

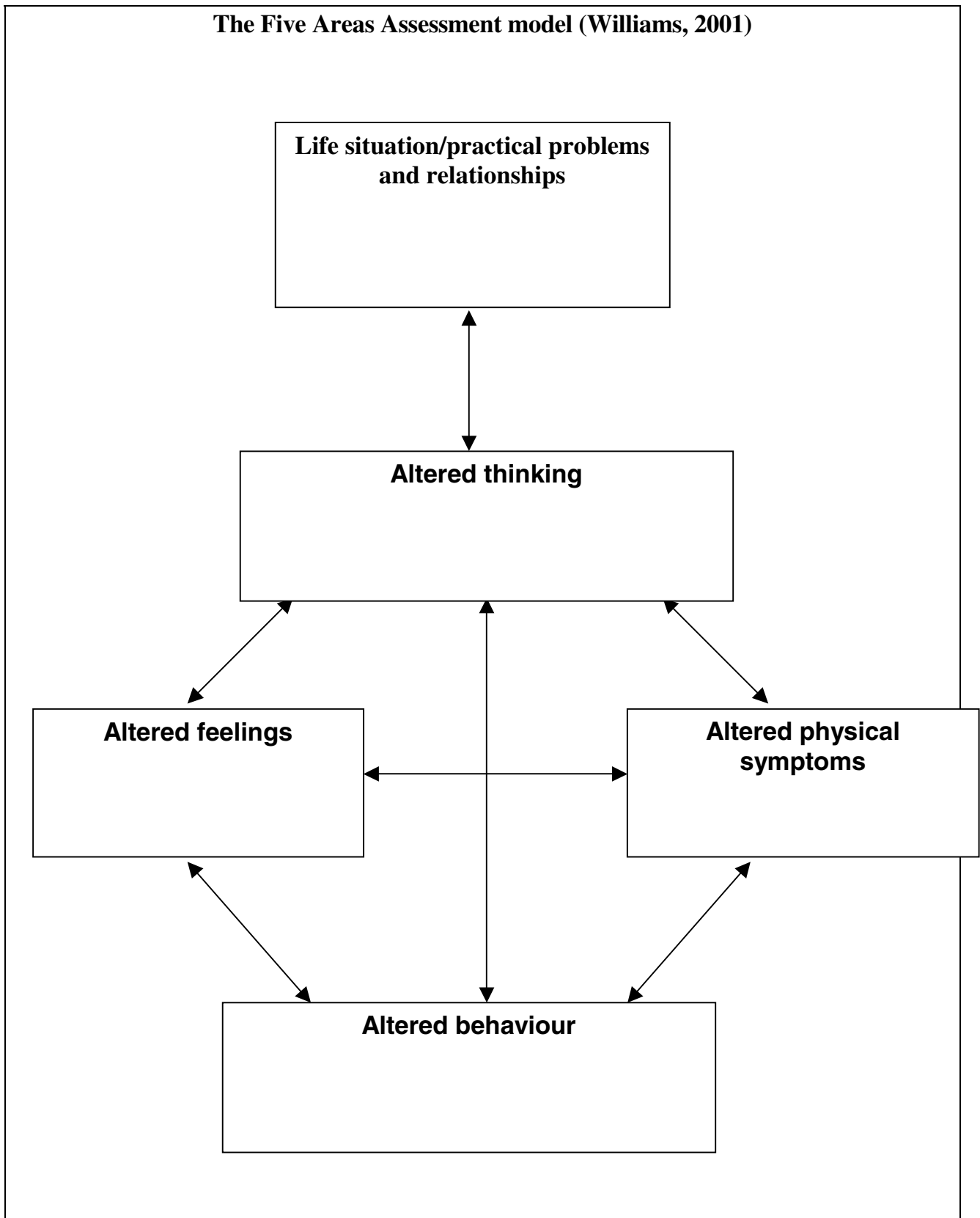


***Useful resources using the Five Areas Assessment
model***

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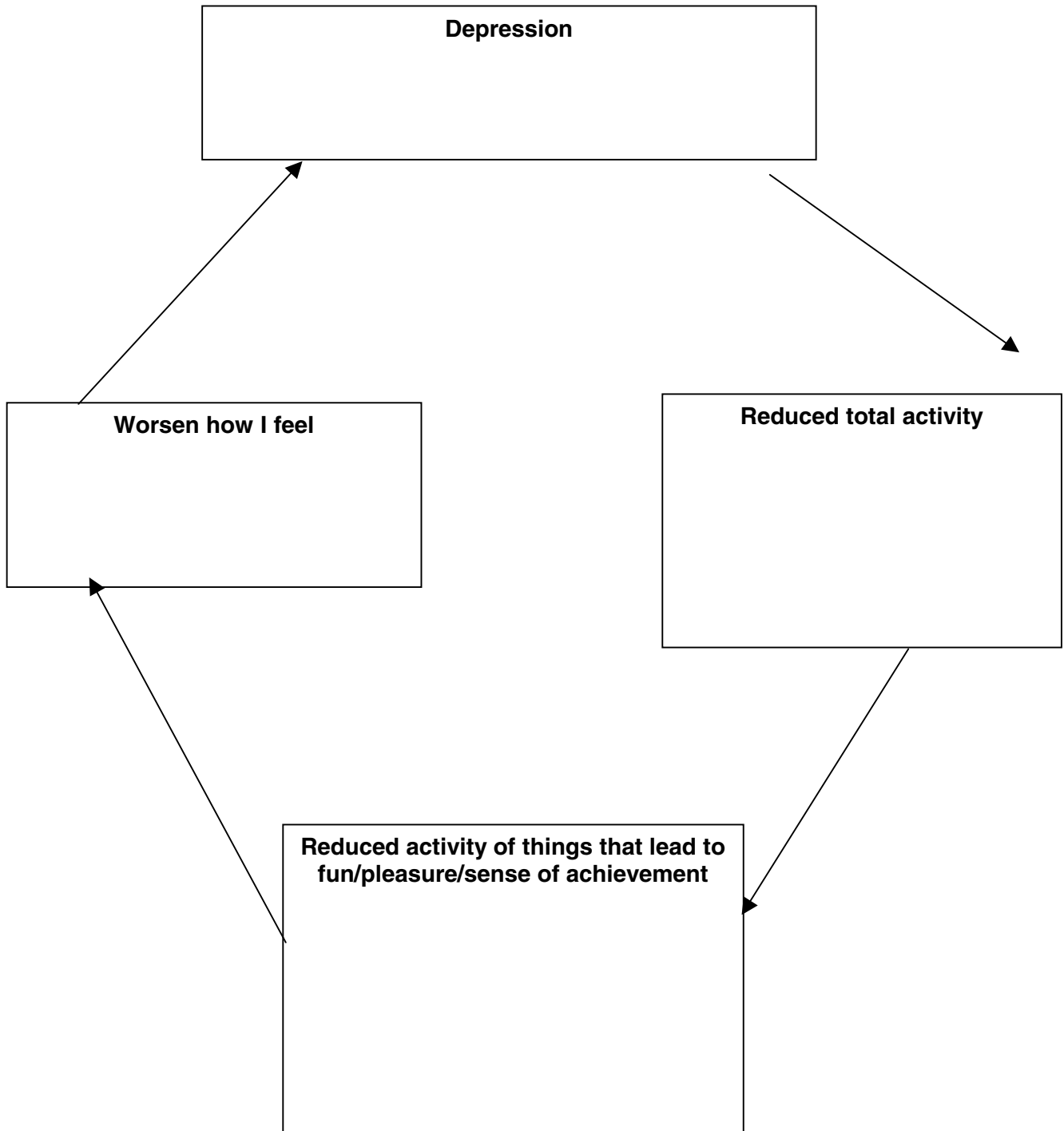
These handouts build upon the book *Overcoming Depression: A Five Areas Approach* by Chris Williams, Arnold Publishers 2001 (revised edition printed 2002). ISBN 0-340-76383-3.



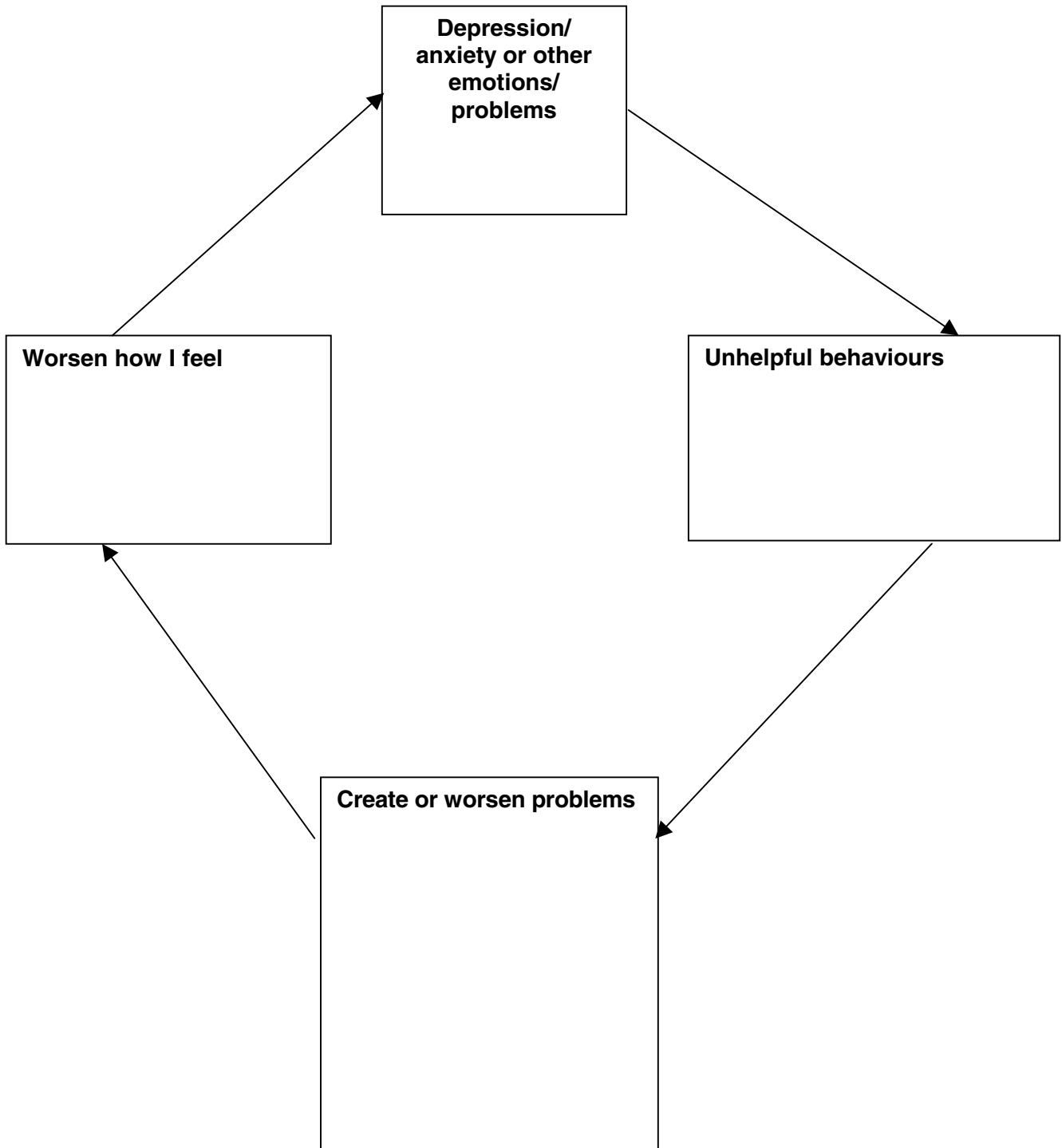
Summary of the unhelpful thinking styles

Unhelpful thinking style	Typical thoughts	Tick here if you have this thinking style
1. Bias against myself.	I overlook my strengths. I focus on my weaknesses. I downplay my achievements. I am my own worst critic.	
2. Putting a negative slant on things (Negative mental filter).	I see things through dark tinted glasses. I tend to focus on the negative in situations.	
3. Having a gloomy view of the future. (Make negative predictions/ Jump to the worst conclusion - catastrophising).	I make negative predictions about the future. I predict that things will go wrong.	
4. Negative view about how others see me (Mind-reading).	I mind-read what others think of me. I often think that others don't like me.	
5. Bearing all responsibility.	I feel responsible for whether everyone else has a good time. I take the blame if things go wrong. I take unfair responsibility for things that are not my fault.	
6. Making extreme statements/rules.	I use the words " <i>always</i> ", " <i>never</i> " and " <i>typical</i> " a lot to summarise things. I make " <i>must</i> ", " <i>should</i> ", " <i>ought</i> " or " <i>got to</i> " statements to myself.	

The vicious circle of reduced activity



The vicious circle of unhelpful behaviour



Checklist: Identifying the vicious circle of unhelpful behaviour.

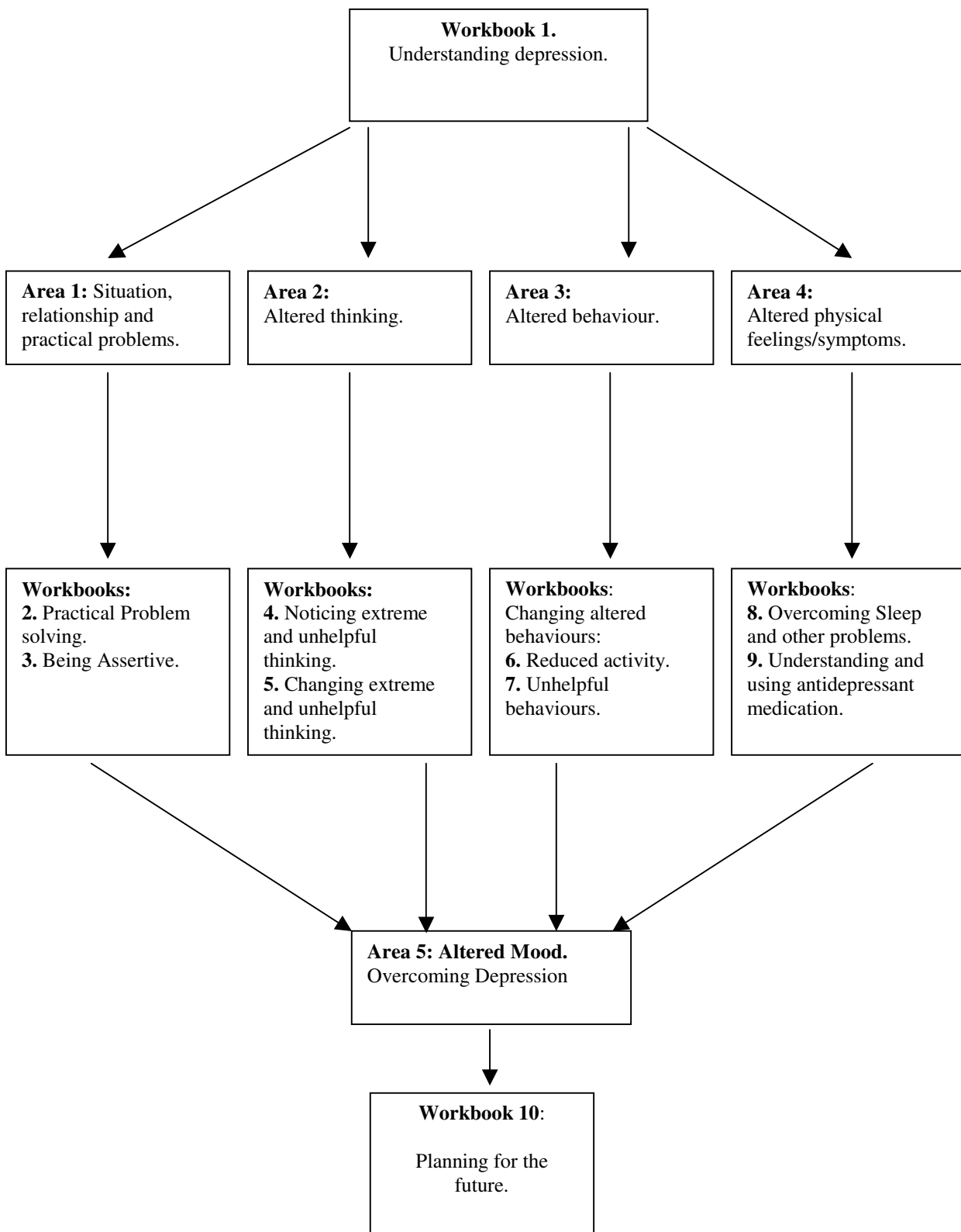
Activity or behaviour	Tick here if you have noticed this
Abusing drink/drugs	
Deliberately harming myself in some way	
Taking part in risk-taking actions for example crossing the road without looking, or beginning to gamble using money I don't really have.	
Sleeping in as an active choice to avoid doing things or meeting people.	
Becoming very demanding or excessively seeking reassurance from others/seeking attention	
Trying to spend my way out of depression by going shopping (" <i>retail therapy</i> ").	
Eating too much to block how I feel (" <i>comfort eating</i> "), or over-eating so much that this becomes a "binge".	
Becoming very promiscuous – sleeping with a number of people as a means of blocking how I feel emotionally.	
Other: (write in)	

Q. Am I doing certain activities or behaviours that are designed to improve how I feel? Yes No

Q. Are some of these activities unhelpful in the short or longer-term? Yes No

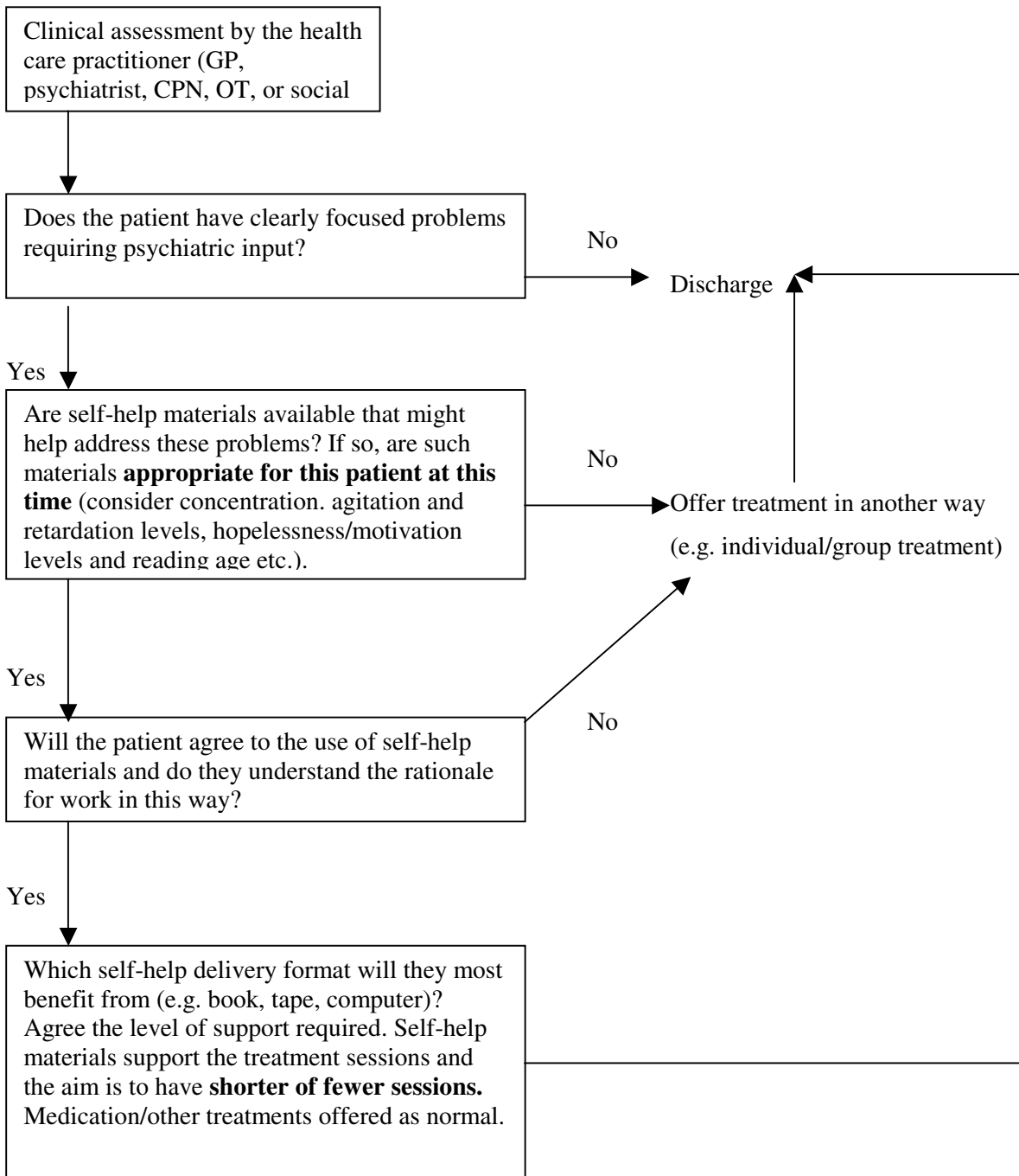
Q. Overall has this worsened how I feel? Yes No

Overcoming Depression Course Overview.



Full course *Overcoming Depression: A Five Areas Approach* (2001). Arnold publishers Williams, C.
ISBN 0-340-76383-3

Using self-help materials.



Example of Muriel completing her Thought Investigation Worksheet: Identifying extreme and unhelpful thinking.

1. Situation/ relationship or practical problem when your mood unhelpfully altered.	2. Altered emotional and physical feelings	3. What immediate thoughts are present at the time?	4. What unhelpful thinking style (s) occur?	5. Impact of the immediate thought (s)
<p>Think in detail: Where am I, what am I doing? Consider: The time: What time of day is it? The place: Where am I? The people: Who is present. Who am I with? The events: What has been said/What events happened?</p>	<p>Am I Low or sad? Guilty? Worried, tense, anxious or panicky? Angry or irritable? Ashamed?</p> <p>a. State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, <u>underline</u> the most powerful feeling. b. How powerful is this feeling? (0-100%) c. Note down any strong physical sensations you notice.</p>	<p>What is going through my mind? How do I see: Myself, How others see me? The current events/situation. What might happen in the future? My own body, behaviour or performance? ? Any memories or images.</p> <p>a. State the thought (s) clearly. Try to be as precise as possible. If more than one thought occurs, <u>underline</u> the most powerful thought. b. Rate how strongly you believe the most powerful thought at the time (0-100%)</p>	<p>1. Bias against myself. 2. Putting a negative slant on things (Negative mental filter). 3. Having a gloomy view of the future/jumping to the worst conclusion? 4 Negative view about how others see me (Mind-reading). 5. Bearing all responsibility. 6. Making extreme statements/rules e.g. using <i>must, should, ought, always, and never</i> statements.</p> <p>If any of the styles are present, you have identified an extreme thought</p>	<p>a. What did I do differently? Consider any: Reduced activity. Unhelpful behaviours.</p> <p>b. What was the impact on: Myself My view of others? How I felt? What I said? What I did? Overall, was the impact helpful or unhelpful?</p> <p>If there is an unhelpful impact, you have identified an unhelpful thought</p>
<p>Situation:</p> <p><i>10am at home. My sister came by unexpectedly</i></p>	<p>a. My feelings:</p> <p><i>I felt low and sad.</i> <i><u>I felt ashamed.</u></i></p> <p>b. Powerfulness: 0-100%= 80%</p> <p>c. Physical sensations: <i>I blushed and felt hot</i></p>	<p>My immediate thought:</p> <p>a. State the thought (s) clearly. <i>Oh no, I always look awful.</i> <i><u>She'll think I'm not coping.</u></i></p> <p>If you have noticed more than one thought, <u>Underline</u> the most powerful thought</p> <p>b. Rate your belief in the most powerful thought at the time.</p> <p>0% 100% I-----X-----I</p>	<p>Which thinking styles are present? (please state numbers or types)</p> <p>No (s): 1, 3, 4, 6</p>	<p>a. What did I do differently? <i>I acted quite flustered</i> <i>I avoided eye contact.</i> <i>I made an excuse after ten minutes and told her I had to go to a doctors appointment.</i></p> <p>b. Overall, is it helpful or unhelpful for me to believe the thought? Helpful € Unhelpful ✓</p>

