

# Anxiety Toolbox Workbook



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# Welcome!

Welcome to Anxiety Toolbox, a fast-paced, 4-session seminar intended to help increase your understanding about anxiety. The goal is to provide you with some skills to recognize and manage symptoms you may be experiencing. We hope you find it helpful.

The goal of this seminar is to provide you with life-long tools you can use while facing anxiety-triggering situations. Remember, this intervention is not intended to “get rid of” your anxiety. While occasionally unpleasant, some anxiety can actually be a helpful and motivating emotion. Our hope is that these four sessions provide you with a jumping board from which to integrate skills into your daily life in the service of living the life that you desire despite experiencing anxiety.

By the end of this course, you will have received a lot of information and at times it may feel overwhelming. Remember that like any skill (e.g., learning to ride a bike), the skills you will learn in Anxiety Toolbox take time and practice to master. At times, you may encounter obstacles and/or find it difficult to integrate these skills into your daily life. That’s okay. It’s how change works, and as with all change, it’s important to practice as much as you can, even after encountering setbacks.

Think of your practice of these skills as a form of “mental health hygiene.” At the outset, it may seem tedious and you may question why you need to practice these skills so often. Think of it like dental hygiene—you brush your teeth multiple times a day to prevent the buildup of plaque and ultimately to prevent cavities. Similar to brushing your teeth, daily practice prevents a buildup of anxiety and stress over time. The more you practice and use these skills as part of your daily routine, the less tedious they may seem because they simply become a regular part of daily life.

Should you wish to focus more in depth on any of your anxiety related concerns, you may talk with your individual therapist following completion of Anxiety Toolbox to discuss options. If at any time you feel that you need additional support, please let your Anxiety Toolbox leader know or contact your individual therapist.

## **Frequently Asked Questions (FAQ)**

### **What is Anxiety Toolbox?**

Anxiety Toolbox is a fast-paced, 4-session seminar specifically designed to help people who struggle with a variety of anxiety-related concerns (e.g., panic attacks, generalized anxiety, social anxiety). The goal of this seminar is to provide education on anxiety and to teach coping skills for managing anxiety symptoms.

### **Why does Anxiety Toolbox use a 4-session model?**

Teaching Anxiety Toolbox over the course of 4 sessions allows you sufficient time to learn the concepts with time to practice between sessions. Keeping it to four 75-90 minute sessions allows you to find time in your busy schedule to learn these skills.

### **What if I need more than 4 weeks to learn the model?**

You are not alone. The skills taught in Anxiety Toolbox may be challenging and may take time to build. There are several other anxiety groups offered by Kaiser that can help you refresh these tools and take them in at a slower pace.

### **What if I don't feel comfortable in groups?**

Many people feel a little anxious about participating in a group. Anxiety Toolbox is structured and curriculum-driven, like an academic class. You are not required to speak to the entire group if you do not feel comfortable doing so. The facilitator respects each participant's right to share only what they are comfortable sharing and never require you to share sensitive or potentially embarrassing information about yourself.

### **What if I have an urgent need to see a counselor during Anxiety Toolbox?**

Simply let the group leader know and they will facilitate you getting the help you need. You can also call Triage at (408) 366-4400.

### **Why do I have to do homework?**

The focus of this workshop is on building skills to cope with anxiety; in order to achieve that goal, regular practice is essential. The more you practice, the more you may find you get out of this workshop. The assignments are for you and only you, in the service of your own personal growth. You will not be required to provide your responses at any time during this workshop; however, it's important to bring your responses as you may be asked to look back on or elaborate on a prior assignment during the workshop.

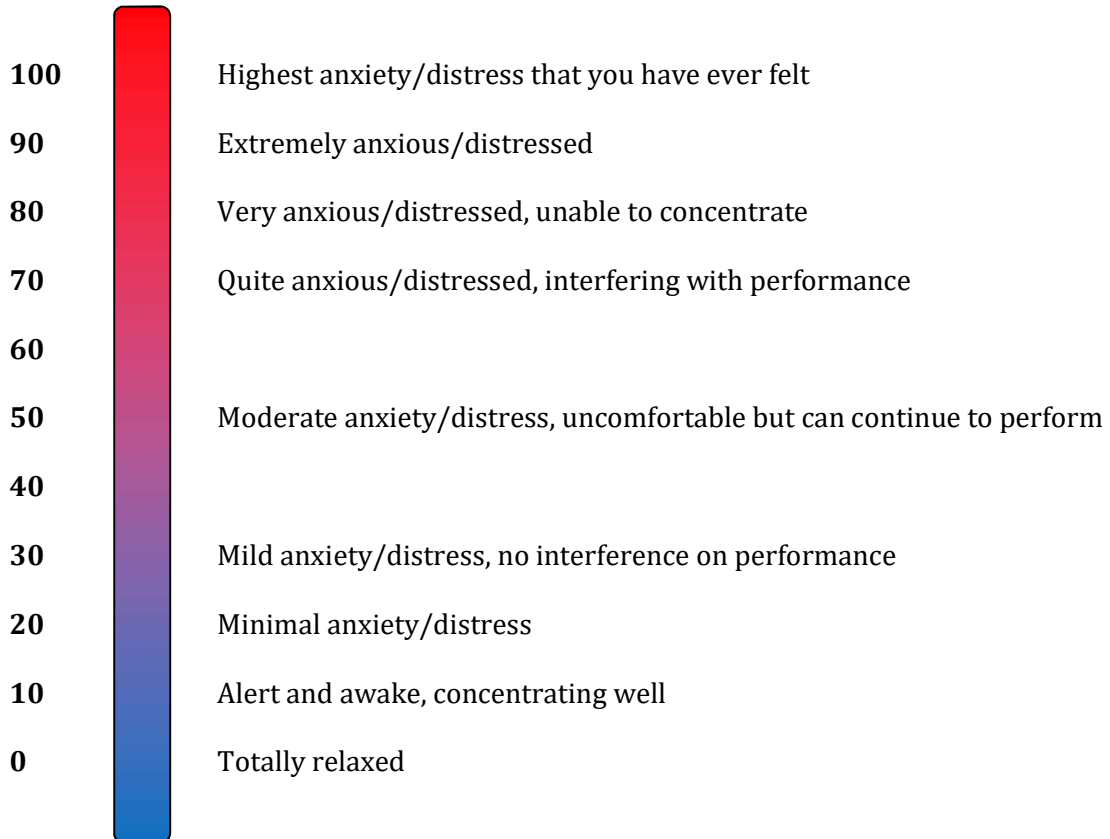
### **What if I didn't do my homework?**

We encourage you to come to group regardless of whether or not you were able to complete the homework assignment. If you forget your workbook, we can provide you a new one. We can also assist you in working on examples when the homework is reviewed.

## SUDS – Subjective Units of Distress Scale

SUDS are used as a measure of rating anxiety, they serve as a “thermometer” reading of measuring your anxiety on a scale from 0 to 100 – where 0 is totally relaxed and 100 is the worst anxiety and distress you can imagine. Getting into the habit of rating your anxiety will help you become more in touch with your feelings and keep your distress level in perspective. Notice how your level of anxiety changes over time and in different situations.

### SUDS: The Fear Thermometer



**SUDS Ratings**

**Session 1:**

Initial Rating: \_\_\_\_\_

Post-mindfulness Rating: \_\_\_\_\_

Mindfulness practiced: Mindful Noticing

Observations: \_\_\_\_\_

**Session 2:**

Initial Rating: \_\_\_\_\_

Post-mindfulness Rating: \_\_\_\_\_

Mindfulness practiced: Palming the Eyes

Observations: \_\_\_\_\_

**Session 3:**

Initial Rating: \_\_\_\_\_

Post-mindfulness Rating: \_\_\_\_\_

Mindfulness practiced: Progress Muscle Relaxation Mindfulness/Body Scan

Observations: \_\_\_\_\_

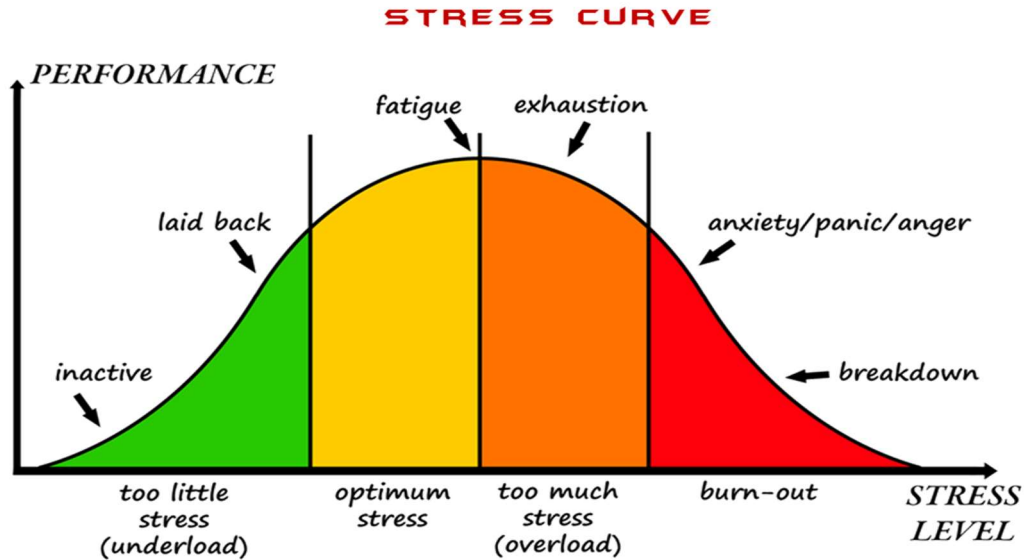
**Session 4:**

Initial Rating: \_\_\_\_\_

Post-mindfulness Rating: \_\_\_\_\_

Mindfulness practiced: Cooling Breath/Hissing Breath/Alternate Nostril Breathing

Observations: \_\_\_\_\_

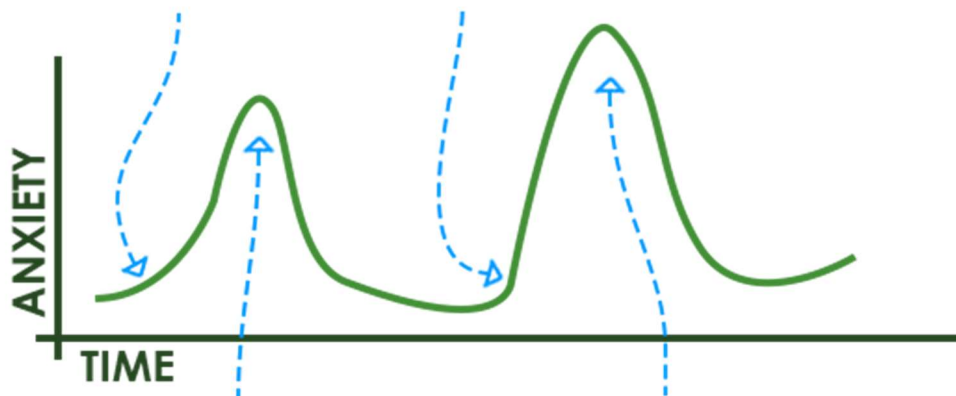


AND... consider the upside of stress (Kelly McGonigal, 2015)

***Changing how you think about stress can increase resilience, health and help you meet your goals. Stress as energy booster. Stress as an ally.***

### Anxiety - Avoidance Roller Coaster

(A person is confronted with an anxiety-producing situation which leads to an uncomfortable sense of worry and agitation.)



(The anxiety-producing situation is avoided, and the person receives a feeling of relief. However, next time the anxiety will be worse.)

Adapted from- <http://www.therapistaid.com/therapy-guide/cbt-for-anxiety>

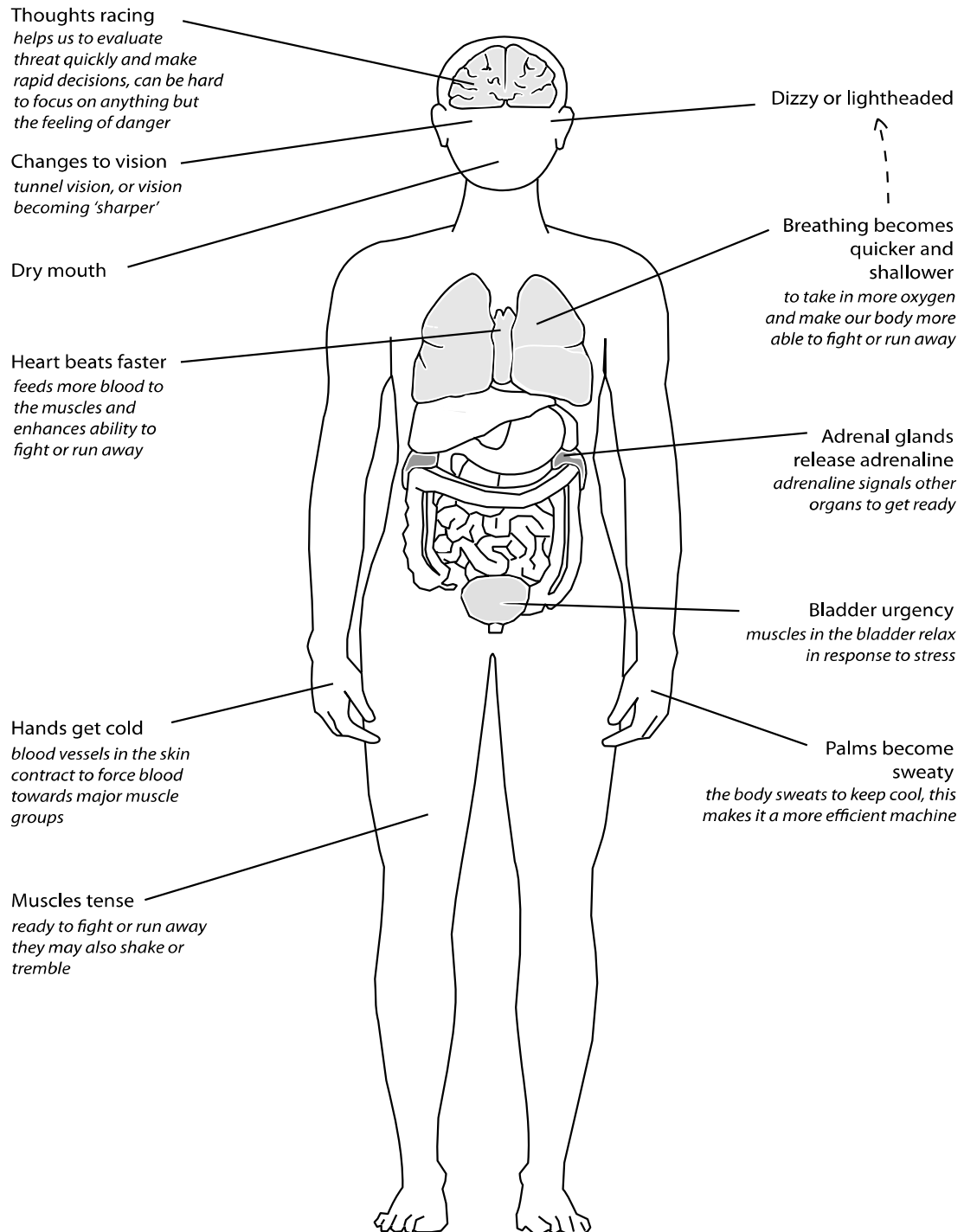
# Stress versus Anxiety

Everyday Anxiety (Stress)	Anxiety Disorder
In response to a known environmental factor	In response to an unknown source or in response to the experience of stress
Symptoms go away when the stressor goes away	Symptoms remain despite no identifiable stressor
Worry about living away from home for the first time, passing a class, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with your daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation; feeling nervous about meeting new people	Avoidance of social situations due to fear of being judged, embarrassed, or humiliated
Feeling nervous or sweating before a big test, class presentation, stage performance, or other significant event	Panic attacks that seem out of the blue and preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation (e.g. fear of poisonous snakes)	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger (e.g. fear of elevators)
Making sure that you are healthy and living in a safe environment	Performing uncontrollable repetitive actions, such as excessive cleaning, checking, touching or arranging

Adapted from: <http://www.adaa.org/understanding-anxiety>

## Threat System (Fight or Flight)

The 'fight or flight' response gets the body ready to fight or run away. Once a threat is detected your body responds automatically. All of the changes happen for good reasons, but may be experienced as uncomfortable when they happen in 'safe' situations.



# Common Anxiety Symptoms

## Physical Symptoms

- Increased heart rate
- Shortness of breath
- Chest pain or pressure
- Choking sensation
- Dizziness, lightheadedness
- Sweating, hot flashes, chills
- Nausea, upset stomach, diarrhea
- Trembling, shaking
- Weakness, unsteadiness, faintness
- Tense muscles, rigidity
- Dry mouth
- Other: \_\_\_\_\_

## Behavioral Symptoms

- **Avoidance** of threat cues or situations
- **Escape**, flight
- Pursuit of safety, reassurance
- Restlessness, agitation, pacing
- Hyperventilation
- Freezing, motionlessness
- Difficulty speaking
- Other: \_\_\_\_\_

## Cognitive Symptoms

- Fear of losing control, being unable to cope
- Fear of physical injury or death
- Fear of “going crazy”
- Fear of negative evaluations by others
- Frightening thoughts, images, or memories
- Perceptions of unreality or detachment
- Poor concentration, confusion, distractibility
- Narrowing of attention, hypervigilance for threat
- Poor memory
- Difficulty in reasoning, loss of objectivity
- Other: \_\_\_\_\_

## Emotional Symptoms

- Feeling nervous, tense, wound up
- Feeling frightened, fearful, terrified
- Being edgy, jumpy, jittery
- Being impatient, frustrated
- Other: \_\_\_\_\_

Adapted from *The Anxiety and Worry Workbook* by Clark and Beck

# Mindfulness

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally, in the service of self-understanding and wisdom” (J. Kabat-Zinn).

## **Mindfulness What and How Skills** (M. Linehan, 2015):

### What Skills: what you do when practicing mindfulness

*Observe* – Notice inputs from your five senses (what you can see, hear, touch, smell, taste). Recognize emotions and thoughts. Allow yourself to watch both external and internal experiences. Notice the rise and fall of feelings, like waves in the ocean.

*Describe* – Put words on the experience. Label what you observe. Unglue your interpretations and opinions from facts.

*Participate* – Immerse yourself into the current activity. Be one with what you are doing. Do just what is needed in each moment/situation, drawing on your intuition. Go with the flow. Respond with spontaneity.

### How Skills: how you practice when practicing mindfulness

*Non-judgmentally* – Let go of judgments. Notice and release judgments about yourself, others, your experience or anything else. Don't judge your judging. Instead, ask what might be needed and offer compassion.

*One-mindfully* – Do one thing at a time, with full awareness.

*Effectively*– Act effectively, which means doing what works instead of sitting on your hands and wishing reality were different.

# **SESSION 1: Cognitive Behavior Therapy (CBT) Skills**

# Cross Sectional Formulation

**Situation** (*When? Where? What? With whom? What did you feel anxious about?*)

My boss sent me an email out of the blue asking to meet with me tomorrow, but I didn't know why.

**Physical** (*When anxious, what physical sensations did you experience? What did you notice in your body?*)

Heart racing, tight chest, shallow breathing, hot

**Emotional** (*What emotions came up for you when you felt anxious?*)

Scared, ashamed, nervous

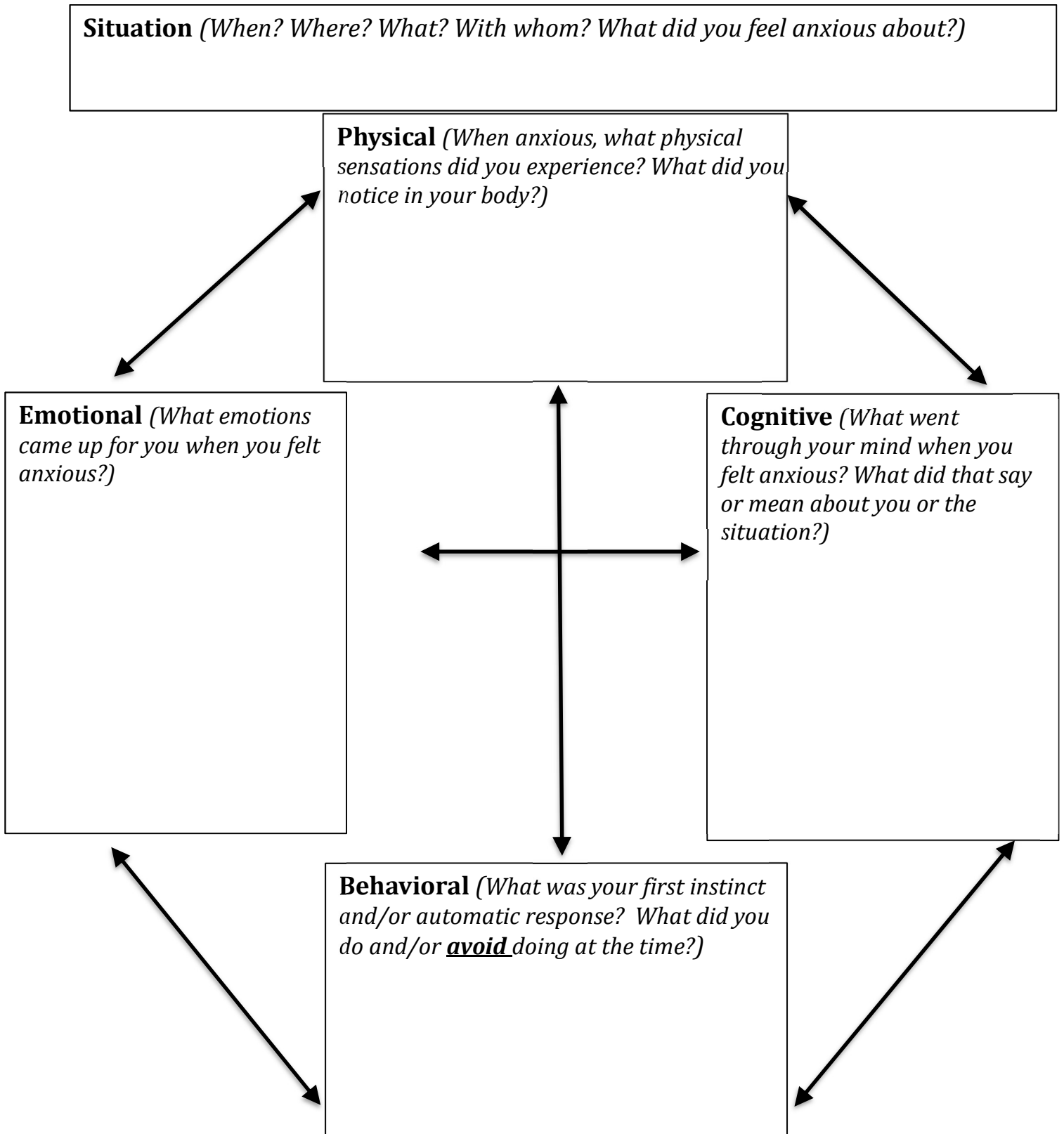
**Cognitive** (*What went through your mind when you felt anxious? What did that say or mean about you or the situation?*)

I must have done something wrong. I'm going to get fired.

**Behavioral** (*What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?*)

My first instinct was to call in sick tomorrow or say I was too busy. I waited until the end of the day to write back then asked if we could meet in a few days instead.

# Cross Sectional Formulation



## Addressing Worry or Responsive Behavior

Below are some examples and blank spaces to explore worries, behaviors we do in response to these worries, and the possible consequences of those behaviors. Use the behavioral goal to identify an alternative more helpful behavior you would like to try instead. Then rate the level of difficulty of the examples you provided. Start practicing with the least difficult item, rating your anxiety using SUDS before and after engaging in the exposure exercise. Continue to practice that item until your anxiety reduces to a SUDS score of 20-30 before moving onto the next item. Practice your anxiety toolbox skills while engaging in these exercises to manage your anxiety (e.g. deep breathing).

<b>Worry/Anxious Thought</b>	<b>Unhelpful Behavior:</b> safety, checking, or avoidance behavior	<b>Possible Costs</b>	<b>Behavioral Goal:</b> identifying an alternative behavior I can do to change the unhelpful behavior	<b>How difficult?</b> 0 (not difficult) to 10 (extremely difficult)	<b>Rating (before)</b>	<b>Rating (after)</b>
<i>Worry about my son's safety when he's out with friends or worry about when he's coming home.</i>	<i>Call several times to check in on him.</i>	<i>Son gets annoyed at me, stops answering my calls, I feel more anxious.</i>	<i>Discuss a plan with my son, perhaps one call instead of 4-5 or a text message check-in at a specific time.</i>	5	60	20
<i>Worry that my friends will judge me poorly if my house isn't pristine.</i>	<i>Rarely invite people over and when I do invite people, spend several hours cleaning making sure everything is clean.</i>	<i>Increased stress, decreased enjoyment of time with friends</i>				

# Unhelpful Thinking Styles

**All or nothing thinking**




Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*


*Either I do it right or not at all*

**Over-generalizing**



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

**Mental filter**



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

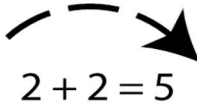
**Disqualifying the positive**



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

**Jumping to conclusions**



There are two key types of jumping to conclusions:


- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

**Magnification (catastrophizing) & minimization**



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

**Emotional reasoning**



Assuming that because we feel a certain way what we think must be true.


*I feel embarrassed so I must be an idiot*

**should must**

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

**Labeling**



Assigning labels to ourselves or other people

*I'm a loser*

*I'm completely useless*

*They're such an idiot*

**Personalization**

**"this is my fault"**

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

## Alternative Response Worksheet

**Situation:** *(When? Where? What? With whom? What did you feel anxious about?)*

**My boss sent me an email out of the blue asking to meet with me tomorrow, but I didn't know why.**

**Alternative Thoughts and Images:** *(Are these thoughts helpful? Are the anxious thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )*

*She may want an update on that project I was working on.*

*This may not even be about getting feedback (good or bad).*

*Getting asked to meet with my boss isn't that uncommon.*

**Alternative Behaviors:** *(What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?)*

**Coping Strategies I Can Use:**

- Deep breathing
- Distract myself
- Seek support from a friend/ family member
- Do a pleasurable activity
- Use alternative response worksheet

**Alternative Feelings:** *(What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)*

**Apprehensive**

**Neutral**

**Original Outcome:** *(What was the original outcome?)* **I waited all day to reply and then felt more anxious by the end of the day.**

**Desired Outcome:** *(Using these new alternatives, what would you like the outcome to be in the future?)* **I will respond as soon as possible, rather than avoid addressing the email.**

## If you're having trouble, ask yourself these questions:

Whenever we recognize an anxiety-related thought, feeling or behavior, it can be very helpful to ask ourselves the following questions:

### Alternative THOUGHTS:

1. What are other ways of looking at this situation?
2. Am I looking at the whole picture?
3. What might be a more helpful way of picturing this situation?
4. What unhelpful thinking styles might I be using here (see below)?
5. What is the evidence that my thoughts are true? Is there an alternative way of thinking about this situation that is more true?
6. What is the probability that my thoughts will happen? What are some other things that could happen that are equally, if not more, probable?
7. Have I had any experiences in the past that suggests that this thought might not be COMPLETELY true ALL of the time?
8. Can I really predict the future? Is it helpful to try? What is more helpful?
9. Am I exaggerating how bad the result might be? What is more realistic?
10. Can I read people's minds? What else might they be thinking (that's not so negative)?
11. If a friend or loved one were in this situation and had this thought, what would I tell them?

<b><i>Common Cognitive Distortions (Unhelpful Thinking Styles)</i></b>	
<b>All or Nothing Thinking:</b> thinking in absolute, black and white categories	<b>Over-generalizing:</b> seeing a pattern based upon a single event or being overly broad in conclusions we draw
<b>Mental Filter:</b> only paying attention to certain types of evidence (e.g., dwelling on the negatives)	<b>Disqualifying the positive:</b> discounting the good things that have happened
<b>Jumping to Conclusions:</b> <b>Mind reading:</b> imagining we know what others are thinking <b>Fortune telling:</b> predicting the future	<b>Magnification (catastrophizing) and minimization:</b> blowing things out of proportion or inappropriately shrinking something to make it seem less important
<b>Emotional Reasoning:</b> assuming because we feel a certain way, what we think must be true	<b>Should/Must Thinking:</b> Using words like "should", "must", "ought to" or "have to"
<b>Labeling:</b> assigning labels to ourselves or others	<b>Personalization:</b> blaming yourself for something you weren't entirely responsible for OR blaming others and overlooking ways you may have contributed to the outcome

Alternative BEHAVIORS:

1. What could I do in the moment that would be more helpful?
2. What's the best thing to do (for me, for others, or for the situation)?
3. If my feared situation happens, how will I cope? What coping skills can I use to handle my feared situation? What have I done in the past that was successful?
4. Am I needing to work on acceptance, letting go of control, being okay with less than perfect, or having faith in the future and myself?
5. Breathe: Focus your attention on your breathing. Imagine you have a balloon in your belly, inflating on the in-breath, deflating on the out-breath.

Alternative FEELINGS:

1. What might it feel like if I acted/thought differently?
2. When I'm not feeling this way, do I think about this situation differently?
3. Are there any strengths or positives in me or the situation that I might be ignoring?
4. What else might this anxiety be related to? Is it *really* about feeling \_\_\_\_\_?  
Tell yourself: "This feeling will pass. It's a normal body reaction."

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

– Viktor Frankl

## Alternative Response Worksheet

**Situation:** *(When? Where? What? With whom? What did you feel anxious about?)*

**Alternative Thoughts and Images:** *(Are these thoughts helpful? Are the anxious thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )*

**Alternative Behaviors:** *(What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?)*

**Coping Strategies I Can Use:**

- Deep breathing*
- Distract myself*
- Seek support from a friend/ family member*
- Do a pleasurable activity*
- Use alternative response worksheet*

**Alternative Feelings:** *(What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)*

**Original Outcome:** *(What was the original outcome?)*

**Desired Outcome:** *(Using these new alternatives, what would you like the outcome to be in the future?)*

# behavioural experiments negative predictions

## Negative Predictions

Many people who suffer from anxiety, depression or low self-esteem tend to make negative predictions about how certain situations will turn out. You may tend to:

- Overestimate the likelihood that bad things will happen or that something will go wrong
- Exaggerate how bad things will be
- Underestimate your ability to deal with things if they don't go well
- Ignore other factors in the situation which suggest that things will not be as bad as you are predicting

When you jump to such negative conclusions about the future, you will tend to engage in unhelpful behaviours. You may tend to:

- Avoid** the situation totally
- Try the situation out but **escape** when things seem too difficult
- Be overly cautious and engage in **safety behaviours** (see worksheet Biology+Psychology of Panic)

The problem with these strategies is that they prevent you from actually testing out your predictions. This makes it very hard for you to ever have a different experience from what you expected, so you continue to expect the worst.



For example, let us imagine you have been invited to a BBQ and your negative prediction is: "I will have a terrible time, no-one will speak to me, I will feel like a total fool."

Your usual response may be to either avoid the BBQ altogether, or to attend but to leave as soon as you feel uncomfortable, or to stand in the corner and speak only to one person you already know. This may help you reduce your discomfort in the short term, but it also contributes to the continuation of your negative predictions, and this means continuation of anxieties.

## Testing Our Predictions

What could have been an alternative way to handle the BBQ situation described above?

A different approach could be to go to the BBQ, try your best to have a nice time and speak to others, and use the resulting experience as evidence to test your original negative prediction. **Think of yourself as a scientist, putting your thoughts under the microscope to examine the evidence for and against your thoughts**, instead of assuming that of your negative predictions are true. Behavioural experiments are a good way for testing these predictions. Next we will go through the steps, using the BBQ situation as an example.



all

## Planning your Behavioural Experiment

1. Be clear about the purpose of the experiment - the point is to test out your negative predictions and help you to develop more realistic and/or balanced predictions.

2. What is the thought or belief that you are trying to test? Rate how strongly you believe this prediction (0-100)

*I will have a terrible time at the BBQ. Even if I try to talk to people, no-one will talk to me. (90)*

3. What is an alternative prediction or belief? Rate how strongly you believe this alternative (0-100)

*I will find at least one person to talk to and will have an ok time. (10)*

4. Design the actual experiment - what will you do to test your prediction, when will you do it, how long will it take, and with whom? Try to be as specific as possible. There are no boundaries to how creative you can be, and it is ok to ask for help.

*I will go to the BBQ at 8pm, alone, and will stay for at least one hour. I will try to make conversation with at least three people, one that I did not know already. I will only drink one glass of wine.*

5. Make sure you set your experiment at an appropriate level. It is best to start simply and increase the challenge step-by-step.

Identify likely problems and how to deal with them.

*There might not be anyone I know at the BBQ. But I will at least know the host and I can ask to be introduced to some other people.*



## Evaluating your Behavioural Experiment

1. Carry out the experiment as planned. Remember to take notice of your thoughts, feelings, and behaviours.

2. Write down what happened, what did you observe? Consider the evidence *for* and *against* your original prediction. What did this say about your negative prediction

*I felt quite nervous at first and wanted to leave. I used breathing to calm myself. The host was friendly and seemed happy to talk to me, and I also spoke to Kelly, who I hadn't seen in some time. Kelly introduced me to her partner Jim and we had a good chat about travel. At one point I worried I had said something stupid, but Jim didn't seem to notice so my worry passed.*

3. What have you learned?

*I am capable of making conversation and enjoying myself in a casual social situation.*

4. Rate how strongly you now believe in your original prediction and the alternative (0-100)

*I will have a terrible time at the BBQ. Even if I try to talk to people, no-one will talk to me. (10)*

*I will find at least one person to talk to and will have an ok time. (80)*

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# Worry Time

- Set aside a specific time and place each day to engage in worry (on purpose!)
  - \* Find a time when you will not be disturbed and can really focus on your worries
  - \* Most people set aside approximately 20-30 minutes, and there are several ways you can use this time.
  
- One suggestion is to write down your worries in great detail like you would if you were writing a script for a movie
- You may choose to rewrite the story, or read it over and over until it no longer produces a high level of anxiety
  
- This technique has been found to be highly effective in treating anxiety. However, you have to engage in this activity on a daily basis. Do not begin writing about a new story until you feel you have combatted the one you had been working on.
  
- Once the 20-30 minutes runs out, you do not want to continue worrying.
- Instead, focus on how you are feeling physically and emotionally after the worry time.
- Notice any changes in feelings or reactions to the worries with time and practice.
- You can also plan a pleasant activity to help distract you away from your worry afterward.
  
- Do not schedule worry time close to bedtimes as it can often make it difficult to sleep.
- You will still continue to notice worries/anxious thoughts throughout the day, but instead of dwelling on it, write down the worry and address it during your worry time.
  
- This exercise often illustrates to the worrier that they really do not worry about "everything." There are usually a limited number of worries that people have; they just take up a lot of valuable time and energy.
  
- Some people even find that they are not able to use the entire 20-30 minutes. If you find this to be the case, it is very important that you continue to worry the entire time. This process is called "worry exposure." When you continue to expose yourself to worry, you will eventually become "habituated" (desensitized) to the worry.

# Identifying Triggers Worksheet

While at times it may be difficult to identify a trigger, understanding your triggers for anxiety is an important step in helping you know when to implement and/or emphasize practice of the coping strategies you will learn in Anxiety Toolbox. Triggers can be external events (e.g., a presentation at work or school) or internal stimuli (e.g., a physical sensation or emotion) that led to your experience of anxiety (i.e., the emotional, physical, cognitive, and behavioral symptoms previously discussed during this workshop). Remember that sometimes the symptoms themselves can be a trigger that starts the cycle of anxiety.

The following are some typical categories in which triggers might appear with examples:

## Responses to Internal Stimuli:

- **Emotions:** e.g., feeling down, fear or worry
- **Mental Images:** e.g., replaying interpersonal interactions or performance experience
- **Physical State:** e.g., racing heartbeat, lightheadedness, tightness in chest
- **Thoughts:** e.g., “I might get fired”, “That person must not like me”, “If someone talks to me on the bus, I won’t be able to handle it.”

## Responses to External Stimuli:

- **Presence of Others:** e.g., attending a social event, meeting with a professor, spending time with roommates, family interactions
- **Physical Setting:** e.g., crowded locations such as the mall, open areas, inside a car
- **Social Pressure:** e.g., feeling pressured to make friends, feeling pressured to perform well at work (in comparison to your peers)
- **Activities:** e.g., a sports event, a social event, a family gathering

List some triggers you experience related to your anxiety:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Identifying Triggers

Pay attention to any triggers for anxiety that you may experience over the next week. Write them down in the following categories. You may have triggers in all of the categories or you may notice triggers in only one or two categories. (Use the “other” category for triggers you feel don’t fit in the options listed.)

## Emotions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Mental Images:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Physical States:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Thoughts:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Presence of Others:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Physical Setting:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Social Pressure:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Activities:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Other:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



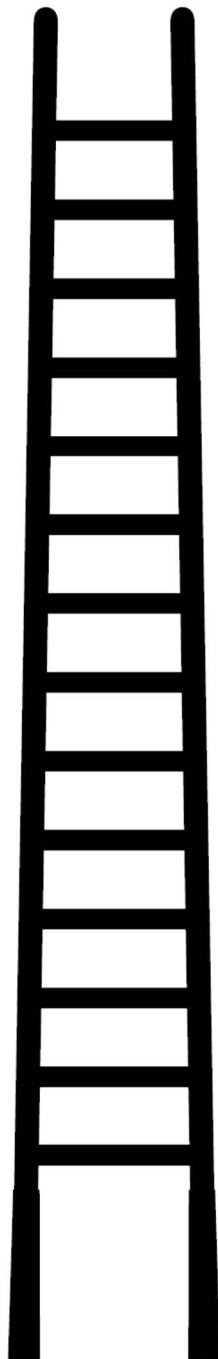
# Avoidance Hierarchy

Construct a ladder of places or situations that you avoid. At the top of the ladder put those which make you most anxious. At the bottom of the ladder put places or situations you avoid, but which don't bother you as much. In the middle of the ladder put ones that are 'in-between'. Give each item a rating from 0-100% according to how anxious you would feel if you had to be in that situation. Overcome your anxiety by approaching these situations, starting from the bottom of the ladder.

	Situation: <u>Driving</u>	Anxiety (0-100%)
10	Driving on the freeway for 20 minutes	100
9	Driving on the freeway and getting off at the 4 <sup>th</sup> exit	90
8	Getting on the freeway and getting off at the 2 <sup>nd</sup> exit	85
7	Getting on the freeway and getting off at the 1 <sup>st</sup> exit (busy)	82
6	Getting on the freeway and getting off at the 1 <sup>st</sup> exit (not busy)	80
5	Driving around an unfamiliar neighborhood for 20 minutes	74
4	Driving around my neighborhood for 20 minutes	60
3	Driving to the store and back alone (about 10 minutes of driving)	55
2	Driving to the store and back with my spouse	40
1	Sitting in the car with the car running	20
0	Sitting in the car with the car off	15

## Avoidance Hierarchy

Construct a ladder of places or situations that you avoid. At the top of the ladder put those which which make you most anxious. At the bottom of the ladder put places or situations you avoid, but which don't bother you as much. In the middle of the ladder put ones that are 'in-between'. Give each item a rating from 0-100% according to how anxious you would feel if you had to be in that situation. Overcome your anxiety by approaching these situations, starting from the bottom of the ladder.

	Situation	Anxiety (0-100%)
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

**SESSION 2:**  
**Dialectical Behavior**  
**Therapy (DBT), Compassion**  
**Focused Therapy (CFT), and**  
**Acceptance & Commitment**  
**Therapy (ACT) Skills**

# Emotion Regulation Skills: ABC PLEASE

Reduce vulnerability to negative emotions through practicing emotion regulation skills. Use the acronym “ABC PLEASE” to help you remember these skills (Marsha Linehan, 2015).

**A** Accumulate positive emotions: Accumulate positive experiences, events, and valued actions to build a wall between you and the sea of emotional dyscontrol

**B** Build mastery: Do things that make you feel competent and effective as a line of defense against helplessness and hopelessness

**C** Cope ahead of time with emotional situations: Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations

**PLEASE** Take care of your mind by taking care of your body:

**Physical Illness** – Take care of your physical health.

**Eating** – Eat regularly. Quantity, quality, and type of food you typically eat have a major influence on your emotional wellness.

**Mood Altering Substances** – Avoid mood altering substances.

**Sleep** – Get enough sleep. Quality of sleep is directly correlated with emotional regulation and balance. Sleep is important for physical and mental health!

**Exercise** – Exercise or regular movement is essential to our health!

---

*“Almost everything will work again if you unplug it for a few minutes, including you.” – Anne Lamott*

---

# Sleep Hygiene

**What is Sleep Hygiene?** ‘Sleep hygiene’ is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

---

1. **Get regular.** Go to bed and get up at more or less the same time every day, even on weekends and days off!



2. **Get up & try again.** Go to sleep only when tired. If you haven't been able to fall asleep after 15-20 minutes, get up and do something calming (not stimulating) until you feel sleepy, then return to bed and try again.

3. **Avoid caffeine & nicotine.** Avoid consuming any caffeine (coffee, tea, soda, chocolate) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These act as stimulants and interfere with falling asleep.



4. **Avoid alcohol.** Avoid alcohol for at least 4-6 hours before bed because it interrupts the quality of sleep.

5. **Bed is for sleeping.** Do not use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep.

6. **Electronics curfew.** Don't use back-lit electronics 60 minutes prior to bed, as the artificial light prevents hormones and neurons that promote sleep.



7. **The right space.** Make your bed and bedroom quiet and comfortable for sleeping. An eye mask and earplugs may help block out light and noise.

8. **No naps.** Avoid taking naps during the day. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.

9. **Sleep rituals.** Develop rituals to remind your body that it is time to sleep, like relaxing stretches or breathing exercises for 15 minutes before bed.



10. **No clock-watching.** Checking the clock during the night can wake you up and reinforces negative thoughts such as “Oh no, look how late it is. I'll never get to sleep.”

11. **Keep daytime routine the same.** Even if you have a bad night sleep it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.

Adapted from <http://www.cci.health.wa.gov.au>

## Pleasant Activities

Acting	Amusing people	Attending a concert	Beachcombing	Being alone	Being with animals	Being at the beach
Being complimented	Being coached	Being counseled	Being in the country	Being at a family get-together	Being at a fraternity/sorority	Being with friends
Being with happy people	Being in the mountains	Being with my roommate	Being with someone I love	Being told I am loved	Being with my parents	Bird-watching
Boating/canoeing	Budgeting my time	Buying things for myself	Buying something for someone I care about	Camping	Caring for plants	Canning/Making preserves
Cheering for something	Collecting things	Combing/brushing my hair	Completing a difficult task	Complimenting or praising someone	Cooking	Counseling someone
Dancing	Dating someone I like	Designing/Drafting	Discussing my favorite hobby	Doing art work	Doing experiments	Doing favors for people I like
Doing housework	Dreaming at night	Driving long distances	Eating good meals	Exploring/Hiking	Expressing love to someone	Feeling the presence of a Higher Power
Fishing	Fixing machines	Gardening/Doing yardwork	Gathering natural objects	Giving gifts	Giving a party for someone	Getting up early
Getting massages	Giving massages	Going to an amusement park/zoo	Going to a barber/beautician	Going to a concert	Going to lectures	Going to a luncheon/potluck
Going to a health club/sauna/spa	Going to the movies	Going to a museum	Going on nature walks/field trips	Going to a play	Going to a restaurant	Going to a reunion
Going to a spiritual/peaceful place	Going to a sports event	Having coffee/tea with friends	Having daydreams	Having friends over to visit	Having a lively talk	Having lunch with friends
Having an original idea	Having spare time	Hearing jokes	Helping someone	Hiking	Horseback riding	Improving my health
Kicking sand/pebbles/leaves	Kissing	Knitting/crocheting	Laughing	Learning something new	Listening to the radio	Listening to music
Looking at the stars/moon	Making charitable donations	Making food to give away	Making a new friend	Meditating/Doing yoga	Planning or organizing something	Playing sports
Playing cards	Playing music	Playing with a pet	Playing in nature	Playing a board game/chess	Photography	Repairing things
Reading	Reminiscing	Riding in an airplane	Running/jogging	Saying prayers	Seeing beautiful scenery	Seeing old friends
Sewing	Shaving	Singing	Sleeping late	Smelling a flower or plant	Seeing good things happen to people	Solving a puzzle/crossword
Speaking a foreign language	Staying up late	Smiling at people	Taking a bath	Using my strengths	Watching TV	Writing in a journal

## Monitoring: Activity, Vitality, Workability

Keep track of how you spend your time and how this impacts your life. Vitality: 10 = a sense of being fully alive, doing something meaningful, engaging in life fully; 0= a sense of lifelessness, “going through the motions”, disengaged and disinterested in life. Workability: 10 = doing this works very well as a way of building the sort of life I want; 0 = doing this works badly as a way of building the life I want.

Day/Date	Activity (Briefly describe activity)	Difficulty 0-10	Vitality 0-10	Workability 0-10
6am				
7am				
8am				
9am				
10am				
11am				
12pm				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				

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# Self-Compassion

Self-compassion involves “treating ourselves kindly, like we would a close friend we care about. Rather than making global evaluations of ourselves as ‘good’ or ‘bad,’ self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease. It motivates us to make needed changes in our lives not because we’re worthless or inadequate, but because we care about ourselves and want to lessen our suffering” (Kristin Neff, PhD).

- Self-kindness instead of self-judgment
- Common humanity instead of isolation
- Mindfulness instead of over-identification

## Practice self-compassion

1. Observe and acknowledge your experience
  - “This is a moment of suffering.”
  - “I am having a hard time.”
2. Connect to our common humanity
  - “Suffering is part of life.”
  - “This is not abnormal; everyone suffers.”
  - “Others face similar problems.”
3. Offer yourself kindness
  - “May I be kind to myself.”
  - “I wish myself well.”
  - Place a hand over your heart, chest, cheek and the other hand on your belly if you find this soothing or grounding
  - “What can I do for myself now?”
  - “What would help me move on?”

“Compassion is like a soft light inside you.

Shine it on the parts of you that you would normally want to reject.

What would that look like?”

– Timonhy Gordon & Jessica Borushok

“The rejection of our common fate  
Makes us strangers to each other.  
The election of this common fate, in  
love, reveals us as one body.”

– Sebastian Moore

Adapted from H. Hart, 2019 <https://www.forbes.com/sites/hannahart/2019/09/03/how-self-compassion-can-help-you-cope-with-adversity-3-steps-to-improve-your-resilience/#7a09f84a7825>

## **RAIN of Self-Compassion** (Tara Brach, tarabrach.com, 2019)

*Recognize* what is happening;

*Allow* the experience, just as it is;

*Investigate (inquire)* with interest/curiosity and care;

*Nurture (nourish)* with self-compassion

# Loving-Kindness Meditation

Loving-kindness meditation originally comes from ancient Buddhist traditions. In the script that follows, I have changed the traditional Buddhist phrases and instructions (such as 'May I be happy') in order to make the language more consistent with Acceptance and Commitment Therapy (Russ Harris, 2019).

## *Loving-kindness Meditation (An ACTified Version)*

Begin by finding a comfortable position, and practicing mindfulness of the breath for a couple of minutes. Then, bring your awareness to the sensations around your heart area. As you focus, allow the sensations to be as they are, with an attitude of openness, interests, and receptiveness. Sometimes this is enough to connect with feelings of loving-kindness.

Next, think of a person who has been very kind and loving towards you. Reflect on what they've done for you, and why you're grateful to them. Remember a specific act they did, that was very loving or kind or caring, and remember how that felt.

Now imagine yourself radiating warm feelings of love, friendliness, kindness, generosity towards that person. As you do that, hold that person in your mind, and slowly and silently, repeat the phrases below (or rewrite them to suit your own needs, or make them more personally significant).

May you be healthy  
May you be peaceful  
May you be content  
May you experience love  
May you experience kindness  
May your life be rich and full and meaningful

As you say them, feel the meaning of the words, and radiate feelings of warmth, love, kindness, tenderness to this person.

Next, think of yourself, and the pain you've experienced, and radiate these same warm feelings towards yourself, while you say the same phrases, slowly and gently:

May I be healthy  
May I be peaceful  
May I be content  
May I experience love  
May I experience kindness  
May my life be rich and full and meaningful

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As you say them, feel the meaning of the words, and radiate feelings of warmth, love, kindness, tenderness throughout your body, completely accepting every aspect of yourself. (And if your mind makes negative judgments or comments during the process, just let them come and go, like passing cars, or silently say 'Thanks, mind!').

Next, bring to mind someone who is a good friend, or someone (such as a child) for whom you have a strong sense of care, and radiate warm loving-kindness to that person. Imagine them filling up with those feelings. And once again, repeat the phrases:

May you be healthy  
May you be peaceful  
May you be content  
May you experience love  
May you experience kindness  
May your life be rich and full and meaningful

Next, bring to mind a 'neutral' person – someone who you have no particular feelings towards (e.g. a neighbor, or a local shopkeeper). Now radiate loving-kindness to them, as you repeat the phrases:

May you be healthy  
May you be peaceful  
May you be content  
May you experience love  
May you experience kindness  
May your life be rich and full and meaningful

Finally bring to mind someone with whom you may be having some difficulty or conflict, and radiate loving-kindness to them. (Don't start with the most difficult person in your life! Start with someone who gives you a mild-to-moderate degree of difficulty.)

May you be healthy  
May you be peaceful  
May you be content  
May you experience love  
May you experience kindness  
May your life be rich and full and meaningful

Finish off by once more practicing mindfulness of the breath.

Note: if you're full of self-blame or self-loathing, you may initially find it hard to send loving-kindness to yourself. That's okay. If it's too difficult, just skip that bit initially. As you keep practicing this exercise, and get better at sending loving-kindness to others, you will find there comes a time when you are able to send it to yourself.

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“About Traveling in the Dark:

It is actually very, very simple, but definitely not easy.... Get up each day and do the next right thing. Except when you don't. And then, when you recognize it, clean up whatever mess you have made, and do the next right thing.

Each time you fall, do not waste too much time on whipping yourself. There are already more than enough beatings in this world. It does not need your contribution to violence, against others or against yourself. Put down your arms. Practice peace.

In this exact moment, you can ask yourself what that might look like, and then get still, and let a sense of direction arise. Let it rise out of stillness, not out of reactivity. Pause.

What.would.the.me.that.has.fallen.do.in.this.moment?

What.would.the.kind.thing.be?

What.would.the.loving.thing.be?

What next small thing, no matter how small, would move me towards a life I could love?

In those small, small movements, is transformation. The moment of movement, you are transformed... This is a transformation of and in the inches and we must be patient. We must wait to see how it unfolds.

There will be many days traveling in uncertainty... Every day you travel somewhere new, there is likely to be uncertainty. Make a friend of it. Set a place for it at the table of your life. Because if you are growing and developing, if you are moving onto new ground, you.will.not.know.the.way and you will need that moment of stillness, and, your own emerging sense of direction. And, you will travel with uncertainty...

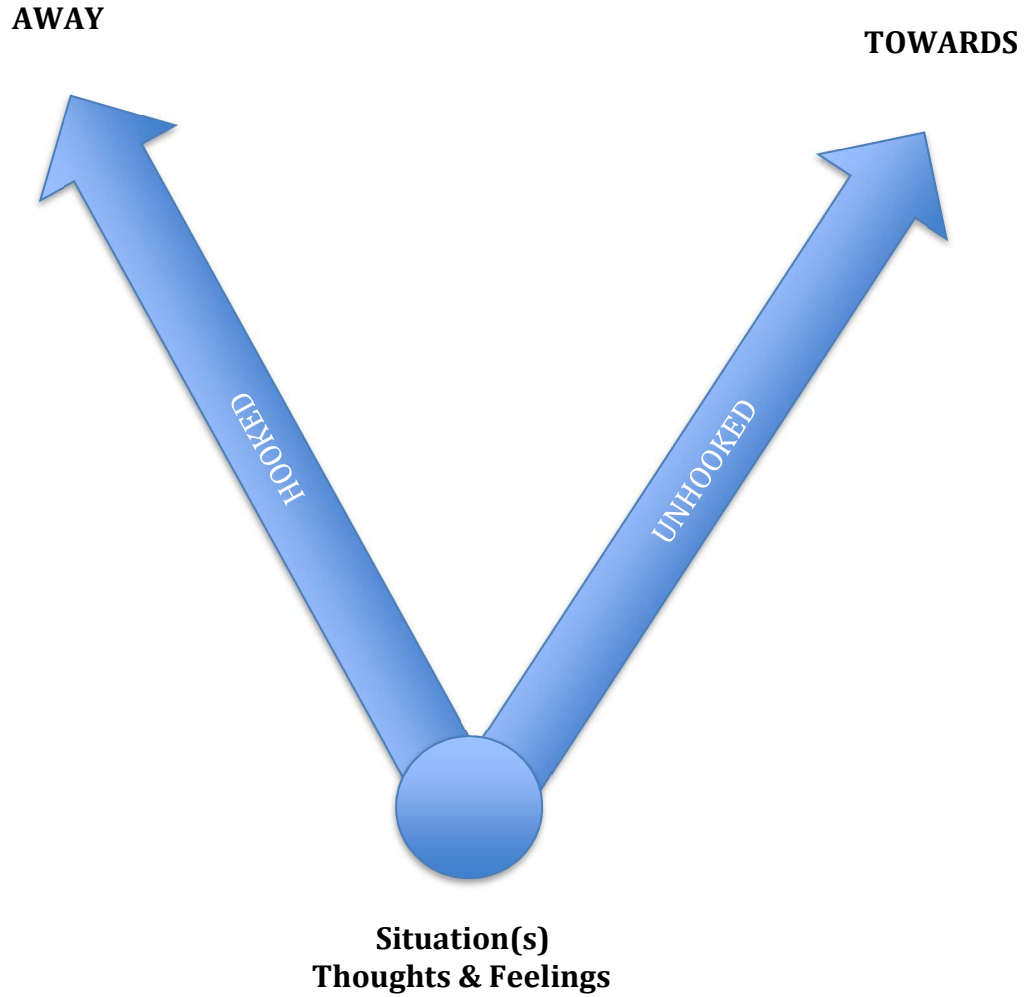
One last bit...do not fall prey to the enormous lie that you should be able to do this on your own... We are social mammals and are made to be together. Find fellow travelers along the way. Find people who understand the journey you are undertaking and speak with them about it. Share stories of the road. Speak honestly. Do not be afraid to speak of falling, of hardship, or despairing even. Give them heart and let them give you heart.

In deepest kindness,”

– Kelly Wilson



# Choice Point



Choice Point 2.0 © Russ Harris, 2017 – adapted from the “Choice Point” by Bailey, Ciarrochi, Harris 2013

# **SESSION 3: ACT SKILLS**

## Dissecting the Problem

This form is to help gather information about the nature of the main challenge, issue, or problem facing you. Please summarize, in one or two sentences, what the main issue of problem is:

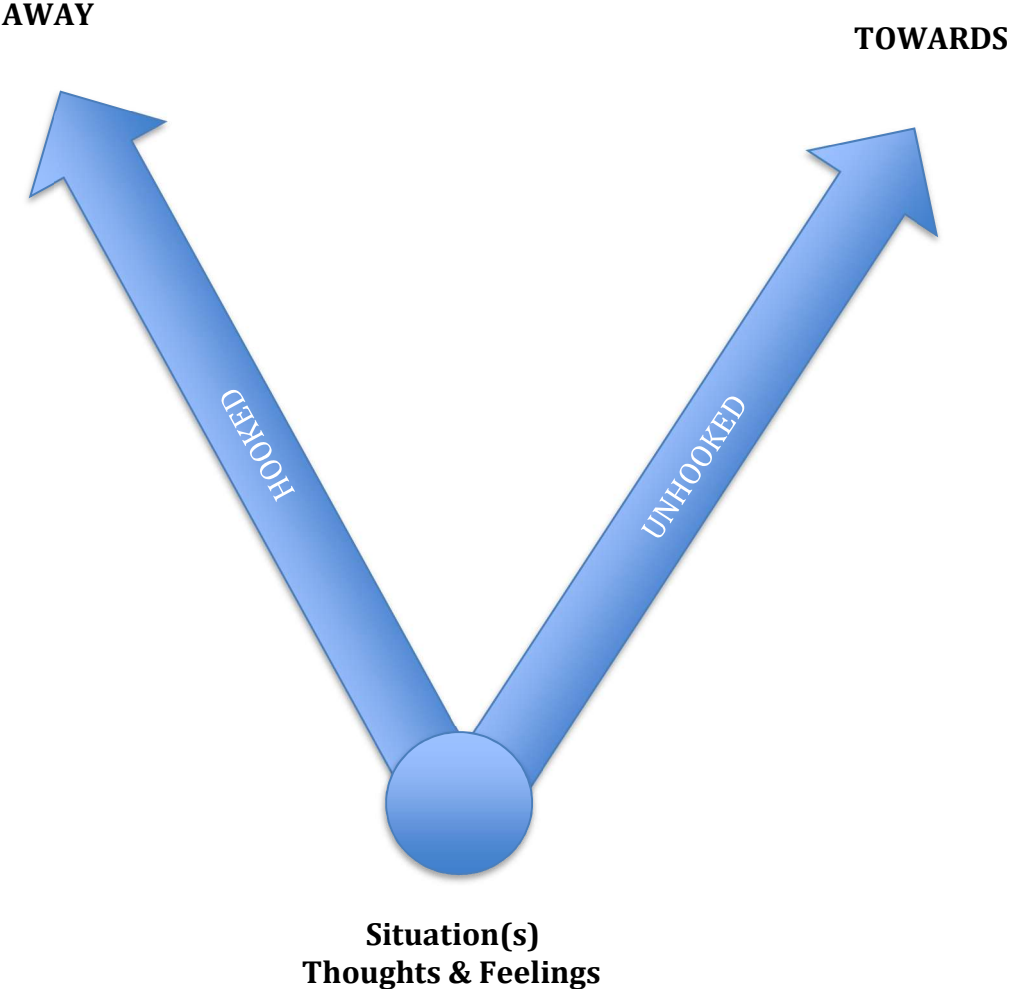
Please describe, in one or two sentences, how it affects your life, and what it stops you from doing or being:

Regardless of what your problem is—whether it is a physical illness, a difficult relationship, a work situation, a financial crisis, a performance issue, the loss of a loved one, a severe injury, or a clinical disorder such as depression—when we dissect the problem, we usually find four major elements that contribute significantly to the issue. These are represented in the boxes below. Please write as much as you can in each box about the thoughts, feelings, and actions that contribute to or worsen the challenge, problem, or issue facing you:

<p><b>“Hooked” by Thoughts</b> What memories, worries, fears, self-criticisms, or other unhelpful thoughts do you get “hooked” by or “caught up” in? What thoughts hold you back or jerk you around or bring you down?</p>	<p><b>Life-draining Actions:</b> What are you currently doing that makes your life worse in the long run: keeps you stuck; wastes your time or money; drains your energy; restricts your life; impacts negatively on your health, work, or relationships; maintains or worsens the problems you are dealing with?</p>
<p><b>Struggle with Feelings:</b> What emotions, feelings, urges, impulses, or sensations do you tend to fight with, avoid, suppress, try to get rid of, or otherwise struggle with?</p>	<p><b>Avoiding Challenging Situations:</b> What situations, activities, people, or places are you avoiding or staying away from? What have you quit, withdrawn from, dropped out of? What do you keep “putting off” until later?</p>

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# Choice Point



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## Vitality vs. Suffering Diary

Between now and next session, keep a record of what you do when painful thoughts and feelings arise, and notice if these actions lead to increased vitality or increased suffering.

Painful Thoughts/ Feelings/ Urges/ Sensations / Memories that showed up today	Things I did – when those thoughts and feelings showed up – that lead to <b>VITALITY</b> (i.e., enriched my life, or improved my health, wellbeing, or relationships in the long term)	Things I did – when those thoughts and feelings showed up – that lead to <b>SUFFERING</b> (i.e., restricted or worsened my life, drained my health and wellbeing, or hurt my relationships in the long term)

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www.newharbinger.com

## The Problems and Values Worksheet

Acceptance & Commitment Therapy (ACT) aims to reduce suffering and enrich life, as shown in the diagram below. To help in this process, there are four lots of information that are particularly important. These are represented in the four columns below. Between now and the next session, see what you can write in or add to each column.

STRUGGLE & SUFFERING		RICH & MEANINGFUL LIFE	
<p><b>Problematic Thoughts And Feelings:</b> What memories, worries, fears, self-criticism, or other thoughts do you get “caught up” in? What emotions, feelings, urges, or sensations do you struggle with?</p>	<p><b>Problematic Actions:</b> What are you doing that makes your life worse in the long run; that keeps you stuck; wastes your time or money; drains your energy; impacts negatively on your health or your relationships; or leads to you “missing out” on life?</p>	<p><b>Values:</b> What matters to you in the “big picture”? What do you want to stand for? What personal qualities and strengths do you want to develop? How do you want to enrich or improve your relationships? How would you like to “grow” or develop, through addressing your issue(s) or problems(s)?</p>	<p><b>Goals &amp; Actions:</b> What are you currently doing that improves your life in the long run? What do you want to start or do more of? What life-enriching goals do you want to achieve? What life-enhancing actions do you want to take? What life-improving skills would you like to develop?</p>

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**Exercise: A Values Checklist:** Below are some common values. Not ‘the right ones;’ merely common ones). Read through the list and write a letter next to each value, based on how important it is to you: V = very important, Q = quite important, and N = not so important. Some values will be more important in one area of life (e.g. parenting) than in another (e.g. work) so this is just to get a general sense of the values that tend to matter to you most.

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I’m doing and be fully present with others
8. Contribution and generosity: to contribute, give, help, assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficult
11. Creativity: to be creative or innovative
12. Curiosity: to be curious, open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behavior that I value in myself or others
14. Engagement: to engage fully in what I am doing
15. Fairness and justice: to be fair and just to myself and others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly, companionable, or agreeable toward others
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others
21. Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities
22. Gratitude: to be grateful for and appreciative of myself, others, and life
23. Honesty: to be honest, truthful, and sincere with myself and others
24. Industry: to be industrious, hardworking, and dedicated
25. Intimacy: to open up, reveal, and share myself, emotionally or physically
26. Kindness: to be kind, considerate, nurturing, or caring toward myself or others
27. Love: to act lovingly or affectionately toward myself or others
28. Mindfulness: to be open to, engaged in and curious about the present moment
29. Order: to be orderly and organized
30. Persistence and commitment: to continue resolutely, despite problems or difficulties.
31. Respect/self-respect: to treat myself and others with care and consideration
32. Responsibility: to be responsible and accountable for my actions
33. Safety and protection: to secure, protect, or ensure my own safety or that of others
34. Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
35. Sexuality: to explore or express my sexuality
36. Skillfulness: to continually practice and improve my skills and apply myself fully
37. Supportiveness: to be supportive, helpful and available to myself or others
38. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
39. Other: \_\_\_\_\_
40. Other: \_\_\_\_\_

© Russ Harris, 2013 Adapted from *The Confidence Gap: From Fear to Freedom*, by Russ Harris, Penguin Group (Australia), 2010.



## Emotional Agility

- **Show up:** Make contact with your emotions, thoughts, and behaviors willingly, with curiosity and kindness.
- **Step out:** Detach from/observe your emotions and thoughts as just that – thoughts and emotions. You are separate from emotions and thoughts. See yourself as the chessboard rather than the pieces on the board, restricted to specific moves.
- **Walk your why:** Your values help point the way toward what matters to you in your life.
- **Move on:** Take small steps in committed action toward valued directions, balancing challenge and competence.

(adapted from Susan David, 2019)

“Discomfort is the price of admission to a meaningful life.”  
– Susan David

## Learning to Love Dandelions

*Dandelions* (*The Song of the Bird*, 1984, Anthony De Mello).

A man who took great pride in his lawn  
found himself with a large crop of dandelions.  
He tried every method he knew  
to get rid of them. Still they plagued him.

Finally he wrote the Department of Agriculture.  
He enumerated all of the things he had tried  
and closed his letter with the question:  
“What shall I do now?”

In due course the reply came: “We suggest you learn to love them.”



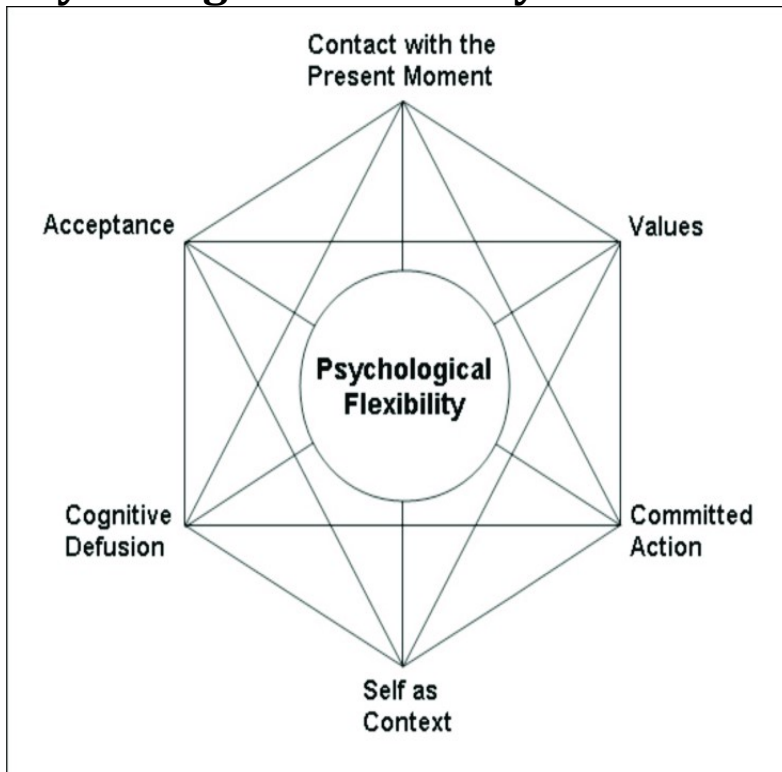
“We’re angry at our anger, worried about our worry, unhappy about our unhappiness.

It’s like quicksand.

The harder you struggle with your emotions, the deeper you sink.”

– *Emotional Agility*, Susan David, PhD

# Psychological Flexibility



Get in the habit of asking yourself: "Does this support the life I'm trying to create?" – Praxis CET



# **SESSION 4: ACT SKILLS**

## **Join the D.O.T.S. - Part 1: What have you tried?**

We all try to avoid or get rid of difficult thoughts & feelings. The aims of this exercise are a) to find out which methods you use, and b) how they work in the long term. NB: Please **do not** start judging these methods as 'good' or 'bad', 'right' or 'wrong', 'positive' or 'negative'. The aim is simply to find out if these methods are **workable** – i.e. do they work in the long term to give you a rich and meaningful life? (Obviously, if any of these methods do improve your life in the long term, keep doing them!)

### **What are the main thoughts, feelings, sensations, memories, emotions, urges that you do not want?**

**D - Distraction:** what do you do to distract yourself from, or 'take your mind off' painful thoughts & feelings? (e.g. movies, TV, internet, books, computer games, exercise, gardening, gambling, food, drugs, alcohol)

**O - Opting out:** what important, meaningful or life-enhancing activities, events, tasks, challenges, or people, do you avoid, quit, escape, procrastinate, or withdraw from? (If they're not important, meaningful or life-enhancing, then opting out is no problem!)

**T- Thinking strategies:** how do you try (consciously or not) to think your way out of pain? Tick any of the following that you have ever done, and write in any others that aren't included:

Worrying; Dwelling on the past; Fantasizing about the future; Imagining escape scenarios (e.g. leaving your job or your partner) or revenge scenarios; Thinking to yourself 'It's not fair ...' or 'If only ...'; Blaming yourself, others, or the world; Talking logically and rationally to yourself; Positive thinking; Positive affirmations; Judging or criticizing yourself; Giving yourself a hard time; Analyzing yourself (trying to figure out 'Why am I like this?'); Analyzing the situation (trying to figure out why this happened); Analyzing others (trying to figure out why they are like this); Planning; Strategizing; Constructive problem-solving; Making To Do lists; Repeating inspirational sayings or proverbs; Challenging or disputing negative thoughts; Telling yourself 'This too shall pass' or 'It may never happen'. Other thinking strategies:

**S - Substances & other Strategies:** what Substances do you use put into your body to avoid or get rid of pain: foods, drinks, cigarettes, recreational drugs, naturopathic & herbal remedies, over-the-counter & prescription medications?

Any other Strategies you ever use in response to unwanted thoughts and feelings? For example, have you tried yoga, meditation, having affairs, aggressiveness, Tai Chi, massage, exercise, picking fights, dancing, music, suicide attempts, self-harming, prayer, smashing things, staying in bed, self-help books, seeing a therapist or doctor or other health professional, getting angry at life or other people? Ever tried 'tolerating it', 'putting up with it' or 'sucking it up and getting on with it'? Ever tried giving up?

### **Join the D.O.T.S. - Part 2: How has it worked? What has it cost?**

Most of these strategies give you short term relief from painful thoughts and feelings. But do they permanently get rid of those unwanted thoughts and feelings, so they never come back? Most of the time, with most of these strategies, how long does your pain go away for before it returns?

***Now clearly, some of these methods are helpful, if you use them flexibly, moderately, sensibly – in which case, keep using them!***

However, when we *over-use* or *over-rely* on these methods – when we use them **excessively, rigidly, or inappropriately** – they have significant costs. When you have over-used them, what have these methods cost you in terms of health, money, wasted time, relationships, missed opportunities, work, increased pain, tiredness, wasted energy, frustration, disappointment, etc?

How many of these methods give you relief from pain in the short term, but keep you stuck or make your life worse or have significant costs in the long term?

‘none’ ..... ‘a few’ ..... ‘about half’ ..... ‘most’ ..... ‘all’

### **You’re Not Lazy or Stupid**

You’ve tried very hard for a long time to get rid of these thoughts & feelings. No one can call you lazy! And you’re not stupid! These are methods that everyone uses to some extent, to avoid or get rid of pain. We all try to distract ourselves; we all opt out of things that are difficult; we all try to think our way out of our pain; and we all put substances of one form or another into our bodies. And our friends, family, and health professionals often actively encourage us to do all these things! However ... no matter how hard we try to avoid or get rid of these thoughts and feelings .... in the long term, they keep coming back!

### **Are You Stuck In A Vicious Cycle?**

Unfortunately, often what we do to get short term relief from painful thoughts and feelings, tends to make our life worse in the long term. In other words, we get stuck in a vicious cycle. And most people find it painful when they realise this. What difficult thoughts and feelings does this bring up for you?

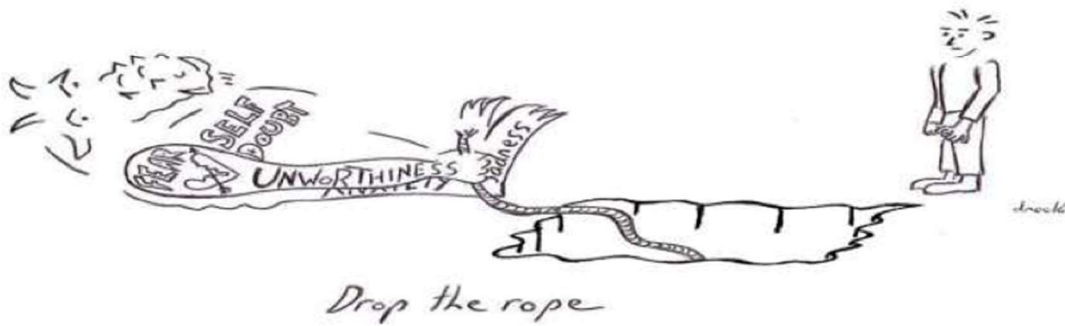
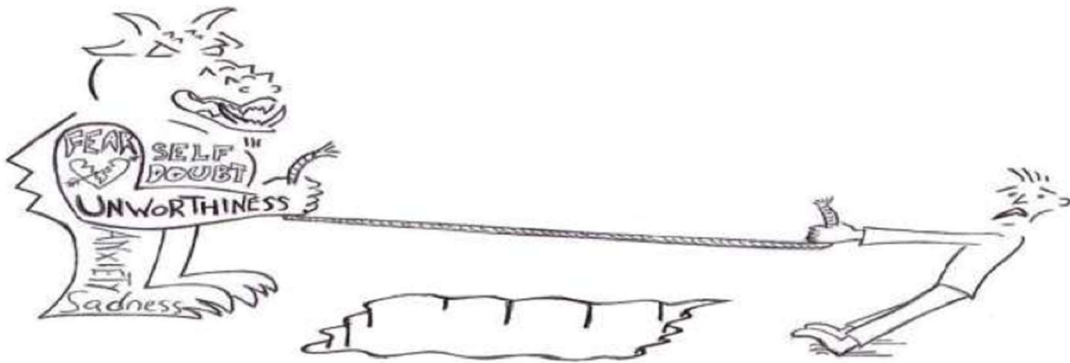
Can you take a moment to acknowledge just how painful and difficult it is to be caught in this vicious cycle? (Is there something kind you can say to yourself or do for yourself?)

Given that:

- a) no matter what you do, your painful thoughts and feelings keep coming back, and
  - b) many of the ways you respond to them are making your life worse in the long term
- would you be open to something new? Would you be interested in learning a brand new way of responding to them; a method that is radically different to everything else you’ve tried?

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# Drop the Rope



# Daily Struggle Worksheet

Fill in this worksheet once a day to help keep track of what happens when you struggle with your emotions and what happens when you open up and make room for them.

<b>Struggling vs. Opening Up Worksheet</b>			
Day/Date/Time	How much did you struggle with these feelings? 0 = no struggle, 10 = maximum struggle. What did you actually do during the struggle?	Did you open up and make room for these feelings, allowing them to be there even though they were unpleasant? If so, how did you do that?	What was the long-term effect of the way you responded to your feelings? Did it enhance life or worsen it?

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# HOW'S YOUR MIND HOOKING YOU?

Our minds are great at coming up with “stories”. In technical terms, we call such stories “cognitions.” Cognitions can include thoughts, beliefs, narratives, ideas, attitudes, assumptions, opinions, judgments, and more. Many of these stories all too easily “hook” us: they take our attention away from where it needs to be, or jerk us around and pull us into self-defeating patterns of behavior (“away moves”).

There are many different categories of such stories. Below are four of the most common ones. For each category, please write in your answers.

**1. Judgments (what judgments does your mind make about yourself, others, life, the world, your body, your mind, your behavior, etc.)**

**2. Time Traveling (what stories about the past – e.g. painful memories - or the future – e.g. worrying, predicting the worst - does your mind tend to hook you with?)**

**3. Reason Giving (what reasons does your mind give you as to why you can't or shouldn't do the things that matter to you?)**

**4. Rules (what unhelpful rules does your mind insist upon, in terms of what you can, can't; should or shouldn't do; or how life, the world, others should or shouldn't be?)**

## **Broken Record** (Adapted from Kelly Wilson: *Things Might Go Terribly, Horribly Wrong*, New Harbinger, 2010)

Take a word or idea and repeat it over and over again, until the spoken words dissolve into unintelligible sounds—simple music.

Repeat the word “milk” out loud as quickly as you can, over and over, for a minute.

**Milk, milk, milk, milk, milk, milk, milk milk, milk, milk, milk, milk...**

When the word/idea that you choose is something you find distressing, this game becomes most dramatic. Words such as “fool,” “stupid,” “fat,” or “failure” may be among such words. The purpose of the exercise is not to stop the thought or to get rid of it. Rather we are making it feel less important when it appears.

When you keep repeating the word for a minute or two, the sounds will start to be less articulated or run together and become non-sensical in sound. That’s the point. Then it has less umph and less grip on you.

---

Other ways to defuse from our thoughts...

- “I’m having the thought that... I’m noticing that I’m having the thought that...”
- Say it in a silly voice
- Sing it
- Say it very, very slooooooowly
- Write thoughts on cards. Carry them with you.
- Passengers on the Bus metaphor: Thoughts as passengers that get on/off the bus that you’re driving. Keep driving!
- Thank your mind for that thought.
- Ask, “Who’s talking here? You or your mind?”
- Leaves on a Stream – let thoughts come and go like leaves on a stream (or clouds in the sky)
- How old is that story? How is this just like you?
- “That’s an interesting thought.”
- Bullying reframe: What’s it like to be pushed around by that thought/belief/idea? Do you want to have it run your life, tell you what to do all the time?
- Notice what your mind is telling you right now. Notice what you’re thinking.
- If you go along with that thought, buy into it, and let it control you, where does that leave you? What do you get for buying into it? Where do you go from here? Can you give it a go anyway, even though your mind says it won’t work?

Adapted from Russ Harris, 2019

# New Ways to Experience Emotions

## *Mindfulness & Acceptance*

- Dropping anchor or other mindful grounding techniques
- Noticing and naming the emotion
- Defusion from unhelpful cognitions about the emotions (e.g., judgments, rules, reason-giving)
- Acceptance
- Self-compassion
- Self-as-context

## *Appreciating & Utilizing*

- Use the wisdom of the emotion: What's it telling me to address or change? What's it advising me to do differently? What's it bringing my attention to? What's it reminding me?
- Pain as an ally: How is this emotion trying to help me?
- Use the energy/power of the emotion—e.g., channeling the energy of anxiety into a performance, or the energy of anger into effective actions in the service of justice and fairness. Appreciating the evolutionary purpose and adaptive functions of an emotion.

## *Metaphors: Seeing challenging emotions in new ways*

- Emotions are like the weather, and I am like the sky.
- Emotions are like waves that rise and peak and fall.
- Emotions are like chess pieces, and I am like the board.
- Emotions are just one aspect of the broad stage show of life.
- Emotions are harmless even though painful or uncomfortable.
- Emotions are normal; a full human life comes with the full range of emotions.
- Emotions don't have to control me; I can live my values even when difficult feelings are present.

## What's Holding You Back? Identify Your **HARD** Barriers

The aim of this worksheet is to clarify your own internal barriers, holding you back from stepping out of your comfort zone, or trying new things, or facing your fears, or tackling your big challenges, etc. There are two ways to fill out this worksheet. One option is to do it for a specific domain of life - e.g. work, education, friends, partner, parenting, spirituality, hobbies, health etc. The other option is to do it as a broad overview of life in general.

### **H = HOOKED**

What reasons does your mind come up with for why you can't, shouldn't, or shouldn't even have to take action? What bad things does it tell you will happen if you do take action? Please write them below.

***The antidote:** If you get hooked by these thoughts, then you probably won't take action. So use your unhooking skills. You can't stop your mind from saying these things, but you can unhook from them.*

### **A = AVOIDING DISCOMFORT**

Personal growth and meaningful change means stepping out of your comfort zone. This inevitably brings up discomfort. And if you aren't willing to make room for that discomfort, you won't do the things that really matter to you. Please write below all the difficult thoughts, feelings, sensations, emotions, memories, and urges you are unwilling to have.

***The antidote:** Use your "expansion" skills; practice opening up and making room for your discomfort. Before you set out to do the challenging things that matter to you, think ahead: What sort of discomfort is likely, and are you willing to make room for it?*

## **R = REMOTENESS FROM VALUES**

What values are you ignoring, neglecting, forgetting, leaving behind, or failing to act on when you opt out of doing these important things?

***The antidote:** Connect with your values. Why bother to do this challenging stuff if it's not important? If it is important, then connect with what makes it meaningful. What values will you be living with every step you take?*

## **D = DOUBTFUL GOALS**

On a scale of 0-10, how realistic do your goals seem to you? (10 = totally realistic, I'll definitely do it, no matter what. 0 = completely unrealistic, I'll never do it.)

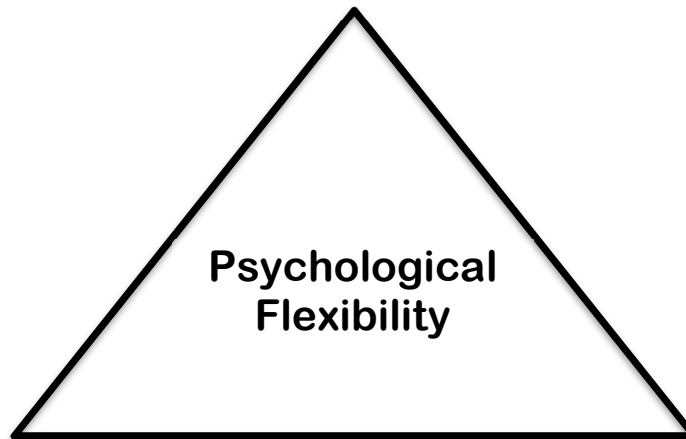
If your goals seem less than a 7, it's doubtful you will follow through. Are your goals excessive? Are you trying to do too much? Trying to do it too quickly? Trying to do it perfectly? Are you trying to do things for which you lack the resources (such as time, money, energy, health, social support, or necessary skills)?

***The antidote:** Set more realistic goals. Make them smaller, simpler, easier, matched to your resources until you can score at least a 7 in terms of how realistic they are.*

Please write down your goals below, and scale each one 0-10 in terms of how realistic they seem. If any score less than 7, you need to make them smaller, simpler, easier – or change them completely – until you can score 7:



# Be Present



## Open Up

**Opening Up**  
 Able to separate, unhook, detach from thoughts and feelings?  
  
 Able to open up & make room for thoughts and feelings, and allow them to freely flow through?

**Being Present**  
 Able to engage fully in here-and-now experience?  
  
 Able to focus attention on whatever is most relevant to the task or activity at hand?  
  
 Able to notice when distracted, and refocus?

## Do What Matters

**Doing What Matters**  
 Able to be clear about & connected with values?  
  
 Able to take control of physical actions: over what you say and do?  
  
 Able to sustain values-guided action?

Date & Time	Activity & predicted level of difficulty, 0-10	Scores: 0-10; 0 = completely unable to do so most of the time; 10 = very able to do so, most of the time		
		Being present	Opening up	Doing what matters



***Wabi Sabi*** – Japanese philosophy encouraging focusing on the hidden blessings of our daily lives and celebrating the way things are rather than how they should be.

“Nothing lasts, nothing is finished, and nothing is perfect.” – Richard Powell



***Kintsugi*** – Art of filling in cracks in pottery with gold dusted lacquer to showcase, rather than hiding, age and damage

## Your Life's Journey



**“Always thrown, never fired...” – Emily Sandoz, PhD**

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*“...Tell me, what is it you plan to do with your  
one wild and precious life?” – Mary Oliver, *The  
Summer Day**

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### Homework

“I want you to consider the possibility of transformation. I want you to consider the possibility that a freer version of you could grow and develop...in any way you can imagine...and even more importantly in ways you cannot quite imagine...just over the horizon, just around the bend, unknowable except by traveling.” – Kelly Wilson, PhD, 2019

# APPENDIX

# Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious about?)*

**Physical** *(When anxious, what physical sensations did you experience? What did you notice in your body?)*

**Emotional** *(What emotions came up for you when you felt anxious?)*

**Cognitive** *(What went through your mind when you felt anxious? What did that say or mean about you or the situation?)*

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

## Alternative Response Worksheet

**Situation:** *(When? Where? What? With whom? What did you feel anxious about?)*

**Alternative Thoughts and Images:** *(Are these thoughts helpful? Are the anxious thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture? )*

**Alternative Behaviors:** *(What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?)*

**Coping Strategies I Can Use:**

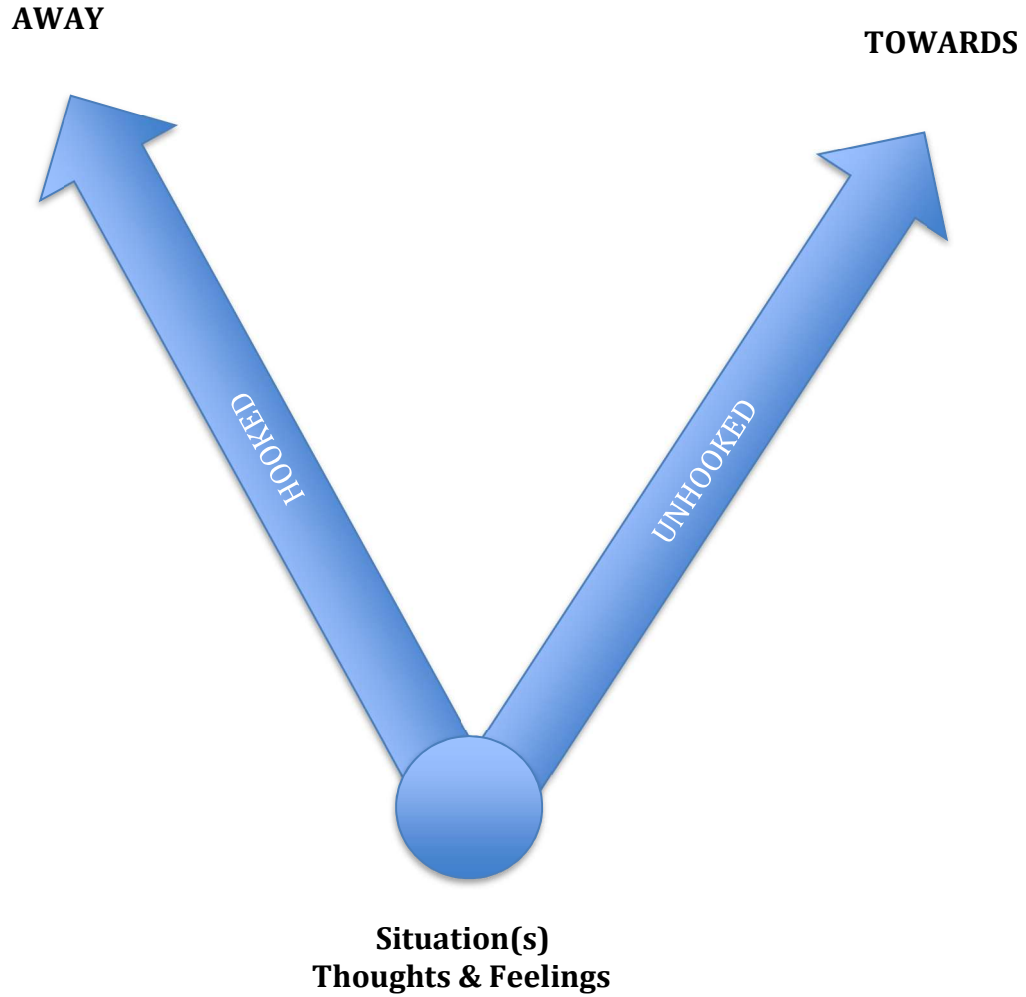
- Deep breathing*
- Distract myself*
- Seek support from a friend/ family member*
- Do a pleasurable activity*
- Use alternative response worksheet*

**Alternative Feelings:** *(What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)*

**Original Outcome:** *(What was the original outcome?)*

**Desired Outcome:** *(Using these new alternatives, what would you like the outcome to be in the future?)*

# Choice Point



Choice Point 2.0 © Russ Harris, 2017 – adapted from the “Choice Point” by Bailey, Ciarrochi, Harris 2013

# Daily Struggle Worksheet

Fill in this worksheet once a day to help keep track of what happens when you struggle with your emotions and what happens when you open up and make room for them.

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# Understanding Anxiety Disorders

While anxiety is a normal and adaptive experience for everyone, anxiety disorders are characterized by significant distress or impairment in social, academic/occupational, or other important areas of functioning (e.g., your general ability to function in life).

Some of the most common anxiety disorders include:

**Generalized Anxiety Disorder:** Chronic and unrealistic worry that feels difficult to control about everyday things (i.e., things that do not worry most people)

**Social Anxiety Disorder:** Chronic worry solely related to social situations

**Panic Disorder:** Characterized by episodes of “panic” that include things like: adrenaline surge, fear of losing control, chest pain, racing heart, shortness of breath, dizziness

**Phobias:** Specific fears that are excessive in nature and often lead to avoiding that which is feared (e.g., public speaking, heights, tunnels, etc.)

**Obsessive-Compulsive Disorder:** Excessive rumination (thinking) with repetitive behaviors to reduce anxiety

Adapted from: <http://www.adaa.org/understanding-anxiety>

# Grounding Exercises

When people become overwhelmed with distressing thoughts or feelings, including intense anxiety, activities that keep your mind and body connected (called “grounding”) can be helpful in regaining a sense of stability and mental focus. The following are a number of grounding exercises to choose from to help firmly anchor you in the present moment and provide you with space to choose where to focus your energy. **You may need to try multiple different exercises to find one or two that work best for you.**

1. Remind yourself of who you are now. State your name, age and where you are right now.
2. Take ten slow deep breaths. Focus your attention on each breath on the way in and on the way out. Say the number of the breath to yourself as you exhale.
3. Splash water on your face or place a cool wet cloth on your face.
4. Pay purposeful attention as you hold a cold (non-alcoholic) beverage in your hands. Feel the coldness, and the wetness on the outside. Note the taste as you drink. You can also do this exercise with a warm beverage.
5. Find a “grounding object” to hold, look at, listen to, and/or smell. This could be a soft object such as a pillow or stuffed animal, a smooth stone you found on the beach, a picture of a beautiful scene or loved one, and/or any other object that represents safety or comfort.
6. Listen to music. Pay close attention and listen for something new or different.
7. If you wake up suddenly during the night and feel disoriented or distressed, remind yourself who you are and where you are. Look around the room and notice familiar objects and name them. Feel the bed you are lying on, the softness of the sheets or blankets, the warmth or coldness of the air, and notice any sounds you hear. Remind yourself that you are safe.

8. Feel the clothes on your body, whether your arms and legs are covered or not, and the sensation of your clothes as you move in them.
9. While sitting, feel the chair under you and the weight of your body and legs pressing down on it.
10. If you are lying down, feel the contact between your head, your body and your legs, as they touch the surface you are lying on. Starting from your head, notice how each part feels, all the way down to your feet, on the soft or hard surface.
11. Stop, look, and listen. Notice and name what you can see and hear nearby and in the distance.
12. Look around you, notice what is front of you and to each side, name first large objects and then smaller ones.
13. Get up, walk around, take your time to notice each step as you take one then another.
14. If you can, step outside, notice the temperature, the sounds around you, the ground under your feet, the smell in the air, etc.
15. “54321” Grounding Exercise:
  - Name 5 things you can see in the room with you.
  - Name 4 things you can feel (tactile; e.g. “chair on my back” or “feet on floor”)
  - Name 3 things you can hear right now
  - Name 2 things you can smell right now
  - Name 1 good thing about yourself
16. Write and/or say grounding statements
  - This situation won’t last forever
  - This too shall pass.
  - I can ride this out and not let it get me down.
  - My anxiety/fear/sadness won’t kill me; it just doesn’t feel good right now.
  - These are just my feelings and eventually they’ll go away.

Adapted from: <http://www.livingwell.org.au/well-being/grounding-exercises/>

## **Breathing Exercises**

### **Belly (or Diaphragmatic) Breathing**

You can do this exercise in any position, but it is helpful to do this exercise while lying down when first learning belly breathing.

1. Lie comfortably on your back, with a pillow under your head, your knees bent and your back flat. You can stretch your legs out if that's more comfortable.
2. Place one hand on your belly and one hand on your upper chest.
3. Inhale slowly and expand your belly as you breathe so that your lower hand moves with your belly. The hand on your chest should remain as still as possible.
4. Slowly exhale, focusing on the movement of your belly and lower hand as it returns to its original position.
5. Repeat steps 3 & 4 for several minutes, always focusing on the movement of the belly as you breathe. If your mind wanders, gently bring your attention back to your breathing.

### **Breath-Counting Exercise**

This exercise focuses on the use of counting with the rhythm of the breath. Start with a short period of time and gradually increase the time. Set a timer so that you do not have to worry about when to stop.

1. Find a comfortable position. Take several deep breaths and settle into yourself. You may either close your eyes or keep them open, depending on your own comfort. If you keep them open, fix them on an object or a spot on the floor about four feet in front of you. Your eyes may be either focused or unfocused.
2. Take deep, comfortable breaths. Notice your inhalation. The pause between inhaling and exhaling, your exhalation, and the pause before starting again.
3. As you inhale, count, "one..." As you exhale, count, "two..." Inhale, "three..." Exhale, "four..." Continue until you reach 10 then start over.
4. If you lose count, simply begin with "one" on your next inhalation.
5. If you notice your mind has wandered, gently notice this, and return your focus back to counting your breath.
6. If you notice any body sensations catching your attention, focus on that sensation until it fades. Then return your attention back to counting your breaths.

### **Cooling breath: *Sheetali pranayama***

1. Sit in a comfortable position with back straight
2. Stick out your tongue past your lips
3. Roll your tongue to form a tube



4. Draw air in through the tongue-tube like you're drinking through a straw
5. Make a hissing sound as you draw in air
6. Hold your breath for as long as is comfortable
7. Exhale through both nostrils
8. Repeat 3-5 times

*Sheetali* is Sanskrit and can mean calm.

### **Hissing breath: *Sitkari pranayama***

1. Sit in a comfortable position with back straight
2. Fold your tongue back so the tip rests on the hard ridge behind your teeth
3. Try to bring your teeth together
4. Draw air in through your mouth making a hissing sound "si-si-si"
5. Exhale slowly through both nostrils
6. Repeat 2-3 times



## Alternate-nostril breathing: *Anuloma viloma pranayama*

1. Sit in a comfortable position
2. Bring your right hand into Vishnu Mudra position by folding your index and middle fingers into the palm of your hand



3. Place your left hand on your left knee/lap
4. Raise your right hand in front of your nose with palm facing inwards
5. Exhale completely
6. Close your right nostril by pressing with your thumb and breathe in through your left nostril
7. Close the left nostril with your ring finger
8. Open the right nostril and exhale through this side
9. Inhale through the right nostril and then close this nostril
10. Open the left nostril and exhale through the left side
11. This is one cycle
12. Continue for up to 5 minutes
13. Complete the practice by finishing with an exhale on the left side



## Online Resources

Kaiser Permanente Website: [www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles)

Cal Poly SLO Counseling Services - Guided Meditations

<https://www.youtube.com/playlist?list=PLI44jVzqiSNuYrPNPWHC6BTqrwBXtlhrS>

Mayo Clinic Stress Reduction Website

<http://www.mayoclinic.com/health/mindfulness-exercises/MY02124>

Meditation Oasis [www.meditationoasis.com](http://www.meditationoasis.com)

Mindful [www.mindful.org](http://www.mindful.org)

UCLA Mindful Awareness Research Center- Guided Medications

<http://marc.ucla.edu/body.cfm?id=22>

Health Coach: Stress Less [kpdoc.org/healthcoach](http://kpdoc.org/healthcoach)

### Apps for your Smartphone, Tablet, or Computer

ACT Companion

Breathe2relax

Breathing techniques by Hemalayaa

Calm

CBTi-Coach

Headspace

InsightTimer

Mindfulness Coach

Mindshift

Stop Breathe and Think

T2 Mood Tracker

Take a break! (Meditation Oasis)

### Consider Playing Games

Angry Birds

Animal Crossing

Bejeweled

Candy Crush

Equoo

Minecraft

Pokemon Go

puzzle games

SuperBetter

Tetris

Wizards Unite

## Books for Further Reading

The Anxiety and Phobia Workbook by Bourne (2011)  
The Anxiety and Worry Workbook by Clark & Beck (2012)  
The Happiness Trap: How to Stop Struggling and Start Living by Harris (2008)  
Get Out of Your Mind and Into Your Life by Hayes & Smith (2005)  
Things Might Go Terribly, Horribly Wrong by Wilson and Dufrene (2010)  
The Mindful Way Workbook by Teasdale, Williams, Segal, & Kabat-Zinn (2014)  
Mind Over Mood by Greenberger & Padesky (1995)  
An End to Panic by Zuercher-White (1998)  
Overcoming Anxiety and Panic: An Interactive Guide by McMahon (2019)  
Be Mighty: A Woman's Guide to Liberation from Anxiety, Worry & Stress Using Mindfulness & Acceptance by Stoddard (2019)

## Other Group Options at Kaiser Santa Clara Adult Psychiatry

ACT for Trauma and Anxiety: 8 weeks, Tuesdays 5:30-7pm, enter every other month on first Tuesday (Santa Clara)

Anxiety Toolbox – 4 weeks (*same curriculum* as this group!) enter first Tuesday; 5:30-7pm (North First Street)

Anxiety Group: 4 weeks, Thursdays 5:30-7pm, starts first Thursday of the month (Mountain View)

Avoid Avoiding: Mondays 6:30-8pm (Santa Clara)

Generalized Anxiety Group: 4-week group. Thursdays 6-8pm, enter 1<sup>st</sup> Thursday of the month (Santa Clara); Thursdays 6-7:30pm, start first Thursday (Milpitas)

Introduction to Mindfulness: enter first Wednesday of the month: attend orientation (5-6pm) and group (6:30-8pm) on first day (Santa Clara)

Panic Recovery: 4-week group addressing panic disorders; Tuesdays 6-8 pm, enter first Tuesday of the month (Santa Clara)

Social Anxiety: Tuesdays 6-8pm, ongoing (Campbell)

Wise Mind Skills for Depression and Anxiety: Tuesdays 5-6:30pm, ongoing (Mountain View)

***Via the Health Education Department (various locations)- Call (408) 851-3800 for more information on the following or ask your therapist to refer/book you:***

Managing Your Stress: six 2-hour sessions

Introduction to Meditation and Relaxation: two 1.5-hour sessions

Improving Your Sleep: five 2-hour sessions