**Session 1 Worksheet (Blank): How are Stress and Pain Related?**

|  |  |  |  |
| --- | --- | --- | --- |
| Stressful  Situation |  | | |
| How do I judge this stressful situation?  A **Threat**?  A **Loss**? or  A **Challenge**? | Threat | Loss | Challenge |
| How does this  make me feel?  **emotion** |  |  |  |
| How does this make my body feel?  **physical** |  |  |  |
| How does this make me act?  **behavior** |  |  |  |
| How does this make me think?  **thought**  **or picture in my mind** |  |  |  |

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**Session 2 Handout**

**Graded Activity Plan**

**Start at the bottom with activities that are the least difficult (0) and work your way toward the top to the most difficult activities (10).**

|  |  |
| --- | --- |
| Activity | Difficulty Scale  0-10 |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**Session 3 Worksheet (Blank): Automatic Thoughts Worksheet ATW 1**

|  |  |
| --- | --- |
| **Stressful**  **Situation** |  |
| **Change in**  **Emotions or Feelings** |  |
| **Change in Body** |  |
| **Change in Behavior** |  |
| **Automatic Thoughts\***  **or Pictures in your Mind**  **How much do you believe it?**  **0% 25% 50% 75% 100%** |  |

\*Automatic Thoughts often happen right before a change in your emotions-sad-or in your body-muscle tension in neck.

**Session 4 Worksheet (Blank): Automatic Thoughts Worksheet 2**

|  |  |  |
| --- | --- | --- |
| Stressful  Situation |  | |
| **Change in**  **Emotions, body or behavior** |  | |
| **Automatic Thoughts**  **or Pictures in your Mind**  **How much do you believe it?**  **0% 25% 50% 75% 100%** |  | |
| **Evidence**  **Write some facts that are true about your**  **Automatic Thoughts.**  **Write some facts that are not true about your**  **Automatic Thoughts.** | **True** | **Not True** |

Continues on Next Page

|  |  |  |
| --- | --- | --- |
| **Alternative Thought**  **\*Use questions below to look at**  **the Evidence and create an**  **Alternative Thought.** |  | |
| **1. How much do you now believe your Automatic Thought? 0% -- 100%**  **2. How much do you believe your Alternative Thought? 0% -- 100%** | **Automatic Thought** | **Alternative Thought** |
| **Write about changes in your emotions, body, or actions when you think your Alternative Thought.** |  | |

\***Creating an Alternative Thought** - Ask yourself **Is there another way to look at this?** Ask yourself **If a friend had this same thought or in the same situation, what would I tell my friend?**

**Session 5 Worksheet**

**Naming Should and Core Beliefs Worksheet - Blank**

**Situation**

**Automatic Thought**

**Should Belief**

**Core Belief**

**Session 5 Worksheet (Blank): Changing Should and Core Beliefs Worksheet**

|  |  |  |
| --- | --- | --- |
| **Automatic Thought**  **How much do you believe it?**  **0%-100%** |  | |
| **Should Belief**  **How much do you believe it?**  **0%-100%** |  | |
| **Core Belief\***  **How much do you believe it?**  **0%-100%** |  | |
| **Core Belief Evidence** | **True** (facts that are true about **Core** **Belief**) | **Not True** (facts that are not true about **Core Belief**) |
| **Drawbacks** (problems that might happen if I hold onto this **Core Belief**) | **Benefits** (good things that might happen if I hold onto this **Core Belief**) |

\*If your automatic thought is true, what does that say about you or the world? Continues on Next Page

|  |  |  |
| --- | --- | --- |
| **Alternative Belief**  **\*Use questions below to look at**  **the Evidence and create an**  **Alternative Thought.** |  | |
| **Alternative Belief**  **1. How much do you now believe your Original Core Belief? 0% -- 100%**  **2. How much do you believe your Alternative Core Belief? 0% -- 100%** | **Original Core Belief** | **Alternative Core Belief** |

\***Creating an Alternative Belief** - Ask yourself **Is there another way to look at this?** Ask yourself **If a friend had this same belief, what would I tell my friend?**

**Session 7 Worksheet**

**Assertive Communication Worksheet**

**Step 1: Name the Problem Situation**

* What is the problem?
* Who is involved?
* How does this situation make you feel?
* What do you want?
* How do you normally handle the problem?
* What will happen if you are assertive?

**Step 2: Plan the Assertive Statement or Request**

* Write a good time and place for you to meet and talk about the situation with the person involved.
* Write the problem the way you want to say it to the other person.
* **Write Your Assertive Statement or Request**

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