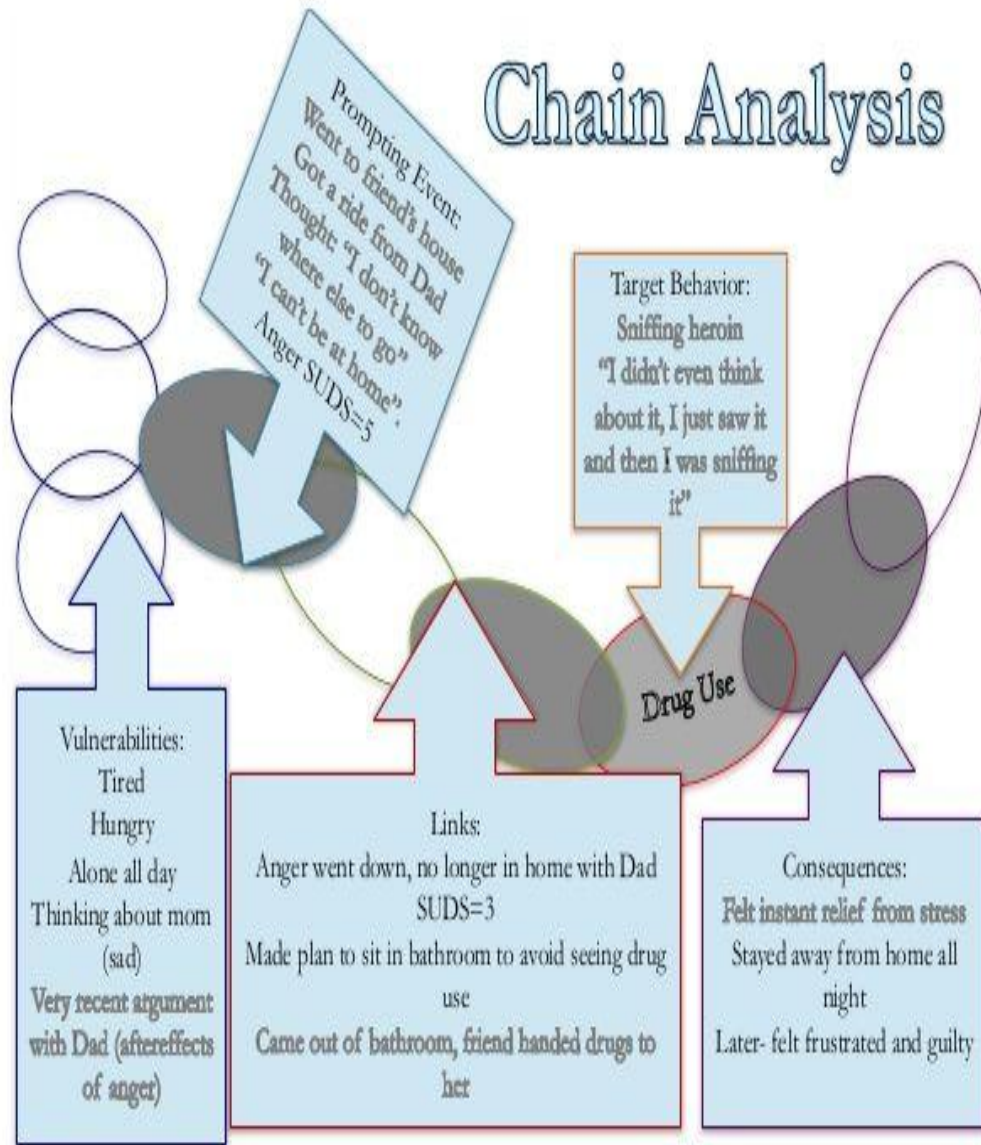
CHAIN ANALYSIS ALGORITHM

- Find a higher than your baseline number on your holes diary to do a chain analysis
- 1. Map out the **"topography"** of the intensity of your activation around the time period for which you are doing the chain analysis. How did the intensity of your feelings, thoughts, and behaviors change over time?
- 2. On the chain analysis template, note in writing, if there were any events that were **triggers** for your increase in activation ?
- 3. Note in writing, on the template, the sequence of **feelings** you experienced during this period. Rate each on a scale of 0-10 with 10 being the most intense you've ever felt this feeling
- 4. Observe and note the **physical sensations** you experienced during the activation without judging or trying to change them
- 5. Note in writing, on the template, the **thoughts** that accompanied each of your feelings
- 6. Note **what you did, or wanted to do** but stopped yourself from doing during the period of activation
- 7. Note on a 0-10 scale what your **energy balance**, reserves or stores (how full your gas tank), and **crisis risk** were just prior to the time for which you're doing the chain analysis.



ADVANCED CHAIN ANALYSIS

Chain Analysis



HOW TO DO A CHAIN ANALYSIS

- Find a higher than your baseline number on your holes diary to do a chain analysis
- 1. Map out the **"topography"** of the intensity of your activation around the time period for which you are doing the chain analysis. How did the intensity of your feelings, thoughts, and behaviors change over time?
- 2. On the chain analysis template, note in writing, if there were any events that were **triggers** for your increase in activation?
- 3. Note in writing, on the template, the sequence of **feelings** you experienced during this period. Rate each on a scale of 0-10 with 10 being the most intense you've ever felt this emotion
- 4. Observe and note the **physical sensations** you experienced during the activation without judging or trying to change them
- 5. Note in writing, on the template, the **thoughts** that accompanied each of your feelings
- 6. Note **what you did, or wanted to do** but stopped yourself from doing during the period of activation
- 7. Note on a 0-10 scale what your **energy balance**, reserves or stores (how full your gas tank), and **crisis risk** were just prior to the time for which you're doing the chain analysis.

Chain analysis template

Stay in window of tolerance by pendulating

1. what was the topography of your activation?
2. was there a trigger(s)?
3. what did you feel?
4. notice the sensations in your body without judging or trying to change them
5. what thoughts were associated with each feeling?
6. what behaviors or urges were associated with each feeling?
7. what was your energy balance before the activation? 0-10



BRUCE

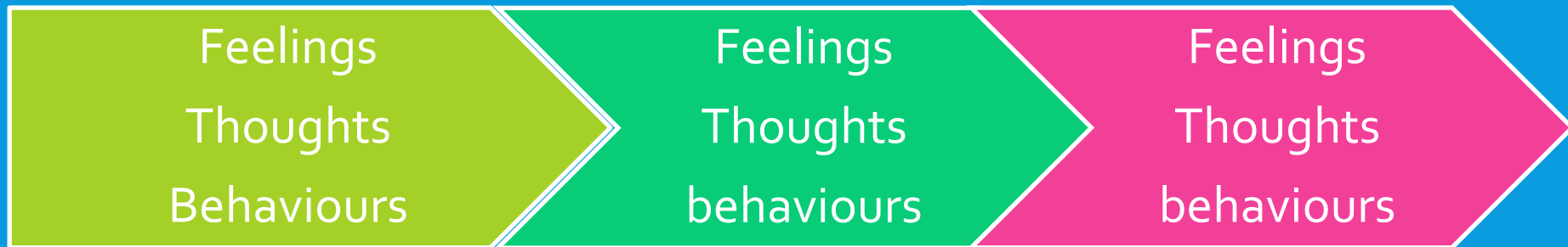
Diary Card - Hole Targets

Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
feeling hurt																															
withdrawing																															
catastrophizing																															
Notes:																															

ADVANCED CHAIN ANALYSIS

▪ Time ----->



BRUCE

FEELINGS

Phase 1 –few seconds-
hurt, humiliated

phase 2 -few
hours-angry,
frustrated

phase 3- two days-
sad anxious,
rejected,
depressed

THOUGHTS

Unsure about
thoughts, just stunned

"she's the cause of
my unhappiness"

" i will never be
happy" "give up"

BEHAVIORS

Hyperfreeze

withdrawing from
Sandra, fixating on
negative thoughts

withdrawing from
activities, slowed
down

SIMPLE MINDFUL DASHBOARD

WINDOW OF TOLERANCE



CRISIS RISK



EMOTIONAL FOOTPRINT



ENERGY RESERVES





ANN

Diary Card - Hole Targets

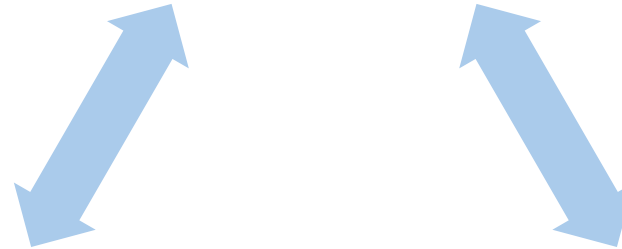
Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
terminating on																															
negative thoughts																															
withdrawing																															
Notes:																															

