

**THOUGHTS 4 --INCREASING YOUR HELPFUL THOUGHTS
TO IMPROVE YOUR MOOD AND USING THOUGHTS
TO LIVE THE LIFE YOU WANT**

SESSION OUTLINE	
I.	Agenda and Announcements
II.	Review
III.	Personal Project Review
IV.	New Material: Ways to Have More Healthy Thoughts
V.	Take Home Message
VI.	Feedback and Goodbye to Group Members Who Are Graduating
VII.	Personal Project

The purpose of today's meeting:

- To talk about ways to increase helpful thoughts.
- To talk about how you can use your thoughts to live the life you want.
- To say goodbye to graduating group members

REVIEW: TALKING BACK TO HARMFUL THOUGHTS

- What do you remember most from the last session?
- Talk about one antidote to a category of harmful thinking.
- What does it mean to add, “Yes, But” to your thoughts/
- What does “Worry Time” mean?

PERSONAL PROJECT REVIEW

1. Review your quick mood scale.
2. what skills or antidotes have you used to talk back to your harmful thoughts?

WAYS TO INCREASE THOUGHTS TO FEEL GOOD

1. INCREASING THE NUMBER OF HEALTHY/HELPFUL/PLEASANT THOUGHTS IN YOUR MIND

What are some thoughts that can help you to improve your mood? Make lists of positive and helpful thoughts about yourself and your life.

2. GIVE YOURSELF MENTAL PATS-ON-THE-BACK

Most of the things we do are not noticed by others. Therefore, it is important for us to notice them and give ourselves credit for doing them. We can take care of ourselves by noticing the good things we do. What are some of the things that you can give yourself credit for?

COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION
PART III: Participant Notes: Thoughts Module: Session 4
Version 2000: May, 2000

Notes:

Sometimes depression gets in the way of having helpful thoughts.

Positive/healthy/pleasant thoughts can improve mood.

Learn to balance positive and negative thoughts.

3. THINKING ABOUT THE FUTURE PAST.

Imagine yourself taking the steps to move toward a time when things will be better.

What would your future be like?

How would you feel about the new future?

What can you accomplish in the new future?

What are things I want in my future?

What are things I want to avoid in my future?

Now imagine yourself in the better future and look back.

What did you have to do to get there?

Why not start now?

What might hold you back?

Is there any advantage to keeping your negative thoughts?

Review of the Module:

Over the past 4 sessions, we have been focusing on thoughts, and we have been learning about how the way we think affects how we feel. We have learned to make changes in the way we think to positively affect the way we feel.

1. How have your thoughts changed since beginning the group?
2. What did you learn about thoughts that was most helpful, in terms of improving your mood?
3. What did you find least helpful?
4. What message will you take from this module?

Take Home Message:

You can improve your mood by improving your internal reality, by increasing helpful, healthy ways of thinking.

You can plan for the future you want by increasing healthy thinking and decreasing harmful thinking.

“The best way to predict the future is to make it happen.”

PERSONAL PROJECT

QUICK MOOD SCALE

DAY							
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
OK/AVERAGE	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
WORST MOOD	1	1	1	1	1	1	1
# harmful thoughts							
# helpful thoughts							

WEEKLY PROJECT

- 1) Continue tracking mood using the mood scale.
- 2) Track thoughts and try out way to increase healthy thinking.

OPTIONAL PROJECT (select one of the following activities if you want)

- 1) Talk to someone about what you are learning.