

Overcoming Anxiety and Depression: Additional worksheet resources.



Overcoming Depression materials overview.

Overcoming Anxiety materials overview.

Worksheet: The Five Areas Assessment model.

Worksheet: The unhelpful thinking styles.

Worksheet: The vicious circle of reduced activity.

Worksheet: Checklist identifying the vicious circle of reduced activity.

Worksheet: The vicious circle of unhelpful behaviour.

Worksheet: Checklist identifying the vicious circle of unhelpful behaviour.

Worksheet: The vicious circle of avoidance.

Worksheet: Checklist identifying the vicious circle of avoidance.

Flashcard: Thought Investigation Flashcard.

Flashcard: Thought Challenge Flashcard.