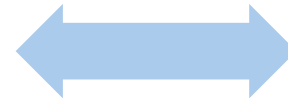
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FEELINGS
THOUGHTS
BEHAVIORS

hurt
I've lost my family
frozen



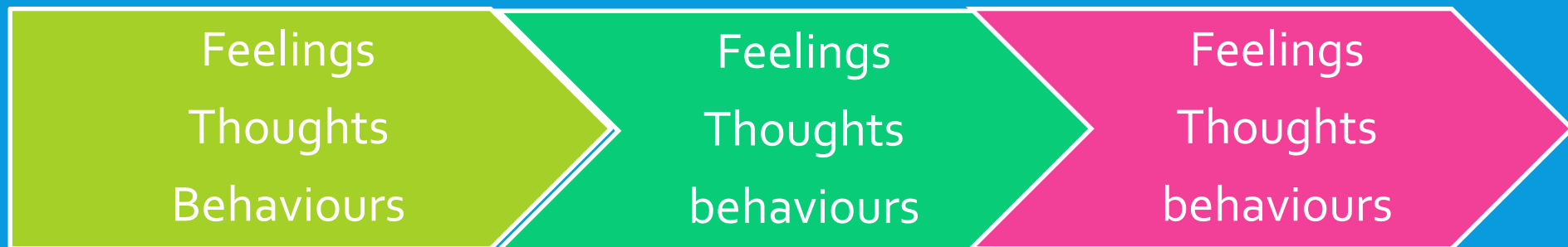
anxiety
uncertainty about future
urge to run away



despair, deep sadness
i can't win, i will fail
giving up, withdraw

ADVANCED CHAIN ANALYSIS ALGORITHM

- Do a regular chain analysis
- Include as many emotions as you felt during the whole time you were activated
- Draw a topographical timeline of your activation for its whole duration
- At any point in the timeline when you think there was a significant change in your dominant emotion write that emotion down on the timeline
- This will be a “phase” of your activation
- For each phase write down the feelings, thoughts , body sensations, and behaviors that went with the activation.





Crisis plans

Holes diary cards

Chain analysis

THE 6 TOOLS

Introducing rational mind remediation

Goals diary cards

Wise mind remediation



If we were entirely rational beings, all adults would behave like mature reasonable adults. Sometimes that's not the case. Why do many of us struggle to do the things expected of rational mature adults such as having long-term relationships, careers, being part of a community, and being a parent?

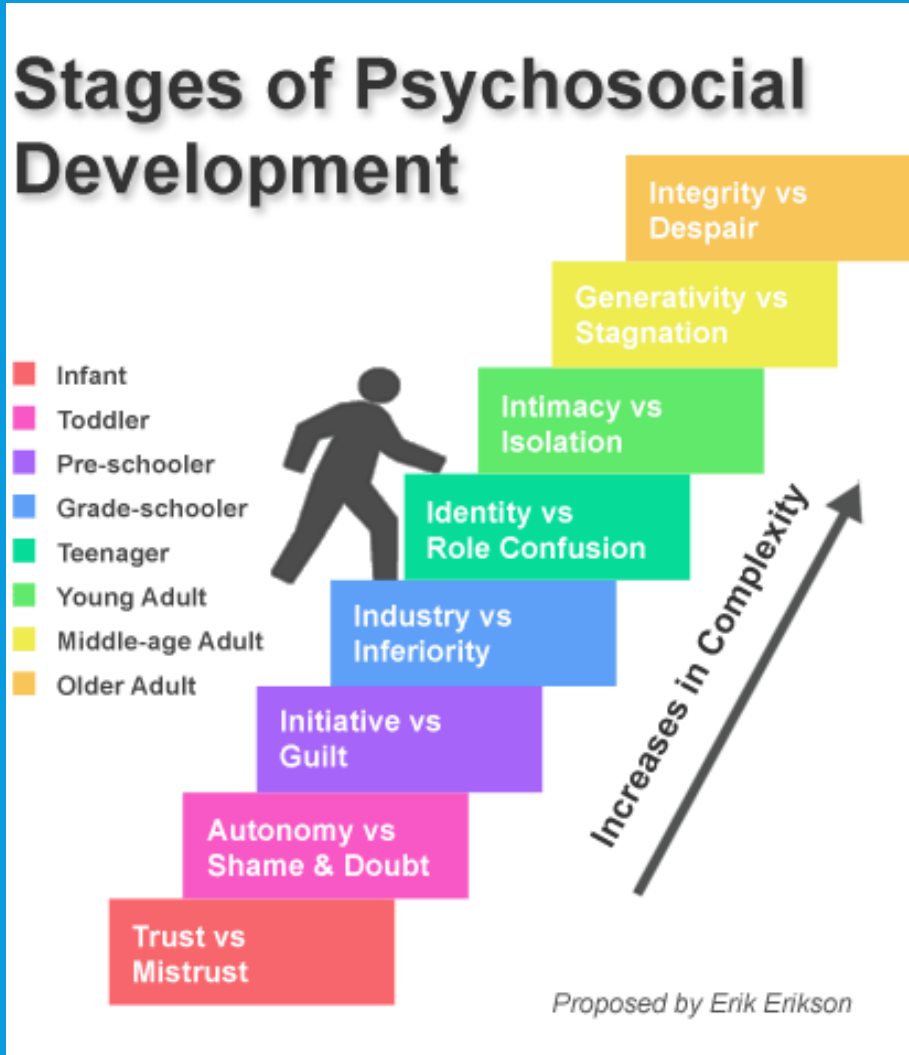
COMMON ADULT PSYCHOSOCIAL TASKS

Healthy psychosocial development often leads to adults assuming socially expected tasks which include:



- Exploring adult roles
- Becoming independent
- Developing intimate relationships
- Adjusting to living with another person
- Starting a family & becoming a parent
- Assuming the responsibilities of managing a home
- Beginning a new career or job
- Assuming some responsibilities in larger community
- Creating social network of friends & co-workers

BEING A MATURE ADULT

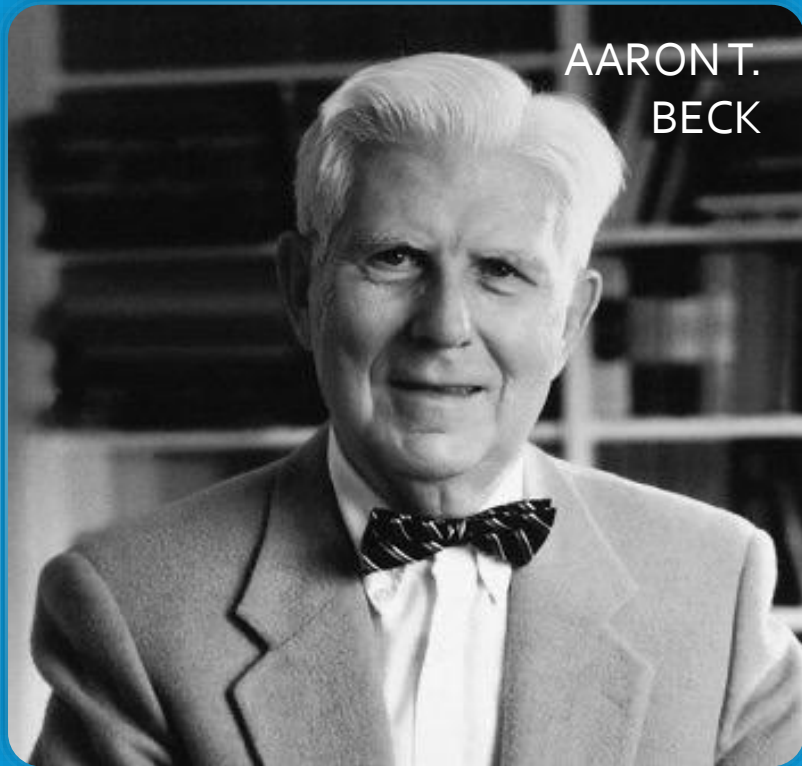


- Why do some people not achieve these commonly socially accepted developmental tasks?
- There are many ways to live as an adult, and some people may prefer and choose alternative lifestyles !
- Other times people would like to accomplish these tasks but struggle to do so.
- To accomplish them one has to have successfully negotiated Erikson's early stages of personality or psychosocial development.
- Some adults struggle with the developmental stages of autonomy, industry, healthy identity, and intimacy, and may not achieve them because they mistrust, have significant shame and doubt, guilt, identity confusion, and end up isolated from others.
- Struggles with psychosocial development are often related to developmental trauma and attachment issues and at the root of emotional dysregulation and "personality issues".
- In this course we try to understand and heal developmental trauma and attachment issues and doing this allows us to resume psychosocial growth
- One way to work on this is to "fake it until you make it" or learn to behave as a mature adult would, rationally rather than emotionally even though sometimes parts of us are feeling, thinking and wanting to do something else. .
- This is how rational mind remediation works. Rational mind remediation is Simple's adaptation of cognitive behavioral therapy.



What does achieving or not achieving commonly expected adult roles have to do with cognitive behavioral therapy which is the subject for today?

COGNITIVE BEHAVIORAL THERAPY



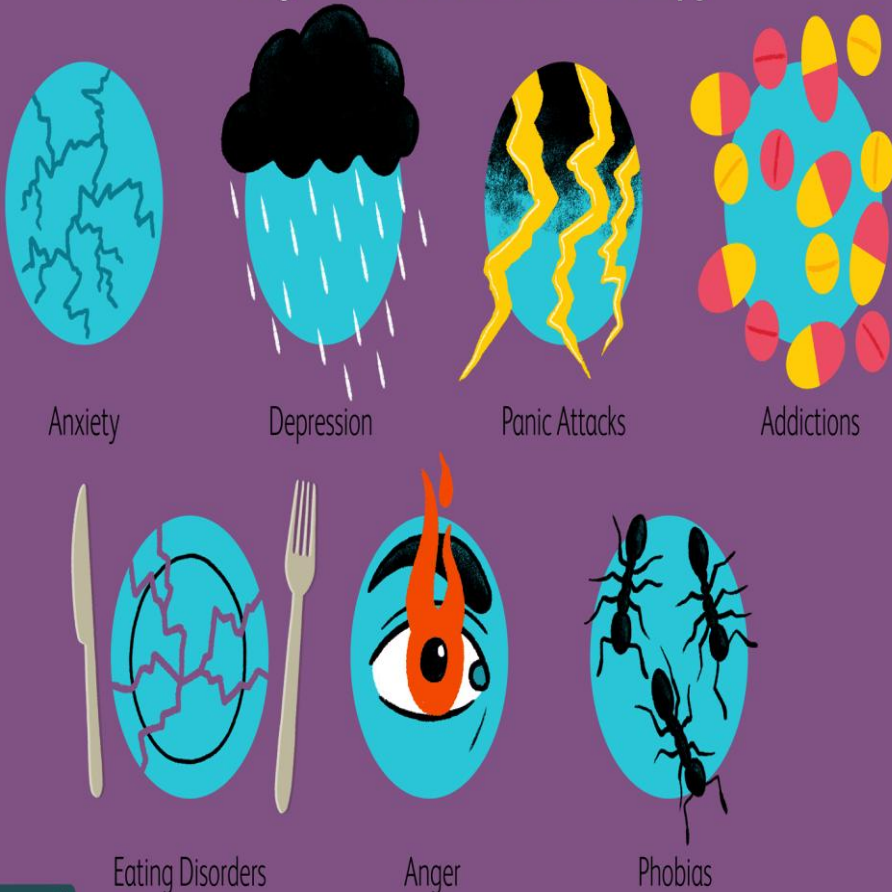
- The modern era, was a child of the scientific revolution. It matured in the 18th and 19th century, with Newtonian mechanics, coal being used as a power source, the industrial revolution, and the American and French revolutions.
- The modern era was challenged by Marx with his economic analysis, and Freud with the notion of the unconscious. These thinkers set the stage for post-modernity.
- Aaron T. Beck, born in 1921, was a pragmatic American psychiatrist who trained in the post-modern European Freudian psychoanalytical tradition but never fully embraced it . His membership application to the American Psychoanalytical Association was rejected because of his unorthodoxy.
- Cognitive Behavioral therapy, by focusing on the importance of the rational and conscious mind downplayed Freud's post-modern views about the dominance of the unconscious and returned to a modern more mechanistic psychology based on the primacy of reason. CBT's slogan is mind over mood.
- Beck's main criticisms of psychoanalysis were that 1) it took too long, 2) It was not affordable for most people, and 3) it was labour intensive. He felt that techniques focusing on the conscious, rational mind, produced for many people, superior and faster results.
- As we will see, when wisely used, cognitive behavioral therapy is a very useful and helpful model, but it has its shortcomings.



Can you tell us more about cognitive behavioral therapy, and how it works?

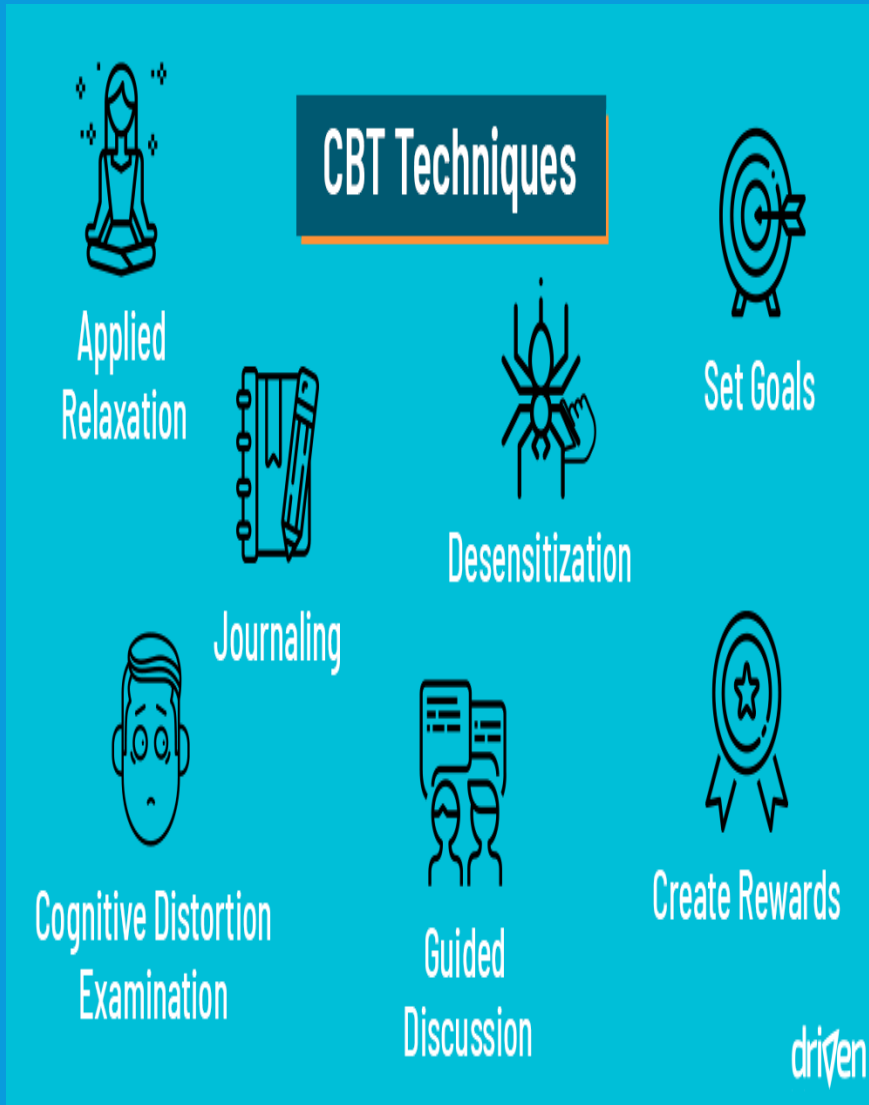
WHAT IS COGNITIVE BEHAVIORAL THERAPY?

Disorders That Could Benefit From Cognitive Behavioral Therapy



- Cognitive behavioral therapy or CBT is a form of psychological treatment that has been demonstrated to be effective for a wide range of problems such as anxiety, depression, panic attacks, addictions, eating disorders, phobias, and anger issues.
- CBT is based on several core principles including: 1. Psychological problems are based, in part, on faulty or unhelpful ways of thinking. 2. Psychological problems are based, in part, on learned patterns of unhelpful behavior. 3. People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.
- CBT treatment usually involves efforts to change patterns of thinking. These strategies might include; 1) learning to recognize distortions in one's thinking that are creating problems, and then reevaluating them in light of reality. 2) Gaining a better understanding of the behavior and motivation of others. 3) Using problem-solving skills to cope with difficult situations and 4) Learning to develop a greater sense of confidence in one's own abilities.
- CBT treatment also usually involves efforts to change behavior patterns. These strategies might include 1) facing one's fears instead of avoiding them. 2) Using role-playing to prepare for potentially problematic interactions with others and 3) Learning to calm one's mind and relax one's body.

HOW DOES CBT WORK?



- CBT is influenced by Stoic philosophy : “It’s not what happens to you but how you react to it that matters.” Epictetus
- CBT focuses on the triad of thoughts, emotions, and behaviors. These three are closely linked and change together.
- Emotions are the most difficult of the three to try to consciously change, and often powerfully dominate thoughts and behaviors.
- Thoughts and behaviors are somewhat easier to consciously change, and CBT focuses on them in order to change feelings, inverting the usual order of influence. Hence the name of the popular book “mind over mood”.
- CBT uses many different techniques such as relaxation, journaling, desensitization, setting of goals, examining cognitive distortions, guided discussions, and creation of rewards.
- Today we’ll talk about three core CBT strategies:
 1. **Thought records** which are very similar to chain analysis and rational mind remediation which we will talk about today. These strategies seek to identify and correct cognitive, or thinking errors
 2. **Behavioral activation** which harvests the power of behavior to change feelings and is in some ways like Simple’s 5th tool the goals diary card procedure . And...
 3. **Behavioral experiments** which tests people’s negative predictions about the future in a scientific experiment like fashion in order to adjust these predictions.

1. THOUGH RECORD TEMPLATE: CORRECTING AUTOMATIC NEGATIVE THOUGHTS

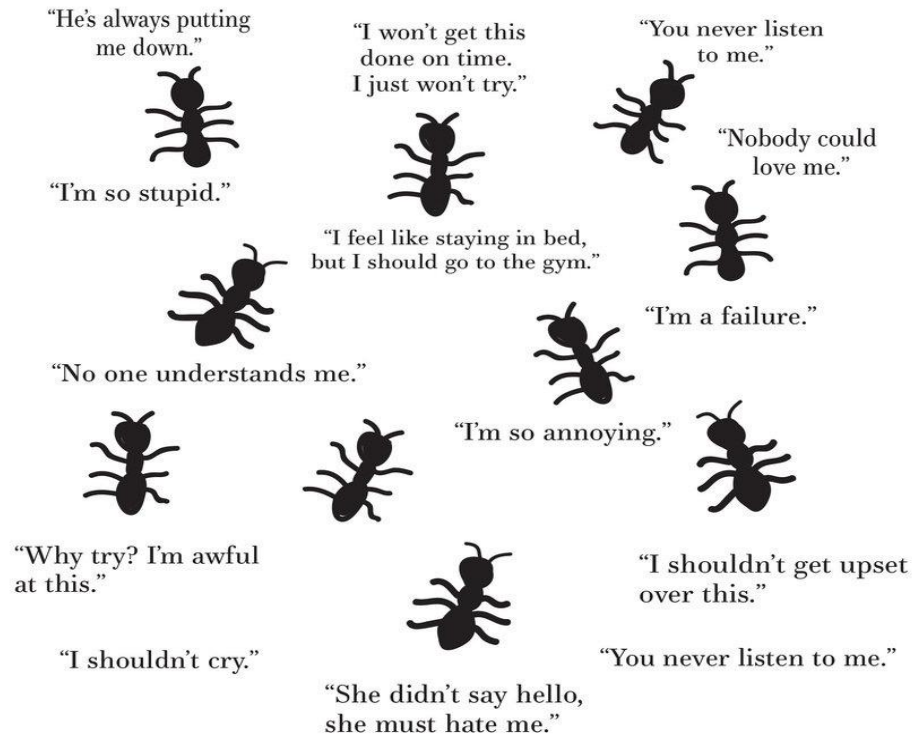
7 Column Thought Record

Situation	Feeling/Emotion	Negative Automatic Thought	Evidence for Negative Thought	Evidence against Negative Thought	Alternative, balanced Thought	New Feeling/Emotion
Where were you? What happened?	What did you feel?	What thoughts or images went through your mind?	What evidence is there that supports the negative thought?	What evidence is there that doesn't support the negative thought?	Weighing up the evidence, is there a different, more balanced thought?	How do you feel when you consider the more balanced thought?

ANTS ARE BASED ON THINKING ERRORS

WHAT ARE ANTS?

Automatic Negative Thoughts



what is a thinking error?

marigoldcounseling.com



ALL OR NOTHING

I am perfect or a failure, and so is everyone else.



BLAMING

It is too hard to accept responsibility for my feelings so I will blame others for my pain.



EMOTIONAL REASONING

I feel it so it has got to be true!



OVERGENERALIZATION

Making a broad rule after a few instances of mistakes or problems.

CATASTROPHIZING

I expect the worst will happen every time.



MIND READING

I am certain of their thoughts and motivations, I don't need to consider other possibilities.



SHOULD AND MUSTS

There is a way life 'should' be. I must rigidly follow the rules and so must everyone else.



FILTERING

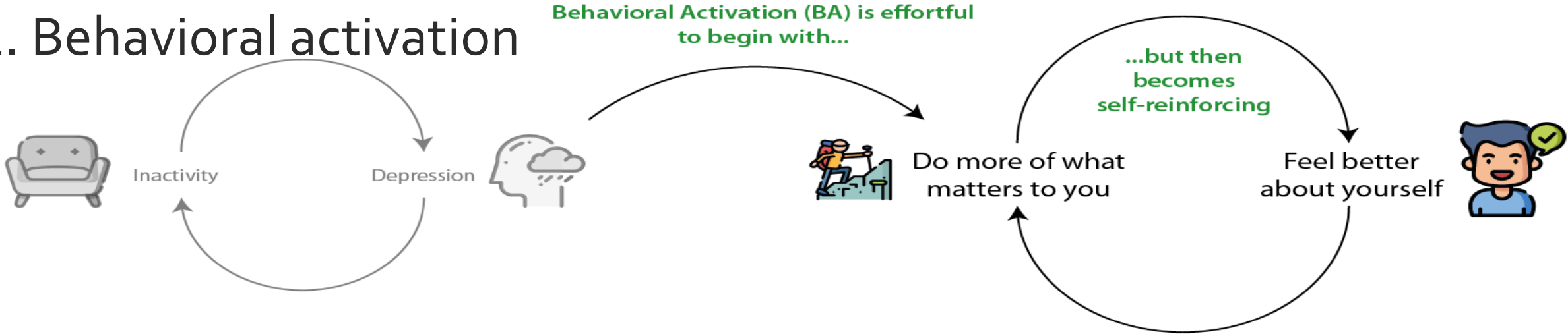
Ignoring all the positive aspects of a situation and focusing a single negative detail or details.



These are a few examples of cognitive distortions, aka thinking errors.

Recognizing when you are using thinking errors and replacing them with more balanced thoughts can help manage depression and anxiety.

2. Behavioral activation



PSYCHOLOGYTOOLS®

	Antecedent	Behaviour	Consequence
Autonomic	Anxious, no energy	Anxious	Less anxious
Behaviour	Lying down, awake, tearful	Get up, listen to radio	Keep trying to do things
Cognition	'I'll never get better'	Think about something else, hum tunes	Keep my mind busy, 'I'd better not think like that'
Affect	Worried, depressed	'A little bit better'	'A little better'
Environment	In bed alone	Kitchen Radio on	Kitchen Radio on

3. Behavioral experiments

- A behavioral experiment is a CBT tool for testing our thoughts and beliefs and replacing those that are irrational and harmful with healthy alternatives. What makes behavioral experiments so powerful is that we get the challenge our thoughts in the real world, as opposed to just hypothetically.
- On page 166 of the simple manual, we give an example of a behavioral experiment which involved Ann, the nurse in the nursing home that had a change ownership, soliciting advice from her supervisor Jane.
- Another example is offered below:

Situation	Prediction and belief rating	Experiment	Outcome	Learning
Giving short talk on how to cook my favourite recipe to a virtual audience	If I drop my safety behaviours and pick up some ingredients during the talk, holding them loosely then we will see my hands shaking (80%)	Give a short 5-minute class to the virtual audience while not gripping things tightly. Focus my attention on the audience, not my hands	It went better than I thought. On video I do not appear to be shaking, even though I felt 80% shaky, I look 5–10% shaky. My predictions were incorrect!	My feelings misguide me. When I feel shaky, I look, and am, more acceptable than I feel. Do not trust my feelings! Try this again when speaking to others this week and giving another presentation to virtual audience

Behavioural Experiment

Prediction

What is your prediction?
What do you expect will happen?
How would you know if it came true?

Rate how strongly you believe this will happen (0-100%)

Experiment

What experiment could test this prediction? (where & when)
What safety behaviours will need to be dropped?
How would you know your prediction had come true?

Outcome

What happened?
Was your prediction accurate?

Learning

What did you learn?
How likely is it that your predictions will happen in the future?

Rate how strongly you agree with your original prediction now (0-100%)



WHAT IS COGNITIVE BEHAVIORAL THERAPY?

PsychHub

HOW DOES CBT WORK?



I can't handle this



If CBT is such an effective therapeutic model, why is there a need for other approaches such as DBT or simple ?

SOME LIMITATIONS OF CBT



- CBT focuses on consciously changing thoughts and behaviors in order to change unconscious emotions.
- CBT works best with people that don't have significant psychosocial development issues underlying their emotional dysregulation.
- Issues in psychosocial development are often related to insecure attachment and developmental or adult trauma. These give rise to patterns of feeling, thinking and behaving or of personality, which are very automatic, ingrained, and difficult to change using only cognitive rational CBT strategies
- Paying attention to thoughts and behaviors without focusing on emotions is like pushing the tip of the Freudian iceberg in one direction while a strong underwater current pushes the submerged part of the iceberg in a different direction.
- When they are determined people are often in the short term able to deliberately change their thoughts and behaviors but it's difficult to sustain this over the long term unless unconscious emotions have also changed
- CBT has tried to address this. For example, American psychologist Jeffrey Young developed "Schema therapy" which is a CBT adaptation for personality issues.
- In my opinion Schema therapy is not nearly as elegant or useful a map of the mind as are the attachment and trauma theory we discuss in Simple.



Is the fourth simple tool rational mind remediation just CBT's thought records by another name ?

RATIONAL MIND REMEDIATION VS: THOUGHT RECORDS

7 Column Thought Record

Situation	Feeling/Emotion	Negative Automatic Thought	Evidence for Negative Thought	Evidence against Negative Thought	Alternative, balanced Thought	New Feeling/Emotion
Where were you? What happened?	What did you feel?	What thoughts or images went through your mind?	What evidence is there that supports the negative thought?	What evidence is there that doesn't support the negative thought?	Weighing up the evidence, is there a different, more balanced thought?	How do you feel when you consider the more balanced thought?

It's very challenging to do thought records while in emotional mind because thought records call for you to think rationally which is very difficult to do while you are in emotional mind.

- To do thought records you have to be in rational or wise mind (since those are the mind states that are able to come up with alternative thoughts.)
- To do thought records you have to be in or close to the window of tolerance. If you're too far from that window you need to use crisis plans and distress tolerance skills before trying to do rational mind remediation
- Often just thinking of the situation for which they are doing the thought record triggers in many people a return to emotional mind, hence it's a struggle to come up with alternative thoughts.
- Even the most basic introductory CBT courses last anywhere from 8 to 12 weeks. We can't spend that much time in simple on CBT. We have a lot of other material to cover.
- Rational mind remediation is a shortcut or hack meant to make it easier to do thought records. It use two "dissociative" techniques to achieve this.

1. HOW TO DO RATIONAL MIND REMEDIATION BY IMAGINING YOU'RE HELPING A FRIEND



Start with your chain analysis

Imagine this was a friend's chain analysis and that friend had come to you for help and advice about how to use DBT skills to splice and paste a different outcome

How could your friend have seen or interpreted the situation differently if they had been in rational mind?

Could your friend have thought or behaved differently to have a better outcome?

Help your friend to imagine a scenario in which they had stayed better regulated

Help your friend to practice this situation in their minds using the editing splicing and pasting technique

Reclaim the situation as your own using the new scenario. Practice it repeatedly in your imagination.

2. ALTERNATIVE RATIONAL MIND REMEDICATION WHAT WOULD AN EMOTIONALLY WELL-REGULATED FRIEND DO ?



Start	Start with your chain analysis
Imagine	Imagine that what happened to you happened instead to a friend who is well regulated
Imagine	Imagine how they might have seen or interpreted the situation and thought and behaved differently
Imagine	Imagine what they might have done. Write this down
Reclaim	Reclaim the situation as your own and play it the way your friend did use the edit, splice, and paste technique
Practice	Practice that scenario in your imagination

RATIONAL MIND REMEDIATION

Imagine that your situation or event happened instead to a friend, an acquaintance, or an imaginary person. They have come to you for help with the issue. You may choose to give them a name. Your role is to help them.

1. Describe the situation.	2. Describe your feelings.	Automatic Thoughts 3. What thoughts or images were going on in your mind as the situation unfolded?	Balanced Thoughts 4. Was there another, more balanced way to look at or think about the situation or event?	Behaviour 5. What behaviours might have resulted from the more balanced way of looking at the situation?	How can you practice alternate thoughts and behaviours if a similar event or situation happens again?

A collection of school supplies is arranged on a dark green surface. In the top left, a portion of a white calculator is visible. Below it, a blue paper clip is attached to a ruler. A silver compass is positioned diagonally across the center. To its right is a yellow utility knife with a silver blade. In the bottom right corner, a yellow pencil sharpener is visible. A blue protractor is also present, partially overlapping the ruler and the sharpener.

Crisis plans

Holes diary cards

Chain analysis

Rational mind remediation

THE 6 TOOLS: Goals diary cards

Wise mind remediation



INTRODUCING THE GOALS DIARY CARD PROCEDURE

GOALS DIARY CARD PROCEDURE ALGORITHM

Step 1

1. Track your usual activities for a week using a blank week calendar.

This will give you a snapshot of your typical routine and allow you to assess its balance.

2. Rate yourself 0-10 on each of Maslow's needs/wellness domains (see slide below)

Step 2

3. Complete the wellness assessment tool. Choose 1-3 "proximal activities" for your goals.

4. Consider which of your Maslow's needs are met and which of Erickson's stages you have mastered.

Step 3

5. "Schedule" the activities you have chosen on a blank weekly schedule.

6. Use the goals diary card template to track your progress with these activities

Step 4

7. If you have accomplished a goal, choose another from the wellness assessment tool and use it as a target in your goal's diary card template. Repeat the same process starting with step 2.

GOALS DIARY CARD PROCEDURE ALGORITHM

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Step 4

7. If you have accomplished a goal, choose another from the wellness assessment tool and use it as a target in your goal's diary card template. Repeat the same process starting with step 2.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am							
8 am							
9 am							
10 am							
11 am							
12 noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							



EIGHT DIMENSIONS OF WELLNESS

1. **EMOTIONAL**—Coping effectively with life and creating satisfying relationships
2. **ENVIRONMENTAL**—Good health by occupying pleasant, stimulating environments that support well-being
3. **FINANCIAL**—Satisfaction with current and future financial situations
4. **INTELLECTUAL**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **OCCUPATIONAL**—Personal satisfaction and enrichment from work and school
6. **PHYSICAL**—Recognizing the need for physical activity, healthy foods, and sleep
7. **SOCIAL**—Developing a sense of connection, belonging, and a well-developed support system
8. **SPIRITUAL**—Expanding sense of purpose and meaning in life

RATING YOURSELF ON MASLOW'S NEEDS/WELLNESS DOMAINS

- Rate each of the following 7 areas on a subjective 0-10 scale where 0 = none of your needs in that area are met, and 10 = all your needs in that area are met.
- 1. Meeting self-care needs – looking after personal hygiene, caring for home environment, planning meals, grocery shopping, cooking and healthy eating habits, healthy relaxation and rest, etc.. Score: __
- 2. Meeting physical and safety needs – safe from aggression and crime, safe and secure housing, sufficient income and budgeting, adequate sleep, sufficient exercise, good health, spending time in nature, etc.. Score: __
- 3. Meeting emotional needs – ability to manage stress, ability to stay in the window of emotional tolerance, ability to ask for and receive help when appropriate, able to use emotional regulation strategies, paying attention to and working on improving your mental health, meditating, having appropriate supports and mental health guidance, etc.. Score: __
- 4. Meeting social needs- having a balanced social life with partners, friends, and acquaintances, giving and receiving support, meeting new people, not being lonely, etc.. Score: __
- 5. Meeting intellectual needs-being curious, learning new things, reading, following news political and social issues, joining clubs that stimulate your mind, etc.. Score: __
- 6. Meeting spiritual needs-doing activities that help you transcend yourself, being in nature, loving animals, healthy giving to others and the world, etc.... Score: __
- 7. How much time do you spend each day in unproductive activities or maladaptive coping? Hours: __
- To total your score, add items 1-6 and from this subtract item 7. The higher score the better you are doing on the “wellness” domains score

GOALS DIARY CARD PROCEDURE ALGORITHM

Step 1

1. Track your usual activities for a week using a blank week calendar.

This will give you a snapshot of your typical routine and allow you to assess its balance.

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7. If you have accomplished a goal, choose another from the wellness assessment tool and use it as a target in your goal's diary card template. Repeat the same process starting with step 2.

A Wellbeing Assessment Tool

Many of us recognize the importance of wellbeing, but it is easy to get caught up in our busy schedules to the neglect of some of our needs.

Find out your level of wellbeing by rating each of the following dimensions.

Circle the number that best describes you.

	Very Unhealthy	Somewhat Unhealthy	Somewhat Healthy	Very Healthy
Material Wellbeing	1	2	3	4
Physical Health	1	2	3	4
Social Health	1	2	3	4
Emotional Health	1	2	3	4
Spiritual Health	1	2	3	4
Intellectual Health	1	2	3	4

After completing the above section, decide which area(s), if any, you think you should work on improving. Now answer the following set of questions regarding each dimension of wellness. Indicate how often you think the statements describe you.

Material Wellbeing

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. My physical environment (home, community) is orderly and healthy	1	2	3	4
2. I have easy access to healthy food and water that meets my needs.	1	2	3	4
3. I have secure, stable and safe housing.	1	2	3	4
4. I have access to nature.	1	2	3	4
5. I have adequate access to health care.	1	2	3	4
6. I feel physically safe in my home and community.	1	2	3	4
7. I feel reasonably financially secure.	1	2	3	4
8. I feel safe and secure at work.	1	2	3	4
9. I feel reasonably secure about my future material wellbeing.	1	2	3	4
10. I feel there is enough time to do the things I need and want to do.	1	2	3	4

Physical Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I maintain a desirable weight.	1	2	3	4
2. I engage in vigorous exercise such as brisk walking.	1	2	3	4
3. I do exercises designed to strengthen my muscles and joints.	1	2	3	4
4. I warm up and cool down by stretching before and after vigorous exercise.	1	2	3	4
5. I feel good about the condition of my body.	1	2	3	4
6. I get 7-8 hours of sleep each night.	1	2	3	4
7. My immune system is strong and I am able to avoid most infectious diseases.	1	2	3	4
8. My body heals itself quickly when I get sick or injured.	1	2	3	4
9. I have lots of energy and can get through the day without being overly tired.	1	2	3	4
10. I listen to my body; when there is something wrong, I seek professional advice.	1	2	3	4

Emotional Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I find it easy to laugh about things that happen in my life.	1	2	3	4
2. I avoid using alcohol as a means of helping me forget my problems.	1	2	3	4
3. I can express my feelings without feeling silly.	1	2	3	4
4. When I am angry, I try to let others know in non-confrontational and non-hurtful ways.	1	2	3	4
5. I am a chronic worrier.	4	3	2	1
6. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other activities.	1	2	3	4
7. I feel good about myself and believe others like me for who I am.	1	2	3	4
8. When I am upset, I talk to others and actively try to work through my problems.	1	2	3	4
9. I am flexible and adapt or adjust to change in a positive way.	1	2	3	4
10. My friends regard me as a stable, emotionally well-adjusted person.	1	2	3	4

Social Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. When I meet people, I feel good about the impression I make on them.	1	2	3	4
2. I am open, honest, and get along well with other people.	1	2	3	4
3. I participate in a wide variety of social activities and enjoy being with people who are different than me.	1	2	3	4
4. I try to be a "better person" and work on behaviours that have caused problems in my interactions with others.	1	2	3	4
5. I get along well with the members of my family.	1	2	3	4
6. I am a good listener.	1	2	3	4
7. I am open and accessible to a loving and responsible relationship.	1	2	3	4
8. I have someone I can talk to about my private feelings.	1	2	3	4
9. I consider the feelings of others and do not act in hurtful or selfish ways.	1	2	3	4
10. I consider how what I say, might be perceived by others before I speak.	1	2	3	4

Intellectual Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I tend to act impulsively without thinking about the consequences.	4	3	2	1
2. I learn from my mistakes and try to act differently the next time.	1	2	3	4
3. I follow directions or recommended guidelines and act in ways likely to keep others and myself safe.	1	2	3	4
4. I consider the alternatives before making decisions.	1	2	3	4
5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.	1	2	3	4
6. I tend to let my emotions get the better of me and I act without thinking.	4	3	2	1
7. I actively try to learn all I reasonably can about an issue before making decisions.	1	2	3	4
8. I manage my time well, rather than time managing me.	1	2	3	4
9. My friends and family trust my judgment.	1	2	3	4
10. I think about my self-talk (the things I tell myself) and then examine the real evidence for my perceptions and feelings.	1	2	3	4

Spiritual Health

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I believe life is a precious gift that should be nurtured.	1	2	3	4
2. I take time to enjoy nature and the beauty around me.	1	2	3	4
3. I take time alone to think about what's important in life - who I am, what I value, where I fit in, and where I'm going.	1	2	3	4
4. I have belief in the importance of things beyond myself.	1	2	3	4
5. I engage in acts of caring and good will without expecting something in return.	1	2	3	4
6. I feel sorrow for those who are suffering and try to help them through difficult times.	1	2	3	4
7. I feel confident that I have touched the lives of others in a positive way.	1	2	3	4
8. I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
9. I am content with who I am.	1	2	3	4
10. I go for the gusto and experience life to the fullest.	1	2	3	4

Personal checklist

Now total your scores in each of the dimensions and compare it to the ideal score. Which areas do you need to work on? How does your score compare with how you rated yourself in the first part of the questionnaire?

	IDEAL SCORE	YOUR SCORE
Material Wellbeing	40	
Physical Health	40	
Social Health	40	
Emotional Health	40	
Spiritual Health	40	
Intellectual Health	40	

What Your Scores Mean

Scores 35-40: Outstanding! Your answers show that you are aware of the importance of this area to your overall wellbeing. More importantly, you are putting your knowledge to work for you by practicing good wellbeing habits. It's likely that you are setting an example for your family and friends to follow. Although you received a very high score on this test, you may want to consider other areas where your scores could be improved.

Scores 30-35: Your wellbeing practices in this area are good, but there is room for improvement. Look again at the items you answered that scored one or two points. What changes could you make to improve your score. Even a small change in behaviour can often help you achieve greater wellbeing.

Scores of 20-30: You have some wellbeing risks. You may benefit from more information about the challenges you are facing. Perhaps you need help in deciding how to make the changes you desire.

Scores below 20: You may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them.

This tool is adapted from that at the McKinley Health Centre at the University of Illinois:
http://www.mckinley.uiuc.edu/units/health_ed/health_education.htm

GOALS DIARY CARD PROCEDURE ALGORITHM

Step 1

1. Track your usual activities for a week using a blank week calendar.

This will give you a snapshot of your typical routine and allow you to assess its balance.

2. Rate yourself 0-10 on each of Maslow's needs/wellness domains (see slide below)

Step 2

3. Complete the wellness assessment tool. Choose 1-3 "proximal activities" for your goals.

4. Consider which of your Maslow's needs are met and which of Erickson's stages you have mastered.

Step 3

5. "Schedule" the activities you have chosen on a blank weekly schedule.

6. Use the goals diary card template to track your progress with these activities

Step 4

7. If you have accomplished a goal, choose another from the wellness assessment tool and use it as a target in your goal's diary card template. Repeat the same process starting with step 2.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am							
8 am							
9 am							
10 am							
11 am							
12 noon						See a friend	
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm	Walk		Walk		Walk		
7 pm							
8 pm							
9 pm							

GOALS DIARY CARD

GOALS DIARY CARD PROCEDURE ALGORITHM

Step 1

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Crisis plans

Holes diary cards

Chain analysis

Introducing rational mind remediation

Goals diary cards

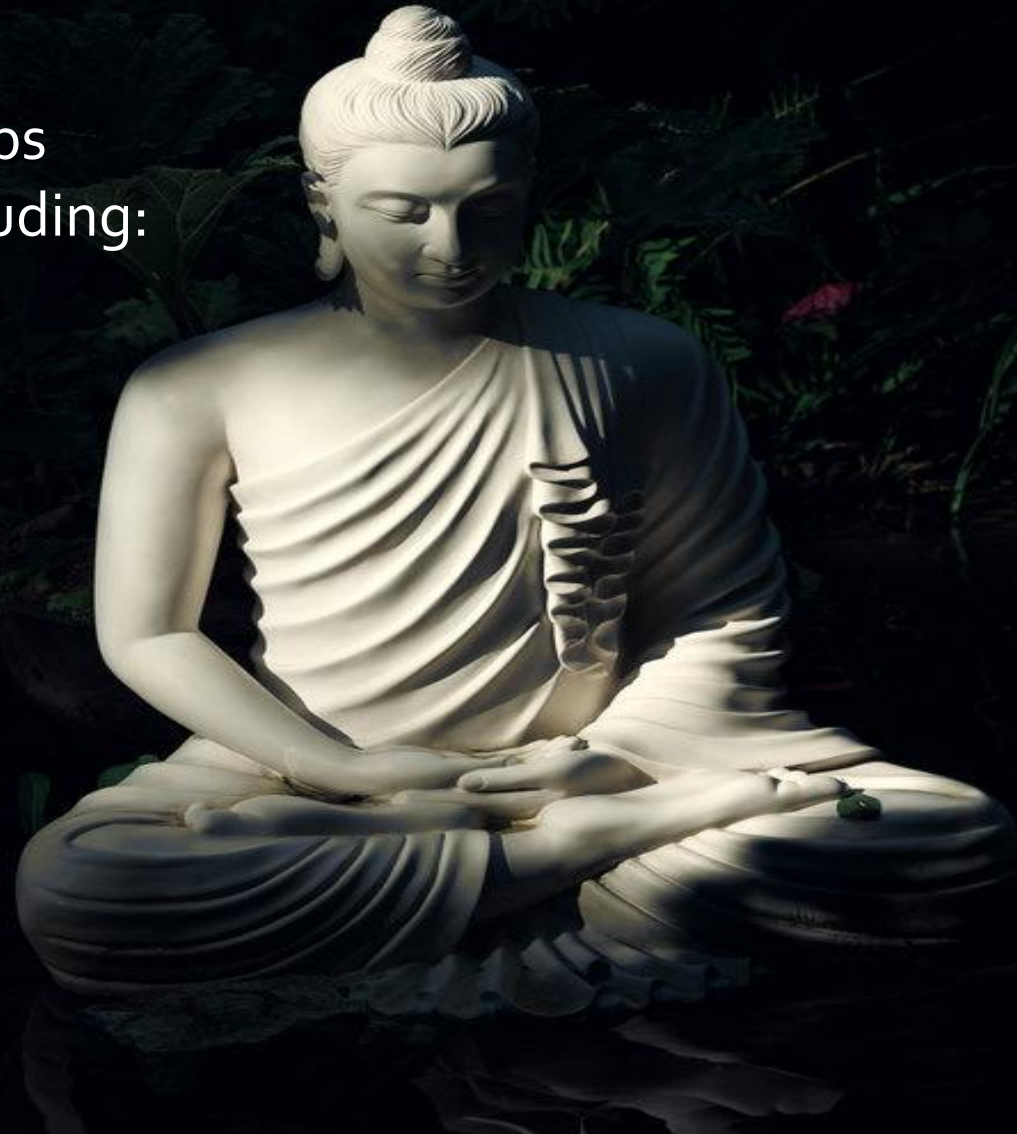
THE 6 TOOLS Wise mind remediation



Before talking about wise mind
remediation can we quickly review
what wise mind is?

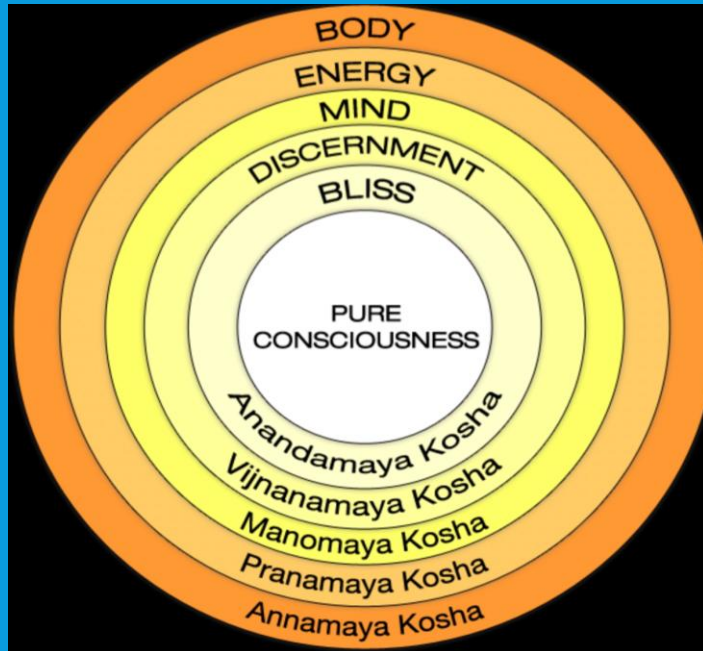
WHAT IS WISE MIND:

- The term “WISE MIND” overlaps with many other concepts including:
- The Witness
- The Observer
- Real Self
- The ground of all being
- Spirit
- Universal Consciousness
- Atman
- God within us all
- The ideal parent
- The Quantum field
- God

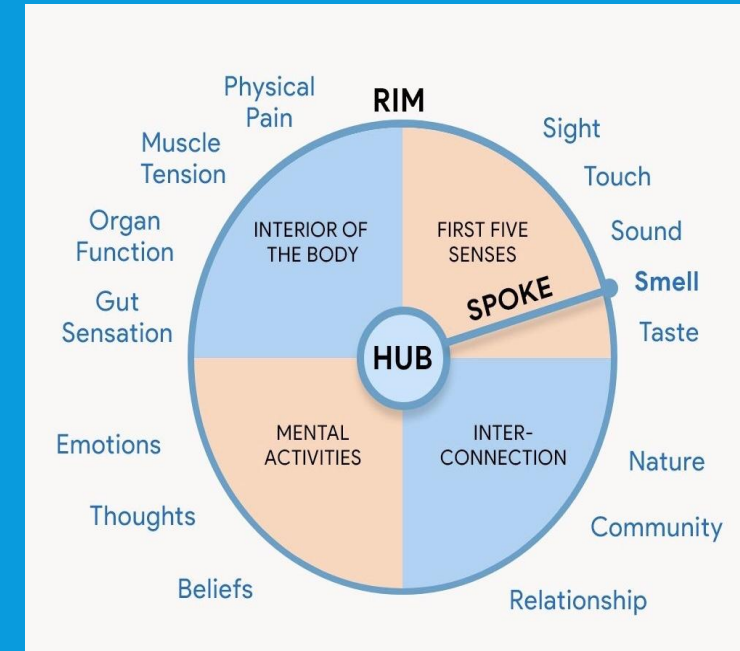


WHAT IS WISE MIND? EXPLORING THE WHEEL OF AWARENESS

Causal, subtle, gross bodies



The wheel of awareness



- Wise mind is pure consciousness or the causal body that is at the center of the wheel of awareness. It is the observer. From it arises the spoke of attention that focuses pure awareness on 1) the internal such as inner sensations, feelings, thoughts, and the imagination as 2) the external such as sensory perceptions.
- Meditation and mindfulness are practices by which we learn to influence the otherwise random meanderings of the spoke of attention.



What is wise mind remediation?

THE 5 STEPS OF WISE MIND REMEDIATION ALGORITHM



- The 5 steps of the wise mind remediation algorithm are:
- 1. Become acquainted with your internal family part selves. (which we will discuss next week)
- 2. Use the part selves you have identified in your internal family as advanced targets in the holes diary cards.
- 3. Do a Wise mind chain analysis, following the template provided
- 4. Strengthen your access to your Wise mind.
- 5. Allow your Wise mind to become acquainted with the members of your internal family. Allow Wise mind to see, understand, and soothe, or be an ideal parent to your internal family parts.
- Wise mind remediation is a stage II trauma therapy tool that helps process dissociated traumatic complexes
- To use wise mind, it's essential to have practiced and be able to use stage I skills, tools, and strategies so as to be able to stay within reach of and return to the window of tolerable emotions.

THE 5 STEPS OF WISE MIND REMEDIATION ALGORITHM



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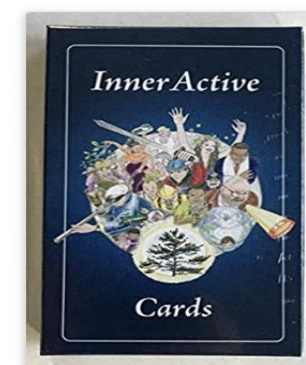
STEP 1. BECOME ACQUAINTED WITH YOUR PART SELVES

- A) Name all the internal family system part selves you have discovered in yourself (ex. hurt child, angry older child, child in despair, inner or outer critic, people pleaser, fierce defender, perfectionist, procrastinator, indulger, depressive, etc.) Don't forget the mature adult part which may be more or less of a façade. After naming the part selves acquaint yourself with them by:
- B) Visualizing, in your mind's eye each of these parts.
- C) Being curious about each part's personality, or how each part typically behaves, thinks, and feels and what is their typical state of activation ? (write all this down)
- D) Considering the origin story of each part. When and why did it arise in your life to protect you ? How did it protect you ?
- Completing Step 1 is necessary before proceeding to step 2 in which you use these parts as "advanced targets" in your holes diary card.

BECOMING ACQUAINTED WITH PART SELVES TEMPLATE

Part self	What does it look like? How old is it?	What does it typically feel?	What state of activation is it usually in?	What are its typical thoughts?(if any)	What are its typical behaviors or behavior urges?
1					
2					
3					
4					
5					

Consider the origin story of each part. When and why did it arise in your life to protect you ?
How did it protect you ?



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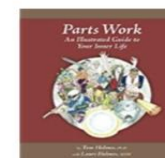
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STEP 2 USE ADVANCED TARGETS IN HOLES DIARY CARDS



ADVANCED TARGETS IN DIARY CARDS-PART SELVES

[illegible]

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REGULAR CHAIN ANALYSIS

Stay in window of tolerance by pendulating

1. What was the topography of your activation?
2. Was there a trigger(s)?
3. What did you feel?
4. Notice the sensations in your body without judging or trying to change them
5. What thoughts were associated with each feeling?
6. What behaviors or urges were associated with each feeling?
7. What was your energy balance before the activation? 0-10

STEP 3 WISE MIND CHAIN ANALYSIS

Event linked with activation	Estimate of % of response That was well-regulated vs. dysregulated	Parts that were activated- (consider changes with topography)	Feelings and arousal states of each part	Thoughts of each part, if any	Behavior or urges of each part	Conflicts between parts
		Part 1				
		2				
		3				
		4				
		5				

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- 3. Do a Wise mind chain analysis, following the template provided
- 4. Strengthen your access to your Wise mind through visualization.
- 5. Allow your Wise mind to become acquainted with the members of your internal family. Allow Wise mind to see, understand, and soothe, or be an ideal parent to your internal family parts.

STEP 4 STRENGTHEN ACCESS TO WISE MIND THROUGH VISUALIZATION TEMPLATE



- Potentially everyone has access to Wise mind but in some people its presence is drowned out by the loud voices of the part selves. To better hear and have access to Wise mind :
- **1.** Think of someone or something that captures for you the spirit of understanding, empathy, equanimity, and generosity...(I think of that someone or something as the wise mind catcher, after the native North American "dream catcher")
- That someone or something can be a fictional or historical character, a natural phenomenon or an animal, it can be a spirit such as a guardian angel, someone you know personally, or have never met, someone invented or real.
- **2.** Picture that someone or something as vividly as possible in your mind. To help you visualize this you can draw, paint, or or find a drawing or picture of it. keep it somewhere you can readily access it.
- **3.** Regularly practice visualizing Wise mind and pair that image with positive feelings and intentions. You can do this as a meditation practice. Schedule some time every week to do this. You can think of this as installing a wise mind "app" or resource in yourself.

VISUALIZATION FOR FOSTERING WISE MIND- THE 8 C's



The Compass of Self-Led Activism

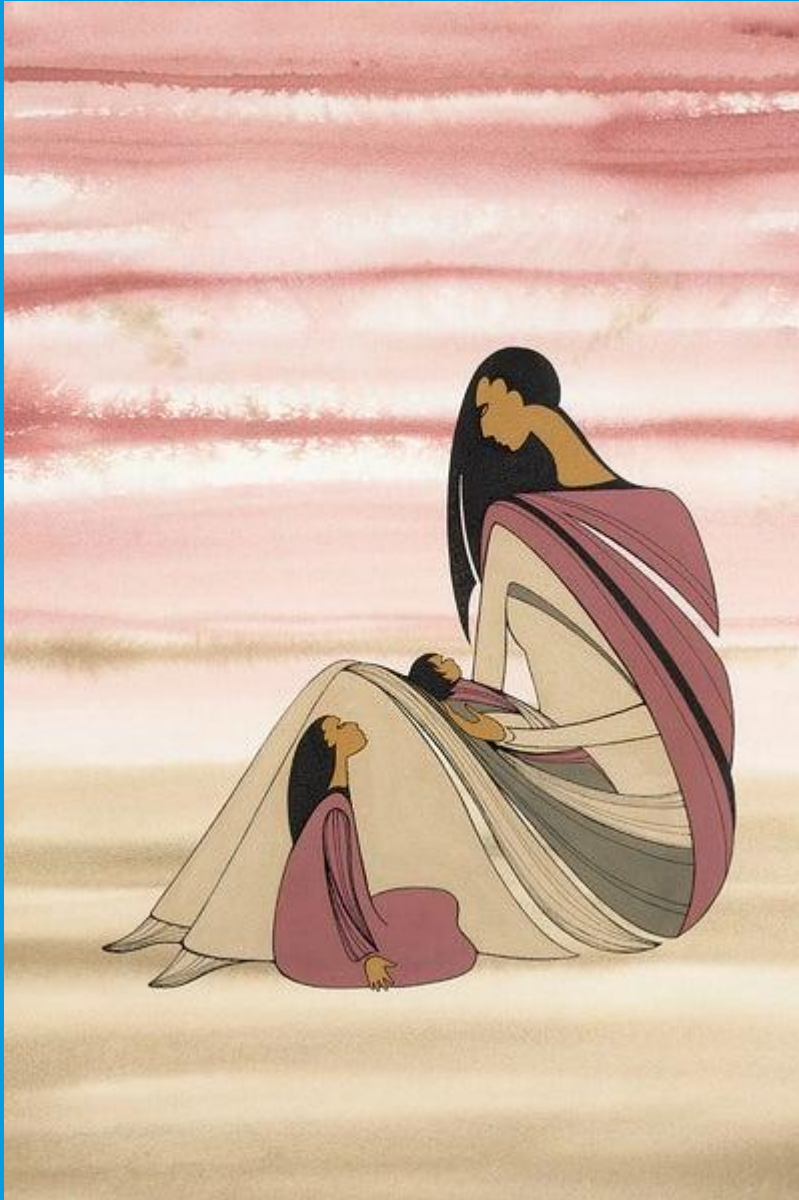


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STEP 5 WISE MIND PARENTING OF INTERNAL FAMILY PARTS ALGORITHM



- After: 1) becoming better acquainted with your *part selves* 2) starting to use advanced targets in your diary card 3) doing advanced chain analysis and 4) fostering your wise mind.
- **Step 5 Wise mind parenting of internal family parts:**
- A) Bring up , in your imagination, the video of the event for which you did the Wise mind chain analysis.
- B) Allow wise mind to see, understand, and feel empathy for each part of your internal family that became activated during that event.(observe each part's feelings, thoughts, behaviors, typical states of activation, and origin story)
- C) Imagine progressively more intimate encounters, with or without dialogue, between your Wise mind figure and individual parts of your internal family. Allow them to have a conversation about the event that led to the activation. (Wise mind maintains an non-judgemental, understanding stance and that helps the parts to return to and stay in the window of tolerance.)
- D) The goal of this practice is for the internal family members to relate securely to , or learn to trust Wise mind, so that they allow Wise mind to lead the self system in situations that would previously have triggered parts and resulted in them taking over the self system .
- E) Imagine how the situation would have unfolded if Wise mind had been allowed to lead the self.
- F) Use the editing/splicing and pasting strategy and visualize this edited Wise mind led situation repeatedly in your imagination

Diary Card - Hole Targets

Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															

Notes: