



# HEALTH

- CHILDREN AND FAMILIES
- EDUCATION AND THE ARTS
- ENERGY AND ENVIRONMENT
- HEALTH AND HEALTH CARE
- INFRASTRUCTURE AND TRANSPORTATION
- INTERNATIONAL AFFAIRS
- LAW AND BUSINESS
- NATIONAL SECURITY
- POPULATION AND AGING
- PUBLIC SAFETY
- SCIENCE AND TECHNOLOGY
- TERRORISM AND HOMELAND SECURITY

The RAND Corporation is a nonprofit institution that helps improve policy and decisionmaking through research and analysis.

This electronic document was made available from [www.rand.org](http://www.rand.org) as a public service of the RAND Corporation.

Skip all front matter: [Jump to Page 1](#) ▼

## Support RAND

[Purchase this document](#)

[Browse Reports & Bookstore](#)

[Make a charitable contribution](#)

## For More Information

Visit RAND at [www.rand.org](http://www.rand.org)

Explore [RAND Health](#)

View [document details](#)

## Limited Electronic Distribution Rights

This document and trademark(s) contained herein are protected by law as indicated in a notice appearing later in this work. This electronic representation of RAND intellectual property is provided for non-commercial use only. Unauthorized posting of RAND electronic documents to a non-RAND website is prohibited. RAND electronic documents are protected under copyright law. Permission is required from RAND to reproduce, or reuse in another form, any of our research documents for commercial use. For information on reprint and linking permissions, please see [RAND Permissions](#).

This product is part of the RAND Corporation technical report series. Reports may include research findings on a specific topic that is limited in scope; present discussions of the methodology employed in research; provide literature reviews, survey instruments, modeling exercises, guidelines for practitioners and research professionals, and supporting documentation; or deliver preliminary findings. All RAND reports undergo rigorous peer review to ensure that they meet high standards for research quality and objectivity.

GROUP MEMBER'S WORKBOOK

# Building Recovery by Improving Goals, Habits, and Thoughts

---

A Group Cognitive Behavioral Therapy for Depression in Clients with Co-Occurring Alcohol and Drug Use Problems

## *People Interactions and Your Mood*



The research described in this report was sponsored by the National Institute on Alcohol Abuse and Alcoholism and was conducted in RAND Health, a division of the RAND Corporation.

The authors adapted this publication from the May 2000 revision of the "Manual for Group Cognitive Behavioral Therapy for Major Depression: A Reality Management Approach" by Ricardo F. Muñoz, Chandra Ghosh Ippen, Stephen Rao, Huynh-Nhu Le, and Eleanor Valdes Dwyer with their permission.

The RAND Corporation is a nonprofit institution that helps improve policy and decisionmaking through research and analysis. RAND's publications do not necessarily reflect the opinions of its research clients and sponsors.

**RAND**® is a registered trademark.

© Copyright 2000 Muñoz, Ghosh Ippen, Rao, Le, and Dwyer

Permission is given to duplicate this document for personal use only, as long as it is unaltered and complete. Copies may not be duplicated for commercial purposes. Unauthorized posting of RAND documents to a non-RAND website is prohibited. RAND documents are protected under copyright law. For information on reprint and linking permissions, please visit the RAND permissions page (<http://www.rand.org/publications/permissions.html>).

Published 2011 by the RAND Corporation  
1776 Main Street, P.O. Box 2138, Santa Monica, CA 90407-2138  
1200 South Hayes Street, Arlington, VA 22202-5050  
4570 Fifth Avenue, Suite 600, Pittsburgh, PA 15213-2665  
RAND URL: <http://www.rand.org>  
To order RAND documents or to obtain additional information, contact  
Distribution Services: Telephone: (310) 451-7002;  
Fax: (310) 451-6915; Email: [order@rand.org](mailto:order@rand.org)

**This is your book to keep. Feel free to write in it.**

**This workbook belongs to:**

---

**(Name)**

---

**(Date)**



# TABLE OF CONTENTS

<b>SESSION 1: YOUR PEOPLE INTERACTIONS AND YOUR MOOD ARE CONNECTED.....</b>	<b>1</b>
PURPOSE .....	1
OUTLINE .....	2
GROUP RULES .....	3
ANNOUNCEMENTS.....	4
INTRODUCTIONS.....	5
WHAT IS DEPRESSION? .....	6
WHAT IS COGNITIVE BEHAVIORAL THERAPY? .....	8
HOW DOES CBT TREAT DEPRESSION? .....	12
HOW HAVE YOU BEEN FEELING? .....	14
REVIEW .....	14
PRACTICE.....	14
LAST MODULE .....	15
NEW TOPIC: THE CONNECTION BETWEEN DEPRESSION AND HELPFUL INTERACTIONS WITH PEOPLE .....	17
THE IMPORTANCE OF HELPFUL RELATIONSHIPS .....	17
THE LINK BETWEEN PEOPLE INTERACTIONS AND MOOD: A CHAINING ACTIVITY .....	18
YOUR SOCIAL SUPPORT NETWORK.....	21
MEETING NEW PEOPLE.....	24
KEY MESSAGES .....	25
PRACTICE .....	26
FEEDBACK .....	29
LOOKING AHEAD.....	29
<b>SESSION 2: WHAT GETS IN THE WAY OF GOOD RELATIONSHIPS? .....</b>	<b>31</b>
PURPOSE .....	31

OUTLINE .....	32
ANNOUNCEMENTS.....	32
REVIEW .....	33
PRACTICE.....	33
LAST SESSION.....	34
NEW TOPIC: WHAT GETS IN THE WAY OF GOOD RELATIONSHIPS?.....	35
RELATIONSHIP PROBLEM AREAS.....	35
GRIEF AND LOSS.....	36
ROLE CHANGES .....	39
DISAGREEMENTS.....	43
KEY MESSAGES .....	47
PRACTICE .....	48
FEEDBACK .....	51
LOOKING AHEAD.....	51
<b>SESSION 3: GOOD COMMUNICATION IS KEY TO IMPROVING YOUR RELATIONSHIPS AND YOUR MOOD .....</b>	<b>53</b>
PURPOSE .....	53
OUTLINE .....	54
ANNOUNCEMENTS.....	54
HOW HAVE YOU BEEN FEELING? .....	55
REVIEW .....	55
PRACTICE.....	55
LAST SESSION.....	56
NEW TOPIC: COMMUNICATION SKILLS FOR BUILDING BETTER RELATIONSHIPS AND IMPROVING YOUR MOOD .....	57
LISTENING WELL .....	57
WHAT IS YOUR COMMUNICATION STYLE? .....	59
THREE BASIC COMMUNICATION STYLES .....	59
MAKING REQUESTS ASSERTIVELY.....	62
EXPRESSING YOUR FEELINGS AND THOUGHTS ASSERTIVELY.....	65
KEY MESSAGES .....	67



PRACTICE .....	67
FEEDBACK .....	71
LOOKING AHEAD .....	71
<b>SESSION 4: USING YOUR NEW SKILLS TO IMPROVE YOUR RELATIONSHIPS AND YOUR MOOD.....</b>	<b>73</b>
PURPOSE .....	73
OUTLINE .....	73
ANNOUNCEMENTS.....	74
REVIEW .....	74
PRACTICE.....	74
LAST SESSION.....	75
NEW TOPIC: GETTING AROUND OBSTACLES SO YOU CAN USE YOUR NEW SKILLS.....	76
FEAR .....	77
FEELING THAT YOU DON'T HAVE THE RIGHT TO BE ASSERTIVE.....	79
OLD HABITS IN THE FORM OF RELATIONSHIP RULES .....	81
KEY MESSAGES .....	86
PRACTICE .....	86
FEEDBACK .....	89
REVIEW OF MODULE: "PEOPLE INTERACTIONS AND YOUR MOOD" ....	89
GOODBYE TO GRADUATING GROUP MEMBERS .....	92
LOOKING AHEAD TO THE NEXT MODULE .....	93
<b>RESOURCES FOR GROUP MEMBERS .....</b>	<b>94</b>
ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND SUBSTANCE ABUSE.....	94
BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE.....	95



# SESSION 1: YOUR PEOPLE INTERACTIONS AND YOUR MOOD ARE CONNECTED

## PURPOSE

- Learn about the Cognitive Behavioral Therapy group and depression.
- Learn that there is a connection between people interactions and mood.
- Identify supportive people in your life.
- Learn how to meet new people and make your support network larger and stronger.
- Talk about managing your mood by making choices about the people you spend time with.

## OUTLINE

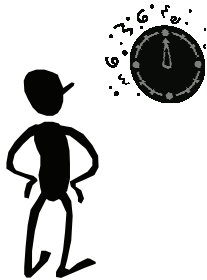
- I. Welcome
- II. Group Rules
- III. Announcements
- IV. Introductions
- V. What Is Depression?
- VI. What Is Cognitive Behavioral Therapy (CBT)?
- VII. How Does CBT Treat Depression?
- VIII. How Have You Been Feeling?
- IX. Review
- X. New Topic: The Connection Between Depression and Helpful Interactions with People
  - A. The Importance of Helpful Relationships
  - B. The Link Between People Interactions and Mood:
    - A “Chaining” Activity
  - C. Your Social Support Network
  - D. Meeting New People
- XI. Key Messages
- XII. Practice
- XIII. Feedback
- XIV. Looking Ahead



# GROUP RULES

**1. Come to every group meeting.** If you can't make it, call us at this number:

( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ (Contact number)



**2. Come to group meetings on time.**

**3. Maintain the confidentiality of the group.**

Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

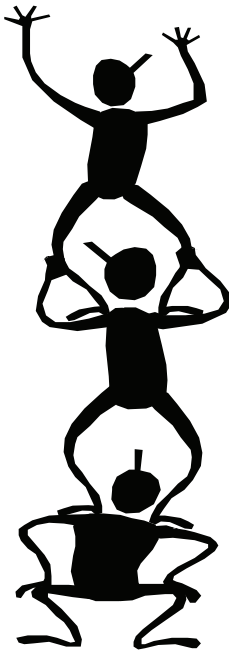


First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

Second, if group leaders hear something that makes them think your health or safety is in danger, they will talk with your doctor or others.

Finally, by law, a group leader must report:

- If a child or dependent adult is being abused or neglected.
- If an older adult is being abused or neglected.
- If someone is in danger of hurting himself or herself or someone else.



**4. Be respectful and supportive of others in the group.** The group is based on respect for all people. If you have a problem with another group member and your feelings are getting in the way of your group therapy, discuss the problem with a group leader.

**5. Find a balance between talking and listening.** You and the other group members will get the most out of the group if everybody has a chance to talk about their thoughts, feelings, problems, and experiences.

Plus, in each session, the group leaders need time to introduce new ideas that will help everybody in the group. Unfortunately, the time allowed for each group session is limited. The group leaders will:

- Keep track of the time for each session.
- Gently remind you to give others a turn to talk.

**6. Know that you don't have to share everything.**

**7. Practice.** Practicing on your own will help you learn how to use the skills you learn and make it more likely that you will get well.

**8. Tell us if you are unhappy with the group or your treatment.**



## **ANNOUNCEMENTS**

The group leader will make any announcements that might be necessary. For example, if the next session is scheduled on a day that is a holiday, the day of that session may be changed. During this time, you will have a chance to tell the group leader ahead of time if, for example, you need to be late for a session.

Is there anything you would like to let the leader know about?



# INTRODUCTIONS

## Group Leaders

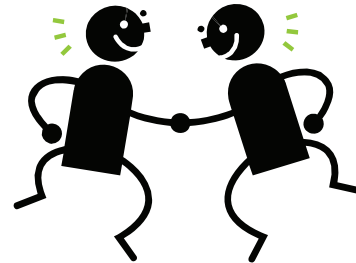
Your group leaders are:

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Name) (Contact number)

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
(Name) (Contact number)

## Group Members

You will be coming to group CBT with the group of people you are meeting in this session. Talking with them will be an important part of CBT.



