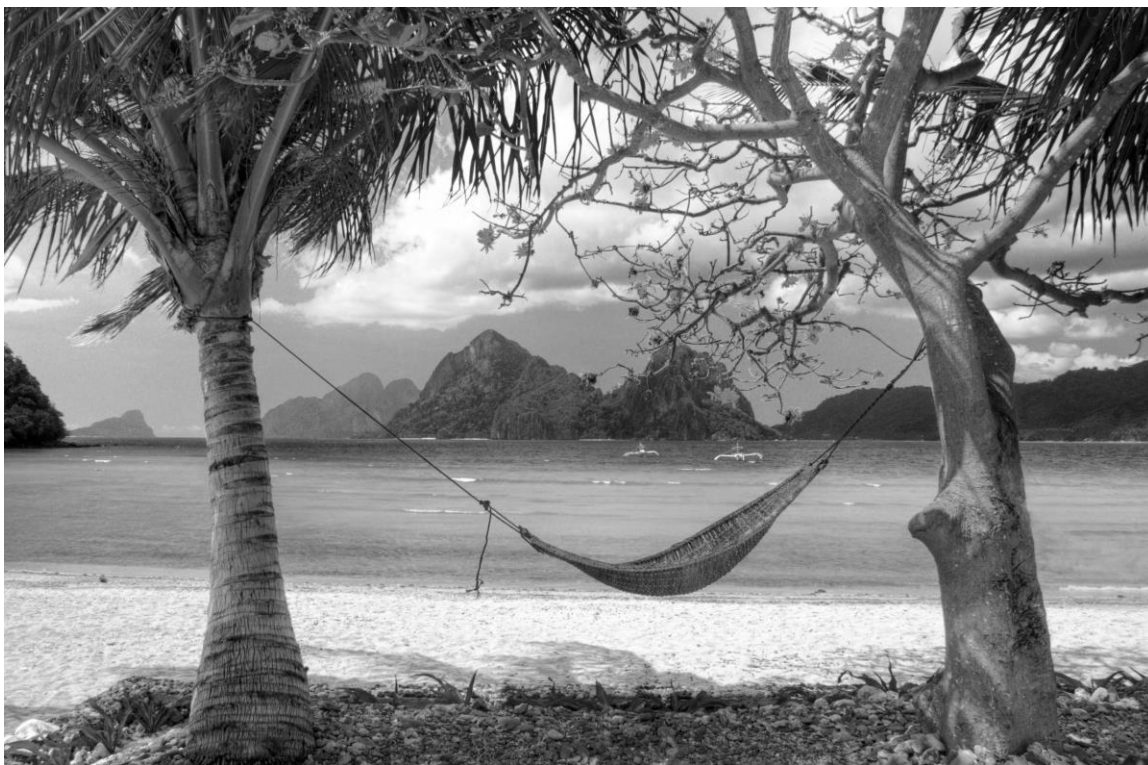


Getting Unstuck: Behaviors

Student Workbook



(434) 582-2651
Green Hall 1830
www.liberty.edu

Common Depressive Symptoms

Self-criticism	Reduced focus/concentration	Low mood or persistent sadness	Fatigue or low energy
Withdrawing from friends, family, pets	Suicidal thoughts or preoccupation with death	Crying spells	Suicide attempts
Loss of pleasure for things you used to enjoy	Poor hygiene	Anger or irritability	"Self-medicating" with alcohol or other drugs
Changes to eating or weight	Worry about something awful happening	Guilt	Appetite disruption
Unexplained aches and pains	Numbness or feelings of emptiness	Changes to sex drive	Gastrointestinal problems
Physical restlessness or slowing	"Heaviness" in the body	Hopelessness	Fear of rejection
Increased or reduced sleep	Inability to make decisions		

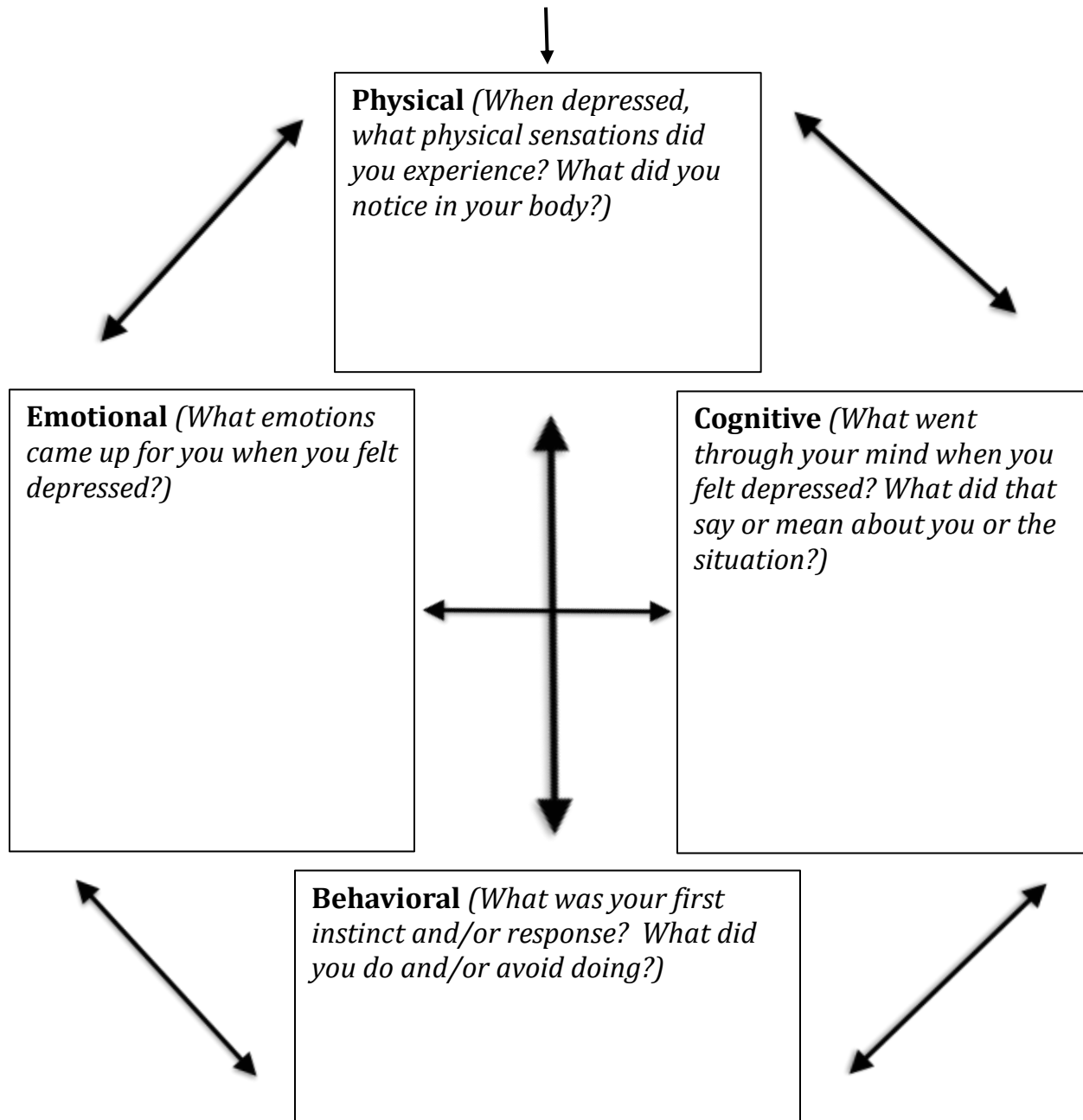
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Behaviors	Thoughts	Emotions	Physical Sensations
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Poor hygiene			
Crying spells			

Cross Sectional Formulation

Situation (*When? Where? What? With whom?*)

Schemas:

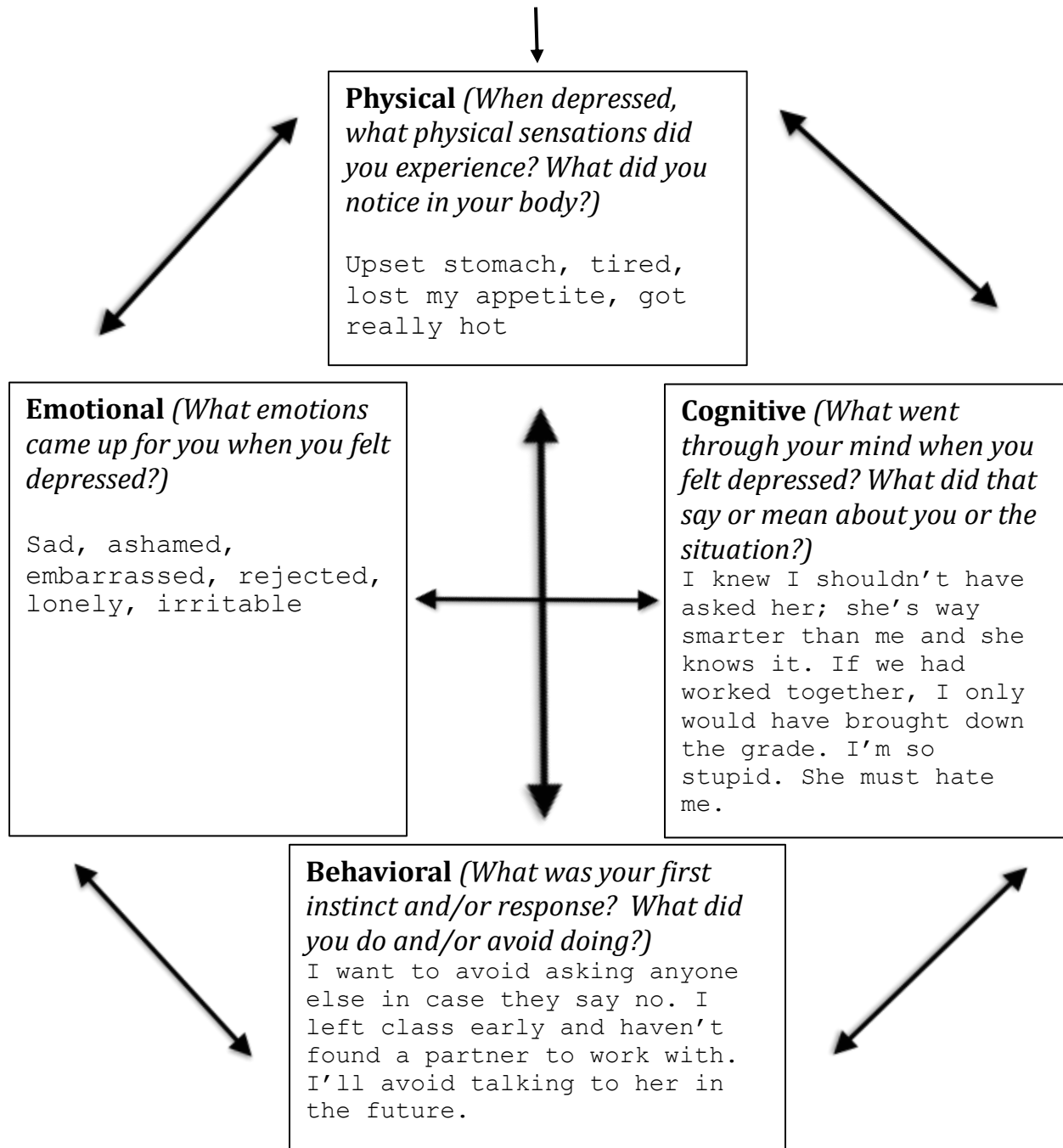


Cross Sectional Formulation

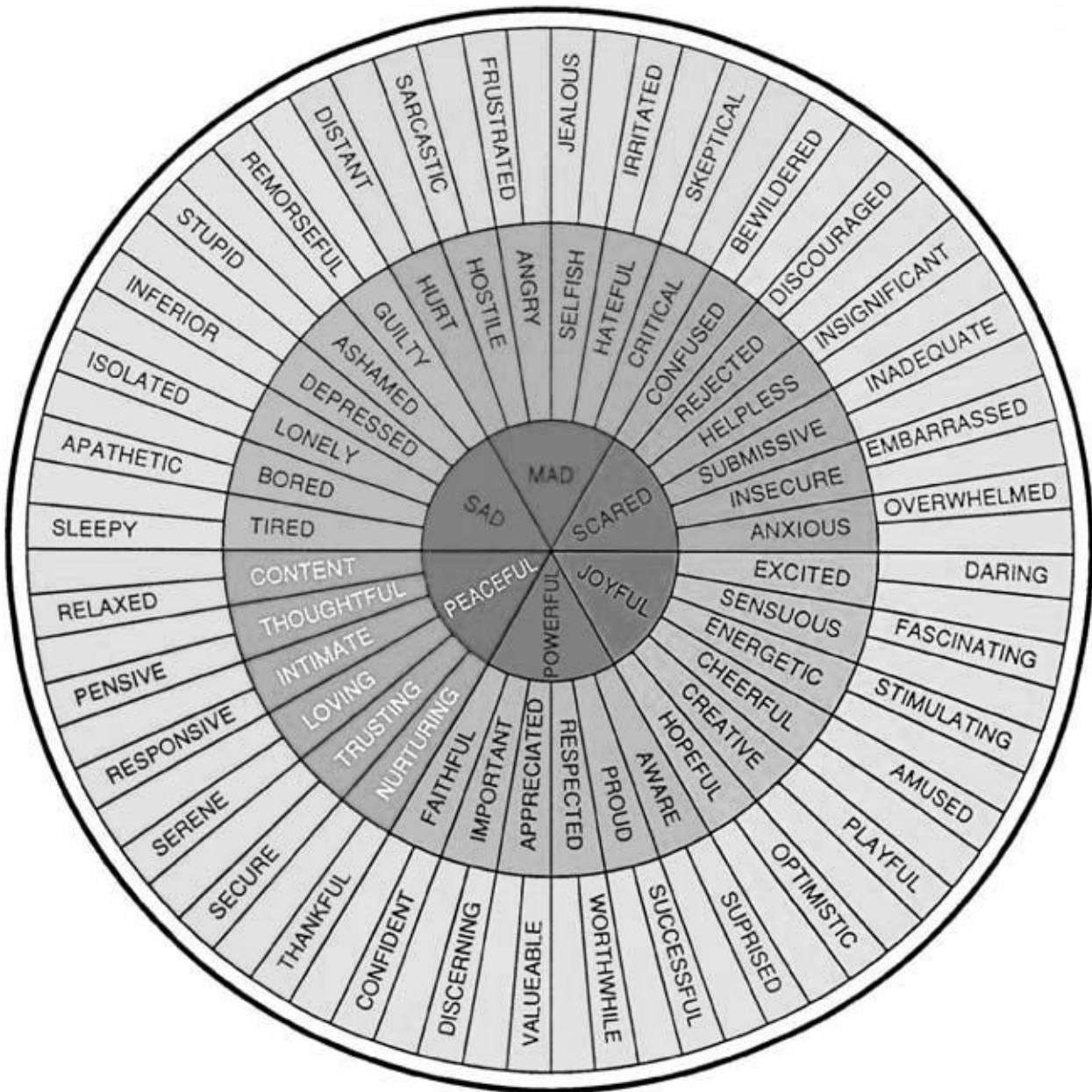
Situation (*When? Where? What? With whom?*)

I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.

Schemas: failure, abandonment, defectiveness, social isolation



Feelings Wheel



Self-Affirmations

This cheat sheet should help you create self-affirmations that are effective and personalized. Affirmations can focus on several categories, including character traits, physical attributes, and skills and/or accomplishments.

1. Start your affirmations with “I am” (e.g., “I am a good friend”)
2. Keep them short (we don’t need a novel)
3. Keep them positive (avoid saying “not”)
4. Use feeling words when you can (e.g., “I am proud of myself”)
5. Keep them focused on you (after all, they are **self**-affirmations)

Examples: “I am proud that I am hard-working” or “I am thankful for my strong legs”

My Self-Affirmations:

Feeling stuck? Ask yourself questions like these:

- When was a time that you felt proud of yourself and why?
- Have you ever forgiven someone who has hurt you?
- Have you ever received a compliment that you agree with?
- What would your best friend or a loved one say about you?

Feeling Guilty? Consider this:

- We are socialized to ignore or minimize our positive characteristics.
- Unfortunately, we then just dwell on our “negatives.”
- Practicing self-affirmations helps bring balance and improve mood.

Unhelpful Behaviors

Get up at different times every morning	Go to bed at different times every night	Miss class	Don't do a homework assignment	Wait until the last minute to get something done	Stop washing your hair
Stop brushing your teeth	Skip a test	Stop going to team or club meeting	Ignore or decline invites to hang out	Skip a meal	Overeat
Eat lots of junk food	Binge drink	Smoke cigarettes	Stop talking to/actively avoid your friends	Stop talking to/actively avoid your family	Don't seek help when you are struggling
Stay inside all the time	Play video games for hours	Constantly monitor social media	Stay in your bed	Stay in your room; don't leave	Stop talking to your roommate
Stop completing tasks	Stop going to work	Stop exercising	Watch a lot of TV	Only eat one meal a day	Argue with other people
Stop doing your hobbies	Only focus on the negative	Complain a lot	Use recreational drugs	Sleep all day	Don't move
Only listen to music that makes you sad, angry or upset	Stop smiling and laughing	Stop going to church, meditating or praying	Let your room get really disorganized	Self-harm	Smoke marijuana

Other Helpful Thought Tips

1. **Stopping.** Interrupt a thought as it begins. Use a strong image or a word to interrupt the thought. Strongly state it, either internally or aloud.



2. **Distracting.** Redirect your mind to something else internally or externally, preferably something pleasant and engaging.



3. **Mindful Observing.** Watch, label, or log your thoughts. Use the language "I am thinking ..." or "My mind is having the thought that..." to distance yourself from the thought.

4. **Understanding.** Begin to understand where thoughts come from by asking a number of questions, including: What is the purpose of this thought? Does it tie to a specific schema?

5. **Mindfully Letting Go.** Use imagery or words to visualize thoughts passing by. Good examples are clouds in the sky or leaves on a stream.



6. **Gratitude.** Try to focus on something that you are grateful for from the past, present, or future.

Helpful Behavioral Tips

The following lists of ideas are meant to get you thinking about possibilities for helpful behaviors. The activities do not have to be huge commitments; focus on small baby steps. Choose activities that are do-able for you when you are feeling down. The more success you have in doing the little things, the more likely you will be motivated to try more things.

Ideas for Socializing

- | | |
|--|---|
| <input type="checkbox"/> Watch a movie with a friend | <input type="checkbox"/> Go to a gym class, dance class, martial arts class, etc. |
| <input type="checkbox"/> Go to an intermural or CP game | <input type="checkbox"/> Go eat free samples at Farmer's Market |
| <input type="checkbox"/> Go to the library, coffee shop, or dorm lounge to study | <input type="checkbox"/> Plan to eat a meal with a roommate/friend |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Ideas for Pleasant Activities

- | | |
|---|---|
| <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Color/Paint/draw/sculpt |
| <input type="checkbox"/> Go shopping or window shopping | <input type="checkbox"/> Write poem, music, play, story |
| <input type="checkbox"/> Fix/tinker with something | <input type="checkbox"/> Read for fun |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Watch the sunset/rise at the beach |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

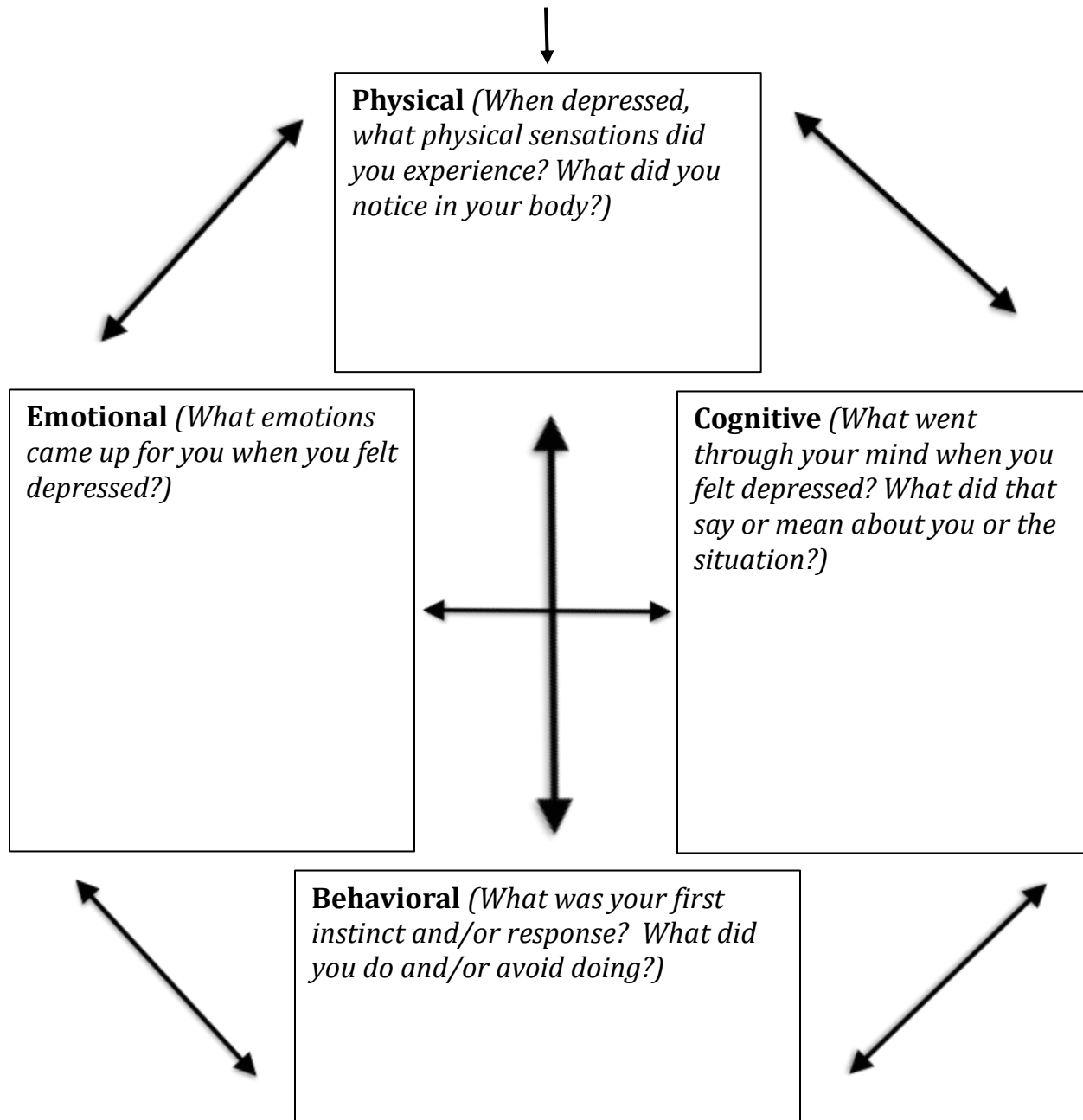
Ideas for Mastery Activities

- | | |
|---|---|
| <input type="checkbox"/> Wash a dish or two (even if they aren't yours) | <input type="checkbox"/> Read a chapter or a page of your homework assignment |
| <input type="checkbox"/> Do laundry | <input type="checkbox"/> Take out the trash |
| <input type="checkbox"/> Return a phone call | <input type="checkbox"/> Pay a bill |
| <input type="checkbox"/> Write that email to your professor | <input type="checkbox"/> _____ |

Cross Sectional Formulation

Situation (*When? Where? What? With whom?*)

Schemas:



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