Now group members will introduce themselves. We will be talking about your experiences with depression or substance abuse as the group progresses. At this time, we want to know a bit about you as an individual. Begin by telling the group your name, and then **choose one or two of the following** subjects to talk about:

- Where you grew up
- Your family
- What kind of work you have done
- Your main interests or hobbies
- Something about yourself that you think is special

# WHAT IS DEPRESSION?

## **Depression Is Common**

- Nearly everyone feels sad at some point in their life.
- Most adults have had depressed moods and/or know what they are.
- 10–25% of women will have at least one serious episode of depression.
- 5–12% of men will have at least one serious episode of depression.

## ***What is depression like for you?***

### **Depression Is:**

- A low mood or sad feelings that make it hard to carry out daily duties.
- Possible at any point in your life.
- Possible diagnosis if you have five or more of the following symptoms most of the day, almost every day, for two weeks or more:

### **The Nine Symptoms of Depression**

1. Feeling depressed, down, or irritable nearly every day.
2. Loss of interest or pleasure in activities that you normally enjoy.
3. Significant increases or decreases in your weight or appetite.
4. Sleeping too much or too little.
5. Change in the way you move (moving restlessly or slowly).
6. Feeling tired or fatigued.
7. Feeling worthless or having terrible guilt.
8. Trouble concentrating or making decisions.
9. Repeated thoughts of death or suicide.



## **Possible Triggers for Depression**

- Use of drugs or alcohol
- Being sick with medical problems
- Biological/chemical imbalance in your body
- Economic/money problems
- Losing someone you love
- Upsetting things happening, or continual problems
- Struggles with people you are close to
- Big life changes
- Stress that lasts a long time

***What was happening in your life when you got depressed?***

## **What You Can Do**

- Come to this CBT group!
- Practice the skills you learn during the CBT group.
- Get help and support from family members, friends, and others.
- Discuss how you feel with your doctor, nurse, therapist, or counselor.
- Ask your doctor if antidepressant medicines might be helpful.

***Let the group leader know if you have thoughts of death or suicide. We can help you get the support you need to feel better.***

# WHAT IS COGNITIVE BEHAVIORAL THERAPY?

---

This treatment provides a specific kind of help—Cognitive Behavioral Therapy, or CBT for short—to people who are depressed. CBT teaches skills to help you change your thoughts and behaviors. These changes can improve the way you feel.

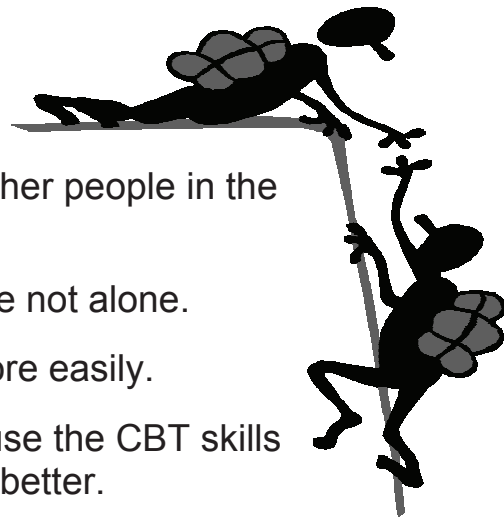
This approach does not mean that your thoughts and behaviors caused your depression in the first place. Making changes in your thinking and behavior can help your depression no matter what caused you to feel down.

## ***“Managing” your depression means to:***

- Make the feelings of depression less intense.
- Make the time that you are depressed shorter.
- Learn ways to prevent getting depressed again, despite real problems.
- Learn how staying free of drugs or alcohol can improve your mood.

***The group meetings are helpful because they:***

- Provide you with support from other people in the group.
- Help you understand that you are not alone.
- Help you learn the CBT skills more easily.
- Show many ways other people use the CBT skills to deal with depression and feel better.



***During the group you will learn skills to:***



- Change your thoughts.
- Change your behaviors, including your
  - Activities
  - Interactions with other people.
- Improve the way you feel and support your recovery.

***During the group you will NOT be asked to:***



- Lie down on a couch.
- Share all your painful thoughts and experiences.
- Talk at length about your family or childhood.

***The group will focus on practical strategies to improve things right now.***

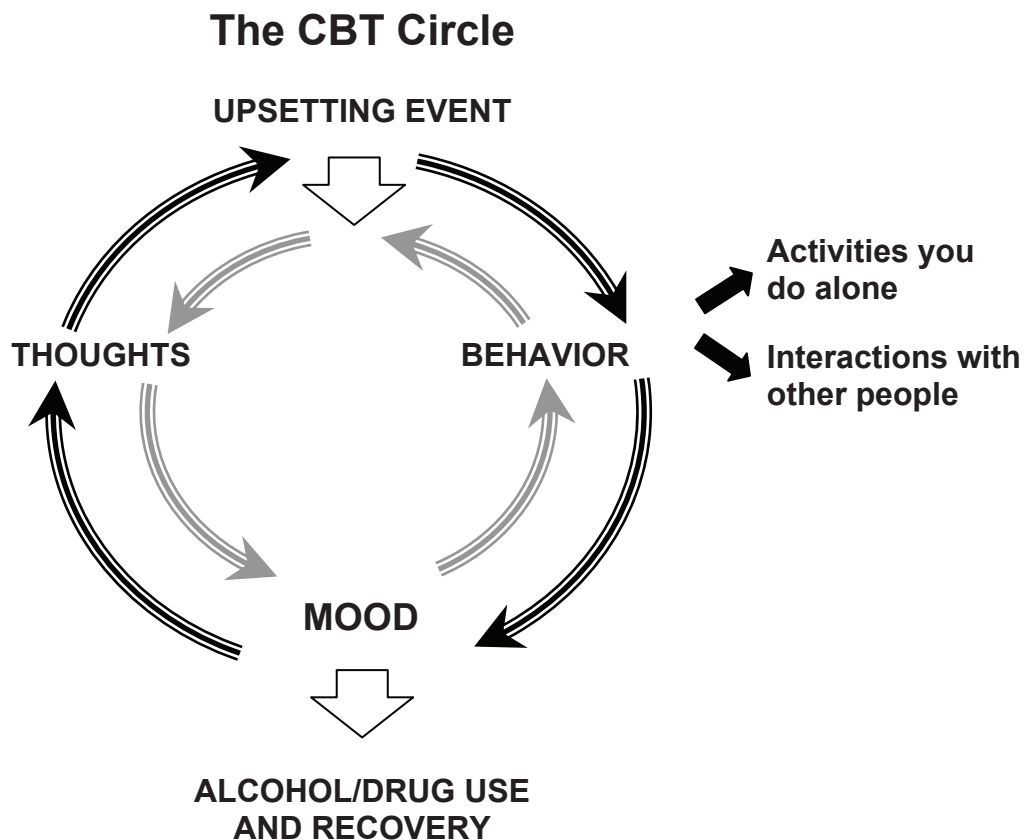
## **What does the name “Cognitive Behavioral Therapy” mean?**

**Cognitive** refers to thoughts.

**Behavioral** refers to **how you act** or **what you do**. In CBT, when we talk about behavior, we mean how you act, including what activities you do and how you interact with other people.

We will focus on your thoughts and your behavior to improve your mood.

Because this CBT program is for people with depression and substance abuse, we will also discuss how mood and substance abuse are connected.



***This CBT treatment program is organized into four modules, with four sessions in each module.***

- Module: How your **thoughts** affect your mood     **= 4 sessions**
  
- Module: How your **activities** affect your mood     **= 4 sessions**
  
- Module: How your **interactions with other people** affect your mood     **= 4 sessions**
  
- Module: How **using drugs or alcohol** affects your mood     **= 4 sessions**

---

**Total CBT sessions     = 16 sessions**

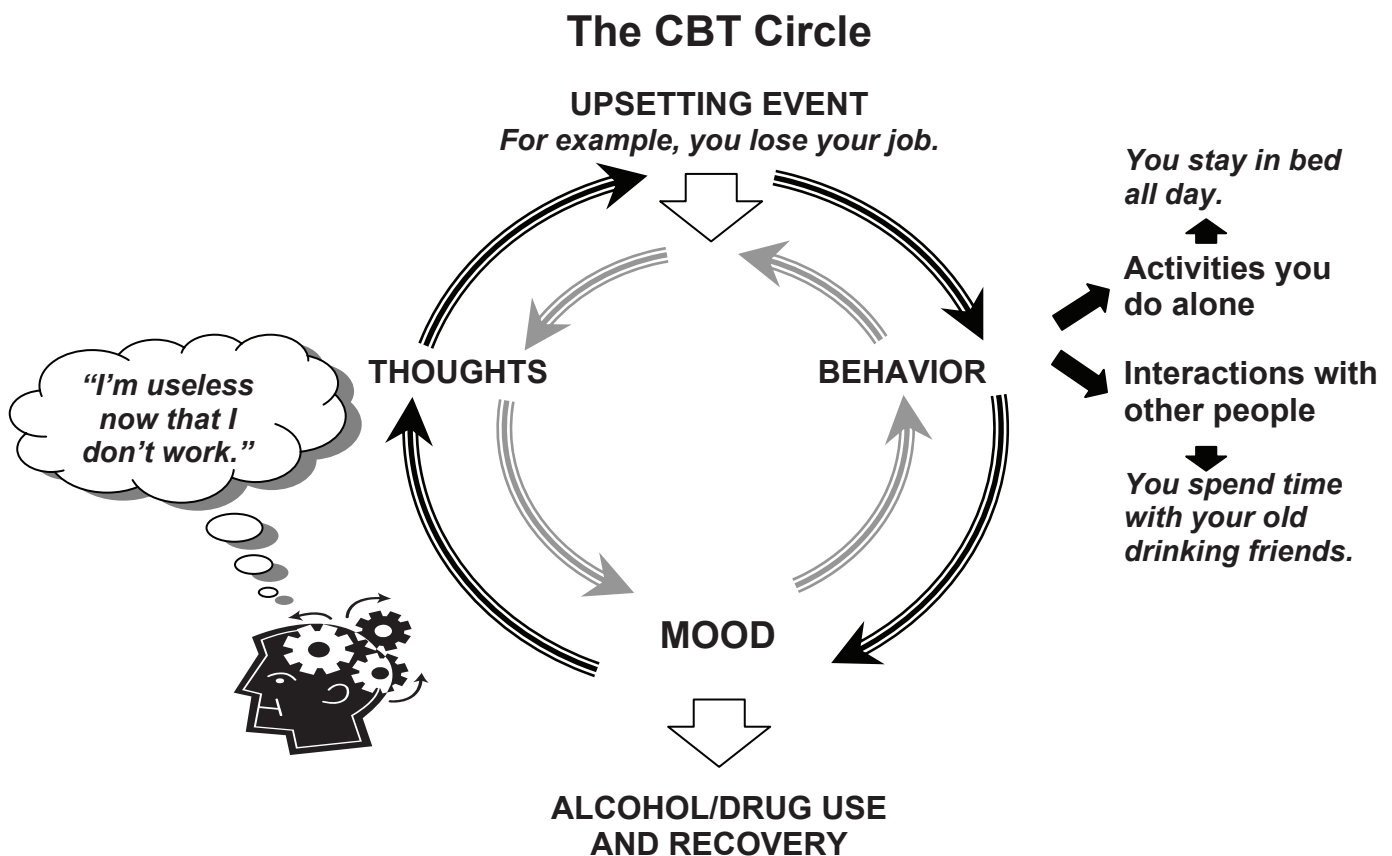
Group members can join the group at any module. However, each group member must begin with Session 1 of a module. That means that if the Activities module is #1 for you, the People Interactions module will be #2.

Each module focuses on one subject, but they overlap with each other, and you will find that we mention the other subjects throughout the treatment.

# HOW DOES CBT TREAT DEPRESSION?

Using the CBT Circle, we can understand the cycle of depression. An upsetting event might happen such as losing a job or the death of a relative. An upsetting event can also be less extreme, such as being late to work or having a disagreement with a friend. These upsetting events are real, and almost anyone would feel a certain amount of sadness, anger, or frustration because of them. But other factors can add to your suffering. They include:

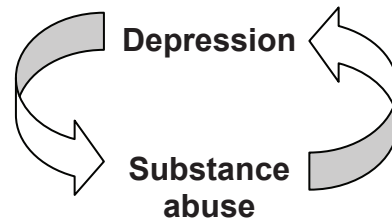
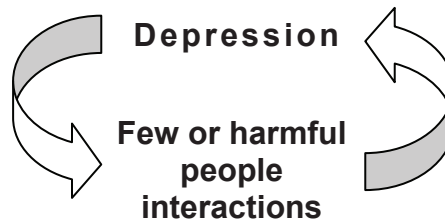
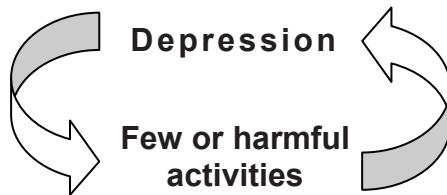
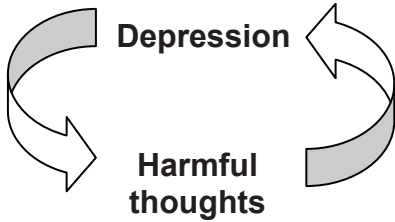
- Your thoughts.
- The way you act (your behavior).
- Interactions you have with other people.
- Use of drugs or alcohol.



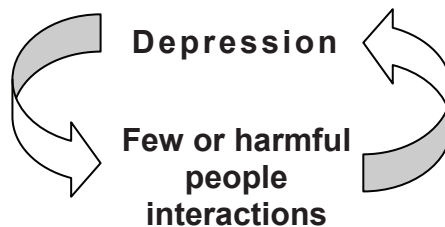
CBT helps break this cycle of depression by teaching you that for each of these factors—thoughts, activities, people interactions, and substance abuse—there is a part that you can manage and change.

Also, because they are all connected, you can make changes in one area to affect the other areas.

***We will be working on breaking these connections.***



In this module, we focus on the connection between depression and people interactions.



# HOW HAVE YOU BEEN FEELING?

The depression questionnaire you filled out at the beginning of the session is called the “Patient Health Questionnaire,” or PHQ-9 for short. You will fill out the PHQ-9 before Session 1 and Session 3 of each CBT module. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.



## REVIEW

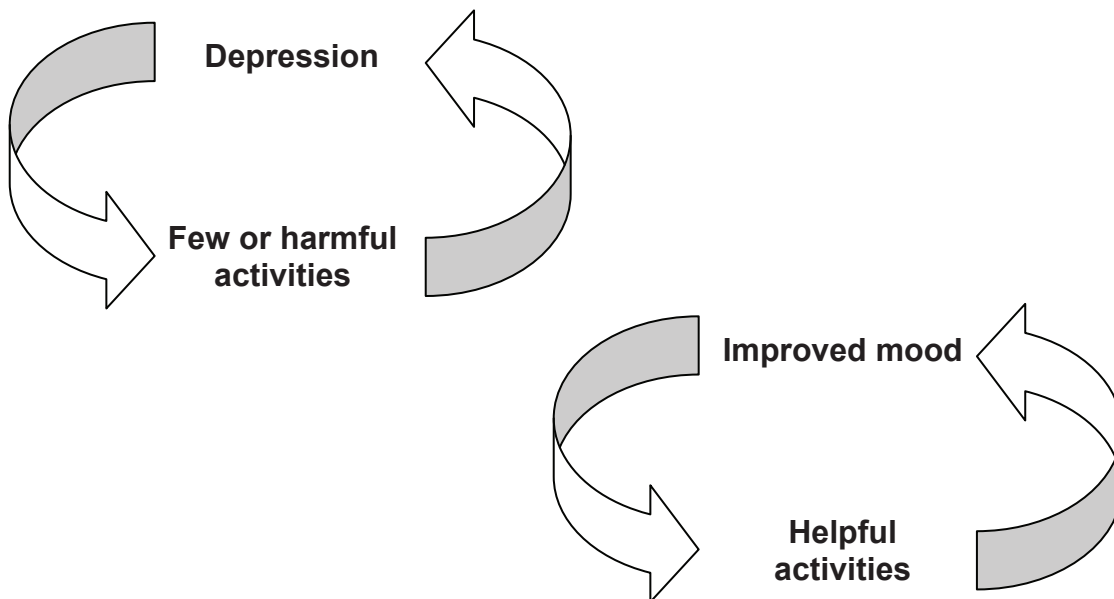
### Practice

If you were part of the CBT group for the last module (“Activities and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

- 1. Track your mood using the Quick Mood Scale.**
- 2. Do one of the steps** you wrote down to work towards your short-term goal.
- 3. Do another new activity.**



## Last Module



**Key messages** from the last module are:

### ***Session 1: Doing Helpful Activities to Improve Your Mood***

- What you do can affect how you feel.
- It is common for people who have depression to lose interest in doing activities.
- Doing helpful activities can help you feel better. And when you feel better, you will feel more like doing helpful activities.

## ***Session 2: Doing a New Activity***

- Because of your depression, it may feel difficult to get started doing helpful activities.
- Remember that activities can be things you do alone, with other people, or for free. They can be short and simple.
- Activities can fall into four categories: self-care, fun, learning, and meaningful.

## ***Session 3: Overcoming Obstacles to Doing Helpful Activities***

- You can use problem solving to help you find solutions to what is getting in the way of doing activities.
- Once you start doing more activities, it is still important to think about obstacles and not create new ones for yourself.
  - Go at your own pace.
  - Balance your activities.
  - Use pleasure predicting to remind you of how enjoyable an activity can be.

## ***Session 4: Doing Helpful Activities to Shape Your Future***

- To feel good, it is helpful to have daily reasons to enjoy life (activities) and something to look forward to (short-term and long-term goals).
- You can reach your long-term goals by doing short-term activities.
- By setting goals and doing activities, you can shape your future.

# NEW TOPIC: THE CONNECTION BETWEEN DEPRESSION AND HELPFUL INTERACTIONS WITH PEOPLE

---

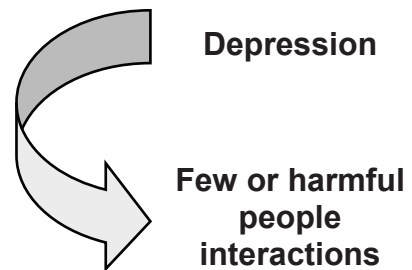
## The Importance of Helpful Relationships

The contacts you have with other people can have a positive effect on your mood, thoughts, and behaviors. Other people can help you handle problems, and they can share life's pleasant moments.

### *How does depression affect the way you relate to other people?*

When you feel depressed, you might:

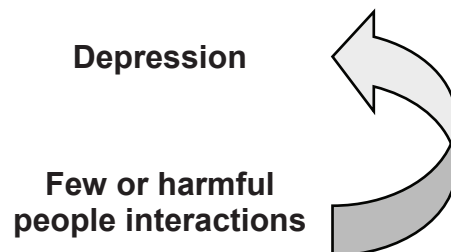
- Have less contact with people and avoid people
- Be more irritable
- Have more conflict or tension with others
- Feel more uncomfortable around people
- Act quieter and less talkative
- Be more sensitive to being ignored, criticized, or rejected
- Trust others less



### *How do your interactions with other people affect your mood?*

When you have less contact or harmful interactions (for example, frequent conflicts or abusive interactions) with other people you might feel:

- Alone
- Sad
- Angry
- Like no one cares
- More depressed

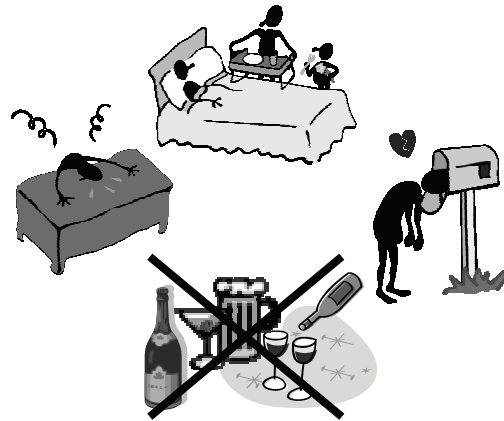


# The Link Between People Interactions and Mood: A Chaining Activity



The cycle of depression can begin with a straightforward fact or event.

- You lose a job.
- You lose a friend due to a move.
- You don't have contact with your family.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped using drugs or alcohol.



The chaining activity illustrates how your mood can get better or worse depending on how you respond to the fact or event.

## Instructions

1. In the table on the next page, **write a statement of fact or an event** on the line next to #5.
2. Think about an interaction with someone that would bring your mood down. You can also think about how *avoiding* contact with people might bring your mood down. What interaction (or lack of interaction) with people might bring your mood down just a little? **Write that interaction next to #4.**
3. Think of a continuous chain of interactions with people that make you feel worse, until your mood is at its lowest. Write that chain of people interactions on lines #3, #2, and #1.
4. Complete the rest of the chaining activity going up. What is a people interaction that would make your mood improve just a little? Write that interaction next to #6.
5. Fill in lines #7 and #8.
6. What people interaction would make you really happy? Write that next to #9.

## Example



<b>Best mood</b>	9.	Invite my friend to dinner.
<b>↑</b>	8.	Call my friend to try to resolve the argument.
	7.	Write my friend a letter expressing my feelings about our fight.
	6.	Talk with another friend to get advice.
<b>Okay/ average mood</b>	5.	<b>My friend and I had a fight.</b>
<b>↓</b>	4.	Tell my partner that my friend is awful.
	3.	Don't call my friend when we usually talk.
	2.	Ignore my friend when I see her.
<b>Worst mood</b>	1.	Cancel the trip we had planned.

## Your Chaining Activity



<b>Best mood</b>	9.	
<b>↑</b>	8.	
	7.	
	6.	
<b>Okay/ average mood</b>	5.	<b>Statement of fact:</b> _____
<b>↓</b>	4.	
	3.	
	2.	
<b>Worst mood</b>	1.	

The chaining activity illustrates that:

- Your interactions with people—or lack of contact—affects how you feel.
- You have some choice in how you interact with other people, who you interact with, and how you spend your time together.
- Helpful interactions with people are likely to lead to more helpful interactions, bring your mood up and support your recovery.

# Your Social Support Network

Your social support network is made up of the people who are near you such as family, friends, neighbors, co-workers, and health care providers.

1. Each square on the next page is labeled for a type of support that people can give you:

- Practical support
- Advice or information
- Companionship
- Emotional support

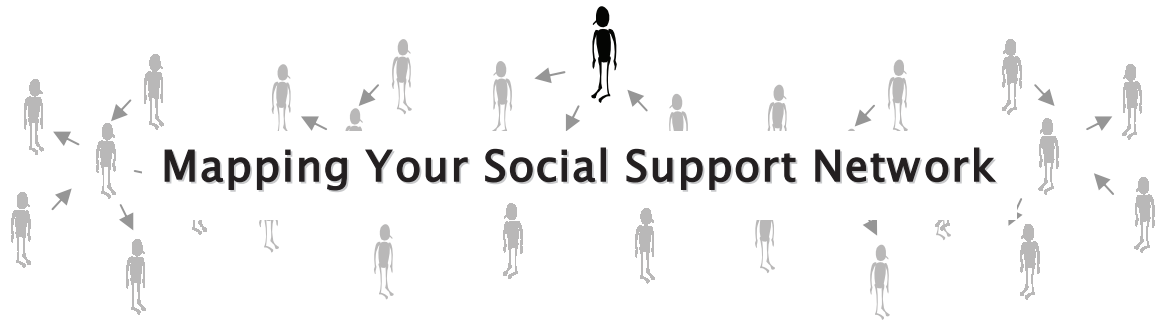
2. Think about people who give you each kind of support. Write their names in the squares. For example, who helps you with practical, everyday things? Who would give you a ride to the doctor or hospital, loan you something, or help you move?

3. The same name can be written in more than one square.

**For example**, if your doctor gives you advice, you would write that name (or just “doctor”) in the Advice square. If your brother gives you practical support, emotional support, and advice, write his name in all three squares.

4. If you have a square with no names in it, put a question mark in that square.

5. Social support goes two ways. Who leans on you for practical support, advice, companionship, or emotional support? Write the names of the people you support in the squares.



**Practical Support**

Who would drive you to the hospital? Loan you something?

*Who supports you?*

*Who do you support?*

**Advice or information**

Who do you ask for advice if you are ill or don't understand how to do something?

*Who supports you?*

*Who do you support?*

**Companionship**

Who is good company? Who will walk around the park with you, or share your joys?

*Who supports you?*

*Who do you support?*

**Emotional support**

Who do you share your feelings with? Who encourages you, or helps you feel less depressed?

*Who supports you?*

*Who do you support?*



### **1. Balance your social support network**

After you have completed the squares, what do you notice?

- How many people did you think of?
- Where do you have plenty of support?
- Where are the gaps in support?
- Whose name did you write down a lot?
- Do you rely too much on one person?

### **2. You may need to make friends who do not use drugs or alcohol**

If you have recently stopped using drugs or alcohol, you may notice that most of the contact you have with other people involves drugs or alcohol. This “People” module of CBT will help you think about how to make new friends that offer healthy, positive support.

### **3. It will improve your mood to be supportive of other people**

No matter how hard our own lives are, most of us find that it feels good to help somebody else.

- Who do you support?
- Who would count you as part of their social support network?



## Meeting New People

***The easiest way to meet people*** is to do something that you like doing, and do it in the company of other people. Even if you don't make a new friend, you will do something pleasant, you won't feel like you wasted your time, and there won't be any pressure on you to meet people.

***If you are in recovery from using alcohol or drugs***, you will need to think of new activities that don't involve drinking or using drugs, and that allow you to meet people who do not drink or use drugs.

***New friendships develop slowly.*** You can test a new acquaintance for trustworthiness and keep yourself physically and emotionally safe by taking small steps.

- You could make plans to have coffee. Meet in a public place, don't make a commitment to spending a long time together, and take care of your own transportation. Make similar arrangements for the next few times you get together.
- The next step might be to meet for dinner or a movie.
- Later, you might agree to share a ride, or spend more time together.

### ***What activities could you do around other people?***

- Attend church.
- Go dancing.
- Play softball.
- Attend sports events.
- Hear a free music concert in the park.



- Go to Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meetings.
- Volunteer (at an animal shelter or litter pickup day, for example).
- Help a neighbor mow the lawn.
- Join a club.
- Go to a museum, movie, or play.



## KEY MESSAGES

---

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.



## PRACTICE

---

This treatment will be successful for you if you learn skills for managing your mood and you feel confident using these skills in your daily life. You will need to practice. If you don't practice the skills, you won't learn them.

Each session's practice will consist of one or more projects that everybody in the group will try. This session's practice is:

**1. Track your mood using the Quick Mood Scale.** The Quick Mood Scale and instructions for how to use it are on the next page. The scale provides a "quick" way for you to keep track of your moods. Try to complete the Quick Mood Scale at the same time each day—for example, before you go to sleep each night. As the treatment progresses and as you practice the skills you learn in each session, you will probably find that your mood improves.

**2. Choose how you want to increase your helpful interactions with people.**

- **Write your ideas** for helpful activities with others in the chart.
- **Do one** of the activities before next session.

**3. Think about ways to make your social support network stronger.** *How could you meet people who offer what you don't have enough of now?*

- Practical support?
- Advice?
- Emotional support?
- Companionship?

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.

### Day of the Week

#### Best mood

	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>OK/average mood</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>Worst mood</b>	1	1	1	1	1	1	1

## Increasing Your People Interactions

- What activity could you do in the next few days **where other people are around** that might be helpful, pleasurable, relaxing, or enjoyable?
- What do you think your mood might be after you do this activity?
- Choose one idea and do it before the next CBT session.

Activity with other people around	Your mood
<b>Examples:</b>  Attend the CBT group  Call a friend	<b>Examples:</b>  Hopeful  Happy
Your examples	Your examples

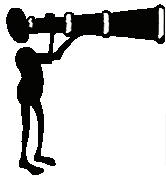


## FEEDBACK

---

The group leaders will ask for your comments about how the session went. They might ask the following questions:

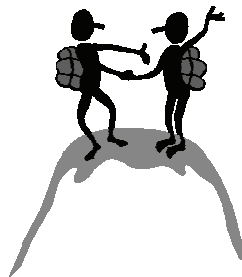
- What was helpful about today's session?
- What was less helpful?
- What was difficult about today's session?
- What suggestions do you have to improve your treatment?
- If you are continuing CBT from a previous module, how have you made changes since beginning the group?



## LOOKING AHEAD

---

In the next session, we will talk about the relationship problem areas that might be making your depression worse.







# SESSION 2: WHAT GETS IN THE WAY OF GOOD RELATIONSHIPS?

## PURPOSE

- Review the relationship between your mood and your interactions with people.
- Explore the relationship problem areas that can cause depression.
- Learn strategies for managing relationship problem areas.
- Talk about managing your mood by making choices about the people you spend time with.

## OUTLINE

- I. Announcements
- II. Review
- III. New Topic: What Gets in the Way of Good Relationships?
  - A. Relationship Problem Areas
  - B. Grief and Loss
  - C. Role Changes
  - D. Disagreements
- IV. Key Messages
- V. Practice
- VI. Feedback
- VII. Looking Ahead



## ANNOUNCEMENTS

The group leader will make any announcements that might be necessary.

Is there anything you need to let the leader know about?



# REVIEW

---

## Practice

Last session, we asked you to complete these practice activities. How did your practice go?

**1. Track your mood using the Quick Mood Scale.**

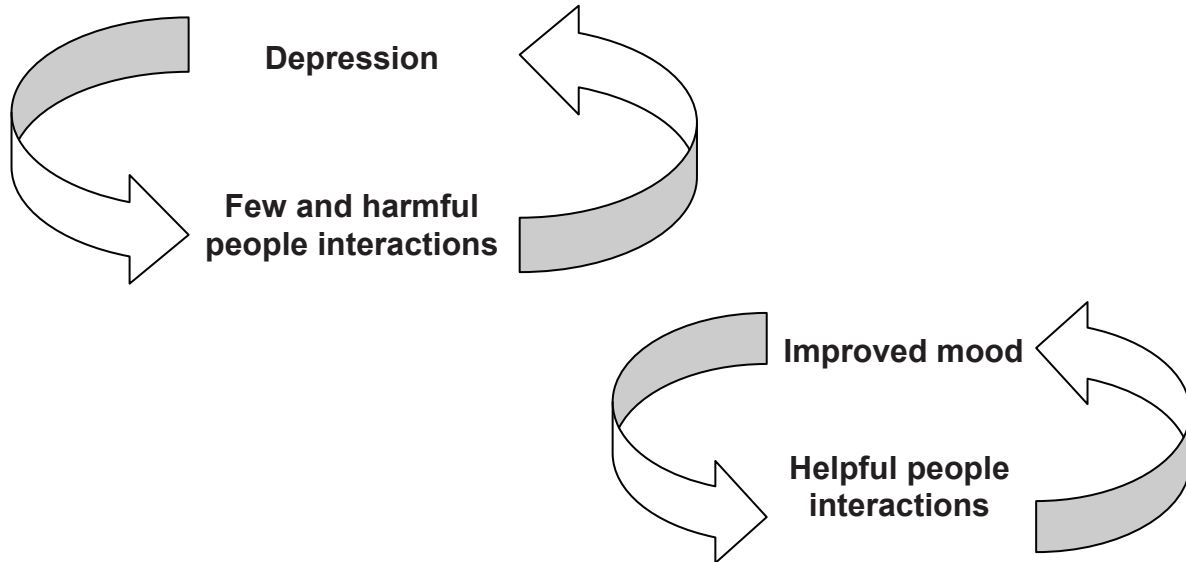
**2. Choose how you want to increase your helpful interactions with people.**

- **Write your ideas** for helpful activities with others in the chart.
- **Do one** of the activities before next session.

**3. Think about ways to make your social support network stronger.** *How could you meet people who offer what you don't have enough of now?*

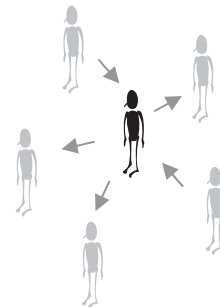
- Practical support?
- Advice?
- Emotional support?
- Companionship?

## Last Session



### ***Key messages from last session were:***

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.



# NEW TOPIC: WHAT GETS IN THE WAY OF GOOD RELATIONSHIPS?

---

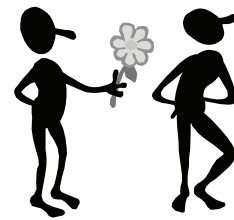
## Relationship Problem Areas

Even the best relationships with other people may not be free of disagreements. But three specific problem areas in your relationships could add to your depression.

### *Questions to think about:*

#### **1. Grief and loss**

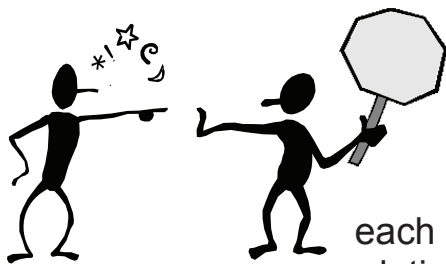
Have you lost someone important to you due to death, illness, divorce, break-up, moving, or some other kind of separation? Have you lost friends and acquaintances because you have made a positive lifestyle change, like becoming sober?



#### **2. Role changes**

Has your position in life changed recently?

For example, have you recently lost a job, moved, or started working on your sobriety? Have your children grown and left the house? Have you become a caretaker for somebody who is ill, or have you become ill yourself?



#### **3. Disagreements**

Have you had disagreements with someone about what you expect from each other or about how to act or feel in the relationship?

## Grief and Loss

It is natural to feel very sad about changes in your social support network. You may have lost a husband or wife through death or divorce. A move to a new country or state can mean the loss of a familiar language, culture, or life style. You may have lost a friend because you are no longer drinking and your friend continues to drink.

The feelings in these situations won't be exactly the same, but all can contribute to depression.

If you are experiencing grief, write down what is causing the grief.

---

---

### ***Questions to think about:***

How has your grief affected your:

- **Interactions with people.** How have your relationships with other people changed since you experienced your loss?
- **Thoughts.** Do you have thoughts and feelings about the loss that cause you to feel depressed? For example, if you have lost a person in your life through death or another cause, do you think "I should have done more for him or her." Do you feel regret or guilt?
- **Behavior.** Have you changed how you act since your loss? How? Have you stopped doing the activities you enjoy?



## **Managing grief and loss**

Managing your grief does not mean that you should forget about your loss. It means that you can feel the loss deeply, but continue to live your life without depression.

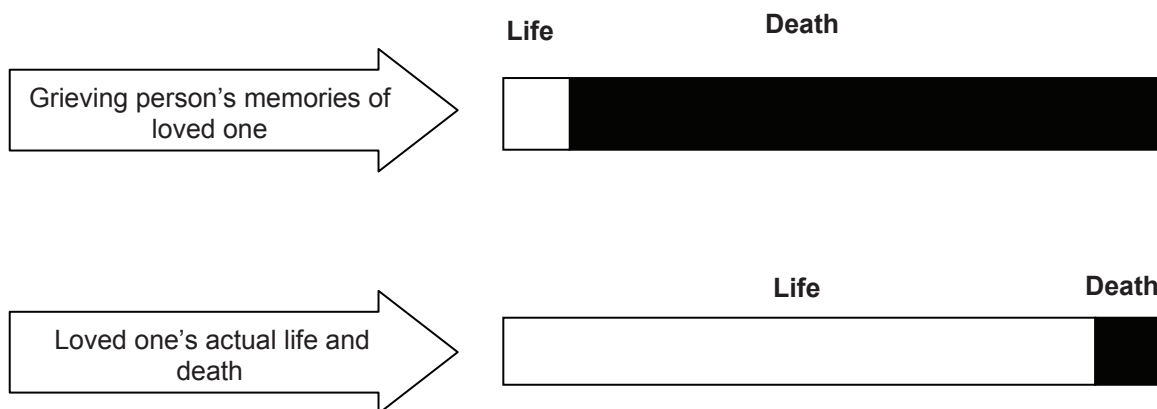
How can you live a healthy, fulfilling life? Look for solutions in the same way that CBT looks at depression—in terms of your people interactions, thoughts, and activities.

**Interactions with People.** Ask other people, including group members, how they have managed grief and sadness, and how they take care of their emotional and physical health even while grieving.

Use the support of family and friends. Who could you reach out to for support? Write their names on the line.

---

**Thoughts.** Memories are thoughts, and you can manage your thoughts to help you feel better.



It is common for someone whose loved one has recently died to focus on the death. Try to think about the person's whole life, and focus on pleasant memories. Write a pleasant thought about the person's life on the line below.

---

***Sometimes we lose significant people in our lives due to other unpleasant circumstances such as betrayal or rejection. Write a pleasant thought about yourself that can be helpful when coping with this type of painful situation.***

---

***Behavior.*** You can do activities that help you take note of your loss, honor the person who is gone, and move on. For example, if the person has died, you could go through rituals or cultural customs such as having a memorial service or special church service.

If you have lost an important person for another reason, you will no longer be able to spend time doing things with that person. Instead, you will have to build into your life other pleasant or meaningful activities.

Think of an activity you could do in the next week that would help you feel better. Write it on the line below.

---

**Activity I could do**



## Role Changes

We all play several roles in our lives. Roles include:

**Wife**

**Husband**

**Parent**

**Child**

**Boss**

**Waitress**

**Truck driver**

**Drinker**

**Drug user**

**Sober person**

Our roles change during our lives. As your children grow up, your role as a mother or father will change. If you lost a job, you may no longer think of yourself as a “worker.” If you have recently stopped using drugs or alcohol, you are no longer a “user.”

Your feeling of depression may be connected to a recent role change.

***What role changes are you experiencing?*** Describe them on the lines below.

---

---

***What are your feelings about your role changes?*** You may have many feelings at the same time. Write some of your feelings below. (See some examples of feelings on page 42.)

---

---

## ***Managing role changes***

***How could you build a healthy new life***, even though your role has changed?

What would be the best outcome for you, or the best thing to happen for you, given that your role has changed?

---

---

***What can you do*** to increase the chance that this will happen?

---

---

**Interactions with People.** Who can help you adapt to these life changes? Talk with others, including other group members, about how they have managed big changes in their lives. How did they get help from other people?



Write one idea for interacting with people that could help you adapt to these life changes.

---

**Thoughts.** What are your thoughts about these changes (harmful and helpful)? What is sad or scary about these changes that causes you to be depressed?

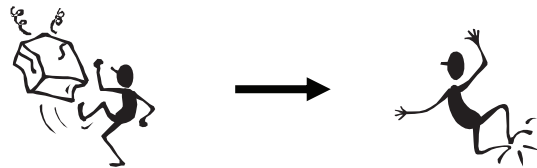


What kinds of thoughts could help you feel better about the changes?

Write one idea on the line below.

---

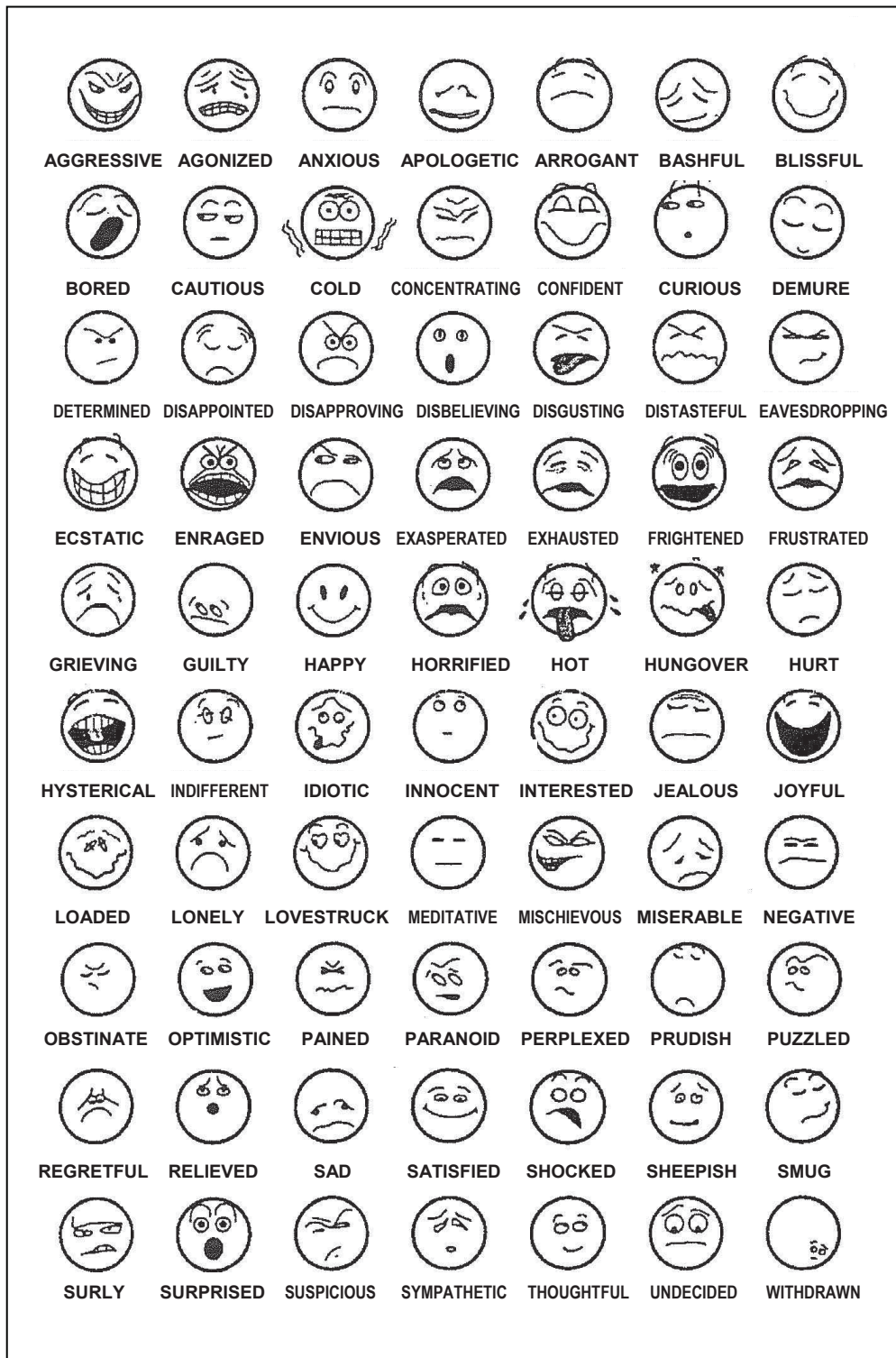
**Behavior.** What can you do to help yourself adapt to these life changes?



Write one idea for what you could do during the next week on the line below.

---

## Examples of Feelings



## Disagreements

Describe a problem or conflict that you have had with another person that contributes to your depression.

---

---

**Interactions with people.** Think about the person you are having problems with.

- What are his or her good points?
- What are his or her bad points?
- How do you think he or she sees the problem? Try to understand that point of view, even if you don't agree with it.
- Is there a solution where you both get something you want?

**Thoughts.** Think about the conflict you had with this person.

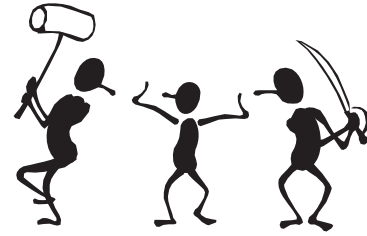
- How does the conflict affect the thoughts you have about yourself?
- How does the conflict affect the thoughts you have about the other person?
- Are there alternative ways of thinking that provide a more helpful view of yourself and the other person?



**Behavior.** Think about how you act.

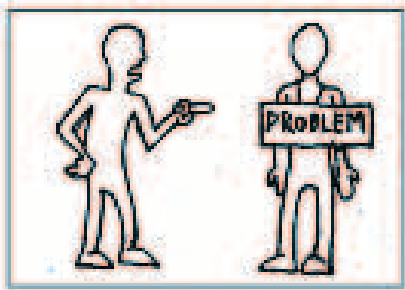
- When you have a problem with this person, how do you act? How does the other person behave?
- Do you act in the same way when you have problems with other people?

## ***Managing disagreements***

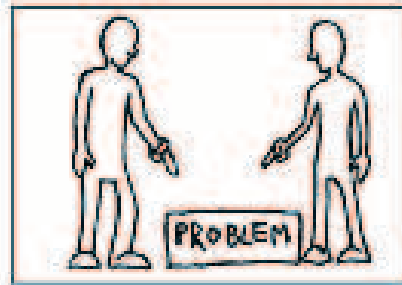


We will apply CBT's problem-solving method rather than attacking the problem from a people/thoughts/behavior perspective. However, you will see that CBT ideas about helpful people interactions, thoughts, and activities are part of the solution to managing disagreements.

***Step 1. Identify the problem.*** Try and think of the problem as outside both of you instead of inside either of you.



*Versus*



***Seeing the problem as inside of you or another person***

Your problem is ...

You are lazy.

You never help me.

Everything you do annoys me.

***Seeing the problem as outside of you or another person***

The problem is ...

The dishes need to be done.

There is a lot of work to do and we are both very busy.

My depression is the real problem. It makes me more irritable.

**Step 2.** Think about all the possible solutions without deciding whether they are good or bad.

“Brainstorm” some possible solutions that would not be destructive for you or anybody else.

- We could ...
- I could ...

In your thinking, imagine one or two realistic results that would be good for you. Then focus on what you can do to increase the chance that one of these healthy outcomes will happen.

**Step 3.** Rate the solutions. If the solution would work for you, rate the solution positive with a + sign. If it would not work for you, rate it negative with a – sign. If you are working on this together with another person, the other person would do the same thing.

Brainstorm possible solutions	Your ratings + = positive - = negative	Other person's ratings + = positive - = negative
1.		
2.		
3.		

**Step 4.** Choose the solution that both of you rate as positive. Or choose the best solution, or a combination of solutions, and try them.

**Step 5. Try the solutions you picked and find out how well they work.** Then think about the problem again and consider new solutions if you need to.

## ***Safety in Relationships Is the #1 Priority***

The skills you learn in CBT can make a relationship healthier for you. However, there are times when a relationship is not healthy and you should leave it. For example, if you have a friend who keeps using or who is hurting you.

As you think about the conflicts you have had with other people, think about your safety. How safe have you been recently in your conflicts with other people?

**1. Did you feel afraid or worried about your safety?**

Yes \_\_\_ No \_\_\_

**2. Did you or someone else say something that was hurtful or scary?**

Yes \_\_\_ No \_\_\_

**3. Did someone push, shove, kick, or hit you?**

Yes \_\_\_ No \_\_\_

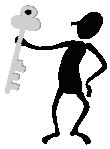
**4. Did you push, shove, kick, or hit someone else?**

Yes \_\_\_ No \_\_\_



***If you are being abused, or if you are abusing somebody, there are places where you can get help. Ask your group leader or counselor for a referral. We cannot provide therapy for abuse issues in the group but we CAN help you get the help you need.***

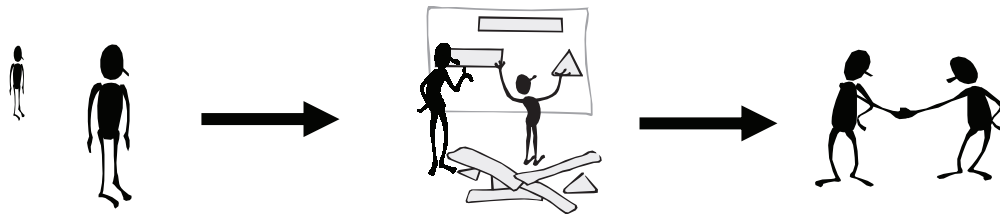




## KEY MESSAGES

---

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.





**1. Continue tracking your mood using the mood scale.** Notice at the bottom of the Quick Mood Scale that we have added a place where you should keep track of about how many helpful and harmful contacts with people you have each day. Eventually, you will probably notice that on the days when you have more helpful interactions with people, your mood will be better.

**2. Think of an activity** that you could do with another person and that would improve your mood. **Do the activity.**

**3. Choose one relationship problem area to focus on:**

- Grief and loss
- Role changes
- Disagreements

***I choose to work on:***

---

**Write your ideas on the lines.** To manage this problem area, how could you change:

- The way you interact with people?



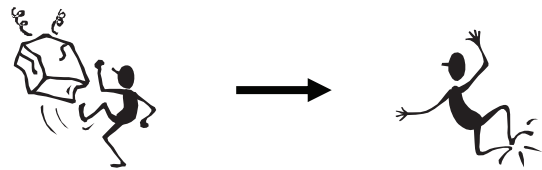
---

- Your thoughts?



---

- Your behavior?



---

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember how many positive contacts with people you have each day. Also count the number of negative contacts you have each day. Write the numbers at the bottom of each column.

Day of the Week							
<b>Best mood</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>
	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>8</b>
	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>
	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
<b>OK/average mood</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>Worst mood</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>How many helpful interactions with people did you have?</b>							
<b>How many harmful interactions with people did you have?</b>							

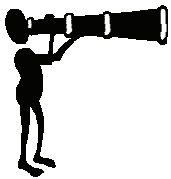


## FEEDBACK

---

The group leaders will ask for your comments about how the session went. They might ask the following questions.

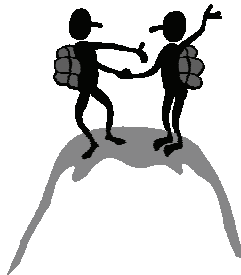
- What was helpful about today's session?
- What was less helpful?
- What suggestions do you have to improve your treatment?



## LOOKING AHEAD

---

The next session, Session 3 in “People,” will focus on how you can improve your communication with other people to improve your mood.





# SESSION 3: GOOD COMMUNICATION IS KEY TO IMPROVING YOUR RELATIONSHIPS AND YOUR MOOD

## PURPOSE

- Understand that communication can be another problem area in relationships.
- Learn how to listen actively.
- Understand that assertive communication can help improve your relationships and your mood.
- Learn how to make requests assertively.
- Learn how to express your feelings and thoughts assertively.
- Continue looking at positive choices you can make about how you interact with people.

## OUTLINE

- I. Announcements
- II. How Have You Been Feeling?
- III. Review
- IV. New Topic: Communication Skills for Building Better Relationships and Improving Your Mood
  - A. Listening Well
  - B. What Is Your Communication Style?
  - C. Three Basic Communication Styles
  - D. Making Requests Assertively
  - E. Expressing Your Feelings and Thoughts Assertively
- V. Key Messages
- VI. Feedback
- VII. Practice
- VIII. Looking Ahead



## ANNOUNCEMENTS

---

The group leader will make any announcements that might be necessary.

Is there anything you need to let the leader know about?



# HOW HAVE YOU BEEN FEELING?

---

The questionnaire you filled out at the beginning of Session 1 and again today is called the “Patient Health Questionnaire,” or PHQ-9 for short. It allows you and your group leaders to check how you are feeling today and to keep track of how you are feeling while you are attending the group.



## REVIEW

---

### Practice

***At the end of the last session, we asked you to do the following practice activities.***

***1. Keep track of your moods and your helpful and harmful people contacts using the Quick Mood Scale.***

***2. Think of an activity*** that would improve your mood and that you could do with another person.

***Do the activity.***

***3. Choose one relationship problem area to focus on.***

- Grief and loss
- Role changes
- Disagreements



***To manage this problem area, think about how you could change:***

- The way you interact with people
- Your thoughts
- Your behavior

How did your practice go? What activity did you do with another person? What ideas did you have to help manage grief or loss, role changes, or disagreements?

## **Last Session**

What do you remember most from last session?

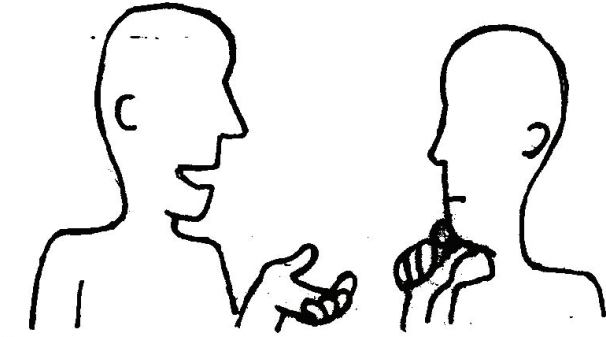
**Key messages from last session are:**

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.

# NEW TOPIC: COMMUNICATION SKILLS FOR BUILDING BETTER RELATIONSHIPS AND IMPROVING YOUR MOOD

---

In this session, the focus is on communication, including both listening and talking. Good communication is important no matter what other relationship problem areas you are working on.

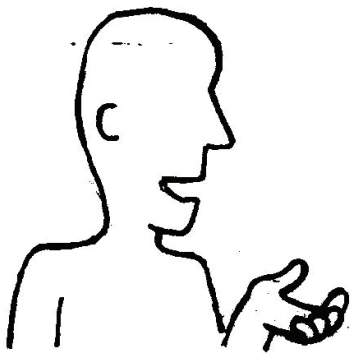


## Listening Well

**Active listening** is the key in any relationship. Active listening means to give your full attention to the conversation and hear everything the other person says. Try doing some active listening.

- Get together with one other person in the group.
- Take turns talking about what kind of person you are trying to become. Each person has about five minutes to talk.
- The other person will not interrupt you.

***If you are the speaker, think about the following.***



Is your partner listening to you? How do you know?

What did your partner do that helped you know he or she was listening?

What was not so helpful about what your partner did?

How do you feel? Did it improve your mood to share your thoughts and feelings with somebody who was really listening?

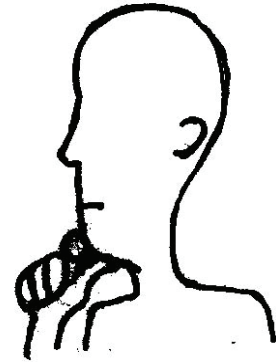
***If you are the listener, think about the following.***

Try to show that you are really listening.

Notice your partner's tone of voice and body language in addition to the words; they communicate too.

Did you understand how your partner felt?

What did your partner say that was most important to him or her?



After your partner is finished talking, restate what you think your partner said, using your own words. Say: "Let me see if I get what you mean..."

Ask your partner whether you understood both the facts and the feelings. Give your partner a chance to explain if you didn't hear or understand correctly.

How do you feel? Did it improve your mood to be a good listener for somebody who was sharing thoughts and feelings?

***Active listening—whether you are the speaker or the listener—makes your interaction with people healthier and can improve your mood.***



## What Is Your Communication Style?

To improve and manage your mood, you must identify and express your own feelings, wishes, thoughts, and opinions. People communicate in different ways, but there are three basic communication styles.

### Three Basic Communication Styles

Style	Description	Example (situation: waiting in a long line)	Example (situation: conflict with another person)	Example (situation: leading a group)	Respects wishes of others	Respects own wishes
<b>Passive</b> 1	Holding in or withholding how you feel or think.	I guess there's nothing I can do. I'll just go home.	(Saying to self) Oh no, when will this ever end?	Umm, umm . . . I'm waiting . . . come on guys.	Yes	No
<b>Aggressive</b> 2	Expressing your thoughts or feelings in outbursts—shouting, yelling, arguing, throwing things, or hitting people.	Look, I've been waiting for over an hour! When is someone going to help me? You guys must be completely incompetent!	You are an evil person! Everything you do is just to drive me crazy!	Will you all just shut up!	No	Yes
<b>Assertive</b> 3	Expressing positive or negative feelings and thoughts calmly, honestly, and respectfully.	Excuse me, I know you're really busy, but I really need some information about my housing application. Is there someone I can talk to?	I feel badly when you put me down and I don't like how I feel when I put you down. Can we talk about what we can do to be kinder to each other?	I know you all have things to say, but please take turns talking.	Yes	Yes

**Questions to think about:**

- If you were \_\_\_\_\_ (passive, aggressive, or assertive), how might you get your point across?
- If you were \_\_\_\_\_ (passive, aggressive, or assertive), how well do you think others would understand your request?
- If you were \_\_\_\_\_ (passive, aggressive, or assertive), how would you feel?
- If you were \_\_\_\_\_ (passive, aggressive, or assertive), how do you think others would feel about you?

**What Is Your Communication Style?**

Which communication style do you tend to use?

---

How do you think it affects your mood?



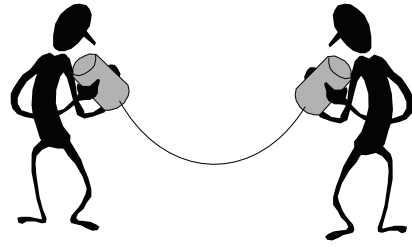
---

Which style is most likely to improve your mood?

---

### ***An assertive communication style:***

- Respects your feelings, wishes, thoughts, and opinions and is the most likely to help your mood.
- Respects the feelings, wishes, thoughts, and opinions of other people.
- Allows you to make requests clearly and respectfully.
- Allows you to express your feelings and thoughts.
- Increases the chance (with no guarantee) that you will get what you need or want. Remember, others may—or may not—do what you want them to do. You may need to compromise.
- Decreases the chance that you will be forced to do something you do not want to do.



## Making Requests Assertively

**Assertiveness means being able to make positive, clear, direct requests.**

- You ask for what you want and need.
- Others will know what you want and need and can better help you.
- You can choose to ask for support, respecting the rights of others to say no.

**Steps for making a request assertively:**

- 1. Decide what you want or need.***
- 2. Identify who can help you.***
- 3. Choose words to ask for what you need in a way that is clear and direct. (Also choose your tone of voice.)***



**Examples:**

<b>Indirect requests</b>	<b>Direct requests</b>
I'm really tired of washing dishes.	I would appreciate it if you would help me wash the dishes.
I can't be expected to fill out this application without help.	Could you help me fill out my SSDI application?
Boy, the trash can is full. I wonder when you'll be taking out the trash.	Could you please take out the trash in the next half hour?
I sure am worried about my sugar level.	Doctor, will you check my sugar level please?
I wonder if I am HIV positive.	I would like to be tested for HIV.
Don't tell me you brought beer here.	Please don't bring alcohol to my house under any circumstances.

**4. Tell the other person how it would make you feel if they did what you asked.**

**5. Acknowledge the person.** Be ready to say: "Thank you" or "I am glad that you told me your point of view" or "I know that you are really busy."

**6. Respect the other person's right** not to do what you request. If you have not been assertive in the past, another person may be surprised by your request and not respond right away. You may not get what you want, but you won't know until you ask! And, if the person is able to say yes, he or she may be more likely to say yes the next time.

## **Give It a Try: Make a Request**

Think of something you want or need. What do you want to ask for?

---

Who will you ask (friend, family member, doctor)?

---

What words will you use? What tone of voice will you use? Don't forget to tell the other person how it would make you feel to get what you want or need.

---

---

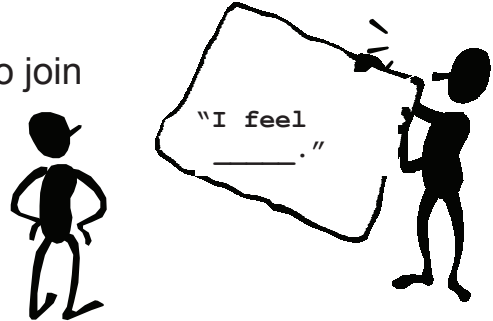
***Ask your partner (or the group) what they think. Did your request sound passive, aggressive, or assertive? How did it affect your mood to ask for what you want in this way? Was it more satisfying than "holding it in?"***

## Expressing Your Feelings and Thoughts Assertively

Assertiveness means being able to express positive or negative feelings and/or thoughts calmly, honestly, and respectfully to another person. This includes saying clearly when you do not want to do something. Expressing how you feel begins with “I statements.”

“I feel ....”

I feel hurt when you yell at me.  
I feel sad when you don't invite me to join you.  
I feel angry when you don't answer me.



“I think ....”

I think we need to talk things out more.  
I think we need to spend time with other people.  
I think you have blamed me for something I didn't do.



Some of the same steps you used when making a request apply here, too. For example:

- 1. Decide what you are feeling or thinking.**
- 2. Decide who you want to express yourself to.**

**3. Decide if there is something you need as a result of your feelings or thoughts.** The other person may not agree with your way of thinking or understand your feelings. Decide ahead of time if there is something you want to ask for. Ask for what you need in a way that is clear and direct.

**4. Acknowledge the person.** For example, be ready to say: “Thank you.”

### **Give It a Try: Express Your Feelings and Thoughts**

Imagine a situation where you express how you feel or think to another person. You might choose to imagine talking with a person who you are having problems dealing with. If you can't imagine what you would say, it might help to imagine that you are in a movie. What words would you say?

---

---

---

**How do you think the person would react?**

**How do you think you would feel if you expressed yourself in this way?**



## KEY MESSAGES

---

- You can choose to communicate with others in a way that improves your relationships and your mood.
- Active listening is an important part of communication.
- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.



## PRACTICE

---

**1. Track your mood using the mood scale.** Continue tracking your mood and the number of helpful and harmful people contacts you have each day.

**2. Plan to get together with a supportive person this week.** Practice active listening so that you can be supportive too.

**3. Decide when and with whom you would like to:**

- Make a request assertively.
- Express your feelings and thoughts assertively.

**4. Carry out your plan before the next session,** and fill out the two “Give it a Try” reports that follow the Quick Mood Scale.

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember how many positive contacts with people you have each day. Also count the number of negative contacts you have each day. Write the numbers at the bottom of each column.

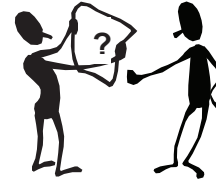
### Day of the Week

<b>Best mood</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>OK/average mood</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>Worst mood</b>	1	1	1	1	1	1	1

How many helpful interactions with people did you have?

How many harmful interactions with people did you have?

**Give It a Try: Make a Request**



**Before**

Think of something you want or need. What do you want to ask for?

---

Who will you ask (friend, family member, doctor)?

---

What words will you use to ask for what you want or need in a way that is clear and direct? What tone of voice will you use? Don't forget to tell the other person how it would make you feel if they did what you asked of them.

---

---

---

**After**

How did it go? How did the person react? How did it feel to make a request assertively?

---

---

***Give It a Try: Express Your Feelings and Thoughts***



***Before***

Imagine a situation where you express how you feel or think to another person. You might choose to imagine talking with the person who you are having problems dealing with. If you can't imagine what you would say, it might help to imagine that you are in a movie. What words would you say?

---

---

---

***How do you think the person would react?***

---

***After***

How did it go? How did the person react? How did it feel to express yourself assertively?

---

---





## FEEDBACK

---

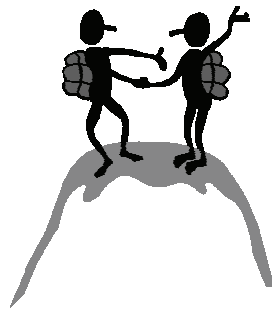
- What was helpful about today's session?
- What was less helpful?
- What suggestions do you have to improve your therapy?



## LOOKING AHEAD

---

In the next session of the People module, we will talk about obstacles to making changes in relationships. We also will review the People module.





# SESSION 4: USING YOUR NEW SKILLS TO IMPROVE YOUR RELATIONSHIPS AND YOUR MOOD

## PURPOSE

- Identify obstacles that keep you from improving your relationships with others.
- Learn strategies for overcoming obstacles.
- Discuss the fact that you can choose how you relate to others. Some choices are better than others at improving relationships and your mood.

## OUTLINE

- I. Announcements
- II. Review
- III. New Topic: Getting Around Obstacles So You Can Use Your New Skills
  - A. Fear
  - B. Feeling That You Don't Have the Right to Be Assertive
  - C. Old Habits in the Form of Relationship Rules
- IV. Key Messages
- V. Practice
- VI. Feedback
- VII. Review of Module: People Interactions and Your Mood
- VIII. Goodbye to Graduating Group Members
- IX. Looking Ahead to the Next Module



## ANNOUNCEMENTS

---

The group leader will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?



## REVIEW

---

### Practice

Your practice from last session was:

**1. Track your mood using the Quick Mood Scale.** Continue tracking your mood and the number of helpful and harmful people contacts you have each day.

**2. Plan to get together with a supportive person this week.** Practice active listening so that you can be supportive, too.

**3. Decide when and with whom you would like to:**

- Make a request assertively.
- Express your feelings and thoughts assertively.

**4. Carry out your plan before the next session,** and fill out the two “Give it a Try” reports that follow the Quick Mood Scale.

### ***How did your practice go?***

How did the listener respond when you did active listening?

Was there a time when you were assertive?

What may have happened if you had not been assertive?

What were your thoughts and feelings about yourself or the situation after you were assertive?

## **Last Session**

What do you remember most from last week?

### ***Key messages from last session were:***

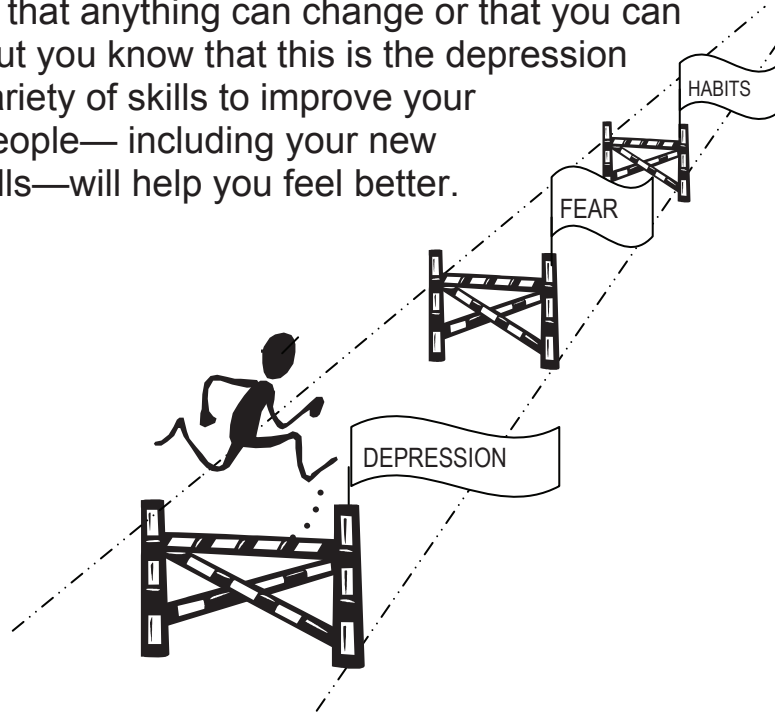
- You can choose to communicate with others in a way that improves your relationships and your mood.
- Active listening is an important part of communication.
- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.



# NEW TOPIC: GETTING AROUND OBSTACLES SO YOU CAN USE YOUR NEW SKILLS

---

We have talked about how depression affects your relationships with other people. You might feel like being alone, or hesitant to interact with others. Depression also robs you of energy and plants doubt in your mind that anything can change or that you can ever feel better. But you know that this is the depression talking! Using a variety of skills to improve your interactions with people—including your new communication skills—will help you feel better.



You may find that other obstacles get in the way also. In this session, we will help you understand those obstacles and figure out how to get around them so that you can begin using all your new skills to improve your people interactions and your mood.

Other obstacles include:

- Fear
- Feeling that you don't have the right to be assertive
- Old habits in the form of "relationship rules"



## Fear

We often have fears or beliefs that may keep us from speaking our mind and being assertive.

***Are you reluctant to “rock the boat”?*** Sometimes it feels easier in the short term to let everything go on in the same way that it has before.

- You don't want to create a conflict.
- People depend on you to be the problem solver, so you don't want to create a problem.
- You feel that if you say no, you will not be loved or liked.

***Does assertiveness mean danger for you? “Danger” can be:***

- Fear of having your feelings hurt. You might think, “If I'm assertive, and tell someone what I think, then I'll be rejected.”
- Emotional or physical danger. You might think, “If I speak up for myself, I'll be humiliated or hit.”

### ***Fighting your fears***

1. In the first column in the table below, describe a specific situation where you have problems being assertive and speaking your mind.
2. In the second column, describe what bad things could happen if you took a chance on assertiveness.
3. In the third column, describe what good things could happen if you are assertive.

## Fighting Your Fears: What Will Happen If You Are Assertive?

Situation	Bad things that could happen if you are assertive	Good things that could happen if you are assertive

### ***Questions to think about:***

- How would you normally act in the situation (passively or aggressively)?
- What thought or fear keeps you from speaking your mind?
- What change would you like to make? Fear of change can imprison us in an unhealthy daily life. By clearly imagining a more healthy life, we can make changes that can make our lives better.







## Feeling That You Don't Have the Right to Be Assertive

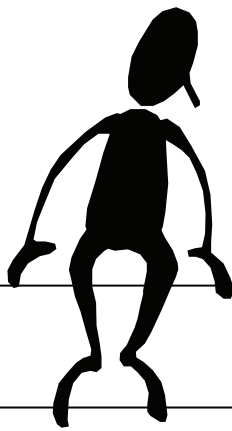
*Do you think you have a right to be assertive—to express your feelings, wishes, thoughts, and opinions?*

**Yes.**

**No.** If no, why not?

---

---



## My Rights

1. I have the right to let others know my feelings as long as I do it in a way that is respectful of their feelings.
2. I have the right to let others know my thoughts and opinions as long as I do it in a way that is respectful of their thoughts and opinions.
3. I have the right to request that others change their behavior when their behavior affects me.
4. I have the right to accept or reject anything that others say to me.
5. I have the right to decide whether or not I will do what others ask of me.

### ***You have the right to feel safe!***

Tell your group leaders if you are in a relationship in which you are afraid you may be hurt physically. You can get help and support. There are services that specialize in helping people who are in relationships where there is domestic violence.



## Old Habits in the Form of Relationship Rules

People often have rules about relationships that guide the way that they interact with others. Some rules are helpful, some rules are rigid.

### Examples of Relationship Rules

#### *Harmful rules*

“My feelings come last.”

“If I make a mistake, then I am bad.”

“You can’t trust anyone.”

“I have to be responsible for everything.”

“People always disappoint you.”

#### *Helpful rules*

“All people have great value, including me.”

“Do not abuse or victimize others, and don’t let yourself be abused or victimized, either.”

“Avoid cruel people.”

“You cannot control or be responsible for what other people do or say, only for what you do or say.”

“People don’t have to be perfect to be loved, including me.”

“Notice and show appreciation to people who are helpful and kind.”

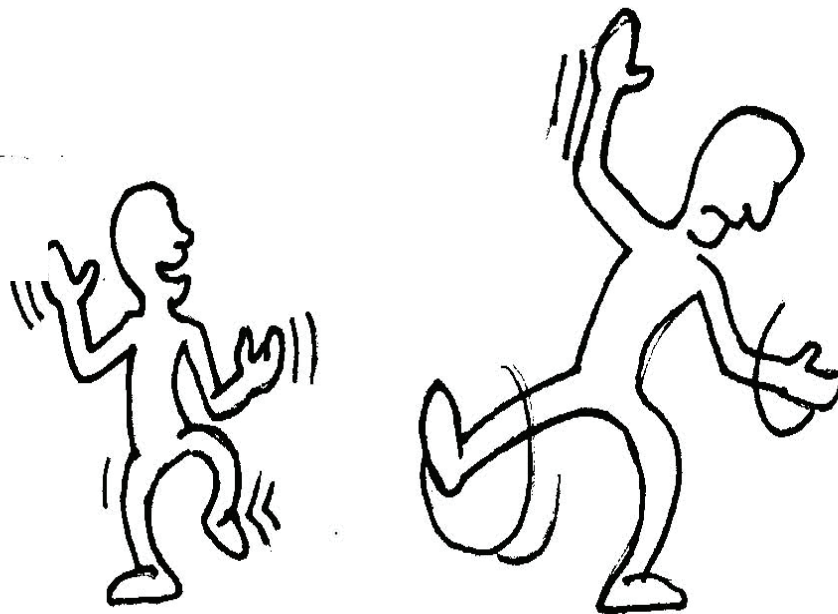
“Treating people with respect and kindness is always appropriate, even if they don’t deserve it. And that includes me.”

## ***Where do relationship rules come from?***

We develop relationship rules when we are children. They come from:

- Our environment
- Our families
- Our experiences
- The way people treat us

Many rules make sense, and when we are young they help us. When we grow older, our environment changes and we have more control over our lives and the types of people who are in our lives. The rules we developed as children may not be useful to us and may even keep us trapped in old roles.



## ***Another way to think about relationship rules***

Being in a relationship is like dancing. When we are young, we learn to do one kind of dance. We continue to do that dance as we grow older. But as the music begins to change, our dance may not work as well. We may need to learn some new steps or a brand new style of dancing. Learning new steps is hard at first, but it gets easier with practice!

**What rules do you go by when you interact with others?** Write two of your rules on the lines. They could be harmful or helpful rules.

**Relationship rule #1**

---

---

**Relationship rule #2**

---

---

**Questions to think about:**

- Where did your relationship rules come from? What things in your life made you create these rules?
- How have these rules helped you? How have they not helped you?
- How is your life different now from when you first learned your relationship rules?
- Do these rules affect whether you believe you can express your thoughts and feelings to others?

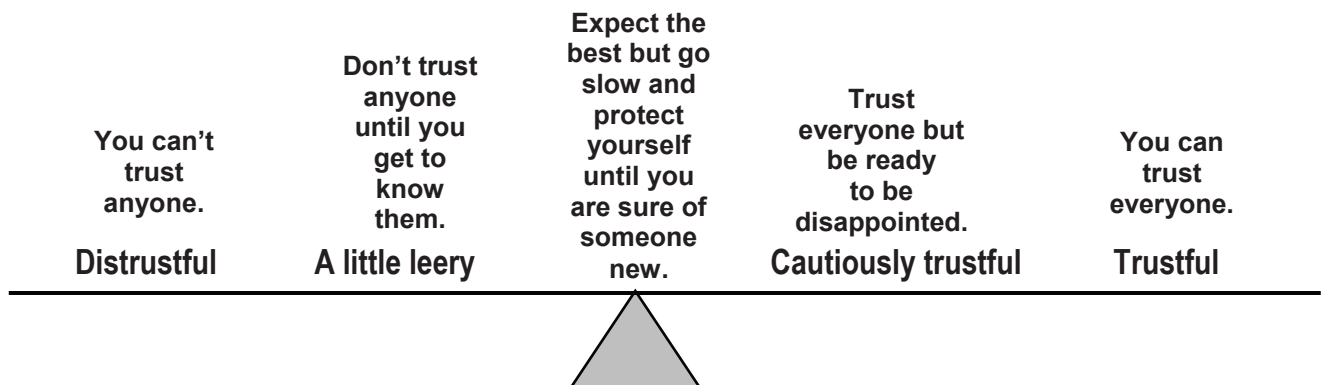


## How Can You Change Your Rules to Fit Your Life as It Is Now?

You are in control of your rules! You can change your rules and plan how you want to act with other people to improve your relationships and your mood. Here are two helpful tips.

**1. Look for balance.** Try making your rules more balanced. For example, many of us make rules about trust. If you distrust everyone and isolate yourself, your mood will be affected. So “You can’t trust anyone” will not help your relationships or your mood.

Which rule might be a balanced rule that would improve your mood?



**2. Plan ahead how you want to act with others.** After you know what rules don't work for you, you can toss them aside and make a conscious choice about how you would like to be with others in a social situation.

For example, if one of your old rules was “I should always try to say yes and not disappoint anybody,” you may have discovered that giving to others can feel good, but always saying “Yes” leaves you feeling drained and bad. Try making a new rule that is more balanced.

- What is between always giving and always taking?
- What is between always saying yes and never saying yes?
- What thoughts do you want to have?
- How do you want to act?
- Is there any way that you can set up situations to make it easier for you to use your new rule instead of your old rule?

## Relationship Rules

*Try examining and changing one of your relationship rules on the following table.*

Old Rule (Thought) Your “old” relationship rule	Old Behavior How did you act with others with this old rule?	Feeling with Old Rule How did you feel with this old relationship rule?”	New Rule (Thought) What might be a “new” relationship rule?	Change in Feeling? How might you feel with this new relationship rule?
“Others’ feelings come first.”	Never say no	Angry	“My feelings can come first sometimes.”	Happy, relaxed
<b>Your examples:</b>				



## KEY MESSAGES

---

- You can overcome the obstacles that get in the way of helpful people interactions.
- You have a right to express your thoughts and feelings.
- You can choose how you want to think and act with others to improve your relationships and your mood.



## PRACTICE

---

- 1. Track your mood and your people interactions** using the Quick Mood Scale. Keep track of how many helpful and harmful interactions you have with people.
- 2. Get together with a supportive person.**
- 3. Decide when and with whom you would like to be assertive** in the future and then try being assertive with them.



## My Commitment



I will get together with this supportive person in the next week.

---



I will be assertive with this person in the next week.

---

---

**Your Signature**

## QUICK MOOD SCALE

### Instructions

- Fill in the days of the week across the top of the scale. For example, if you start rating your moods for the week on a Wednesday, write “Wednesday” (or “W”) on the first line, “Thursday” (or “Th”) on the second line, etc. You can also write down the date (4/15, 4/16, etc.) if you want to keep track of how you are improving from week to week.
- Keep the scale beside your bed. Before you go to bed, think about your mood for the day and circle a number that matches your mood.
- Try to use all the numbers, not just 1, 5, or 9.
- There is no right answer. Only you know how you have felt each day.
- If you want to track your mood over a period of time longer than a week, write down the number rating for your daily moods on a calendar.
- Try to remember how many positive and negative contacts with people you have each day. Write the numbers at the bottom of each column.

Day of the Week							
<b>Best mood</b>	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
<b>OK/average mood</b>	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
<b>Worst mood</b>	1	1	1	1	1	1	1
<b>How many helpful interactions with people did you have?</b>							
<b>How many harmful interactions with people did you have?</b>							



## FEEDBACK

---

- What was helpful about today's session?
- What was less helpful?
- What will you remember from the People module?

## REVIEW OF MODULE: “PEOPLE INTERACTIONS AND YOUR MOOD”

---

Over the past four sessions, we have been focusing on relationships with others and making changes in specific problem areas.

- What did you learn about relationships or relationship problems that was most helpful, in terms of improving your mood?
- What did you find less helpful?
- What message or ideas will you take away from this module?

***The key messages from the People module are:***

***Session 1: Your People Interactions and Mood Are Connected***

- Helpful interactions with people can make your mood better.
- You can choose to spend time with people who have a positive effect on your mood.
- You can build a balanced social support network that includes:
  - People who give you practical support, advice, emotional support, and companionship.
  - People who you support.

***Session 2: What Gets in the Way of Good Relationships?***

- You can mourn your losses and feel better by reaching out for support and doing activities.
- You can adjust to the loss of an old role by looking for opportunities offered by your new role.
- One way to approach disagreements with others is to understand that a problem is outside of both of you rather than part of one of you, and look for solutions together.

### ***Session 3: Good Communication Is Key to Improving Your Relationships and Mood***

- You can choose to communicate with others in a way that improves your relationships and your mood.
- Active listening is an important part of communication.
- By asking for what you want and expressing your feelings assertively, you can improve your relationships with others and your mood.

### ***Session 4: Using Your New Skills to Improve Your Relationships and Your Mood***

- You can overcome the obstacles that get in the way of helpful people interactions.
- You have a right to express your thoughts and feelings.
- You can choose how you want to think and act with others to improve your relationships and your mood.



## GOODBYE TO GRADUATING GROUP MEMBERS

---

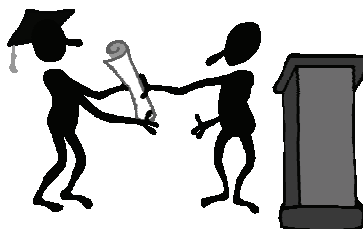
If you have completed all the modules in CBT, you are now a CBT graduate.

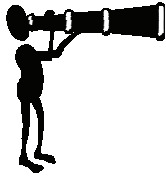
CONGRATULATIONS !

***Since you are leaving the group, you might want to talk about the following.***

1. What have you learned that you think will help you feel better?
2. What have you learned that will help you reach some of your goals?
3. How will you get support in your everyday life when you are no longer coming to group meetings?
4. What will you do the next time you feel depressed?
5. What will you do the next time you feel like using?

***If you still feel depressed***, tell your group leader, and he or she will help you get further treatment.

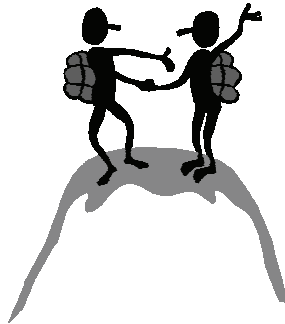




## LOOKING AHEAD TO THE NEXT MODULE

---

The next module is called “Substance Abuse and Your Mood.” We will discuss the connection between substance abuse and depression.



# RESOURCES FOR GROUP MEMBERS

## ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND SUBSTANCE ABUSE

### **Alcoholics Anonymous (AA)**

1-800-923-9722

### **Depression and Bipolar Support Alliance (DBSA)**

1-800-826-3632

[www.dbsalliance.org](http://www.dbsalliance.org)

### **Narcotics Anonymous (NA)**

[www.na.org](http://www.na.org)

### **National Alliance for the Mentally Ill (NAMI)**

1-800-950-6264

[www.nami.org](http://www.nami.org)

### **Project Return** (wellness and support for people with mental illness)

### **Recovery Inc.** (self-help program for mental health)

1-312-337-5661

[www.recovery-inc.org](http://www.recovery-inc.org)



## BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND SUBSTANCE ABUSE

### ***Control Your Depression***

Authors: Peter M. Lewinsohn, Ricardo F. Muñoz, Mary A. Youngren,  
and Antonette M. Zeiss.

Published by Fireside Books, New York, New York, 1992.

### ***Coping with Depression (videotape)***

Author: Mary Ellen Copeland

Published by New Harbinger Publications, Inc., Oakland, California,  
1994.

### ***Feeling Good: The New Mood Therapy***

Author: David D. Burns

Published by William Morrow, New York, New York, 1980.

### ***The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections***

Author: Mary Ellen Copeland.

Published by New Harbinger Publications, Inc., Oakland, California,  
2000.

### ***Mind Over Mood: Change How You Feel by Changing the Way You Think***

Authors: Dennis Greenberger and Christine A. Padesky.

Published by Guilford Press, New York, New York, 1995.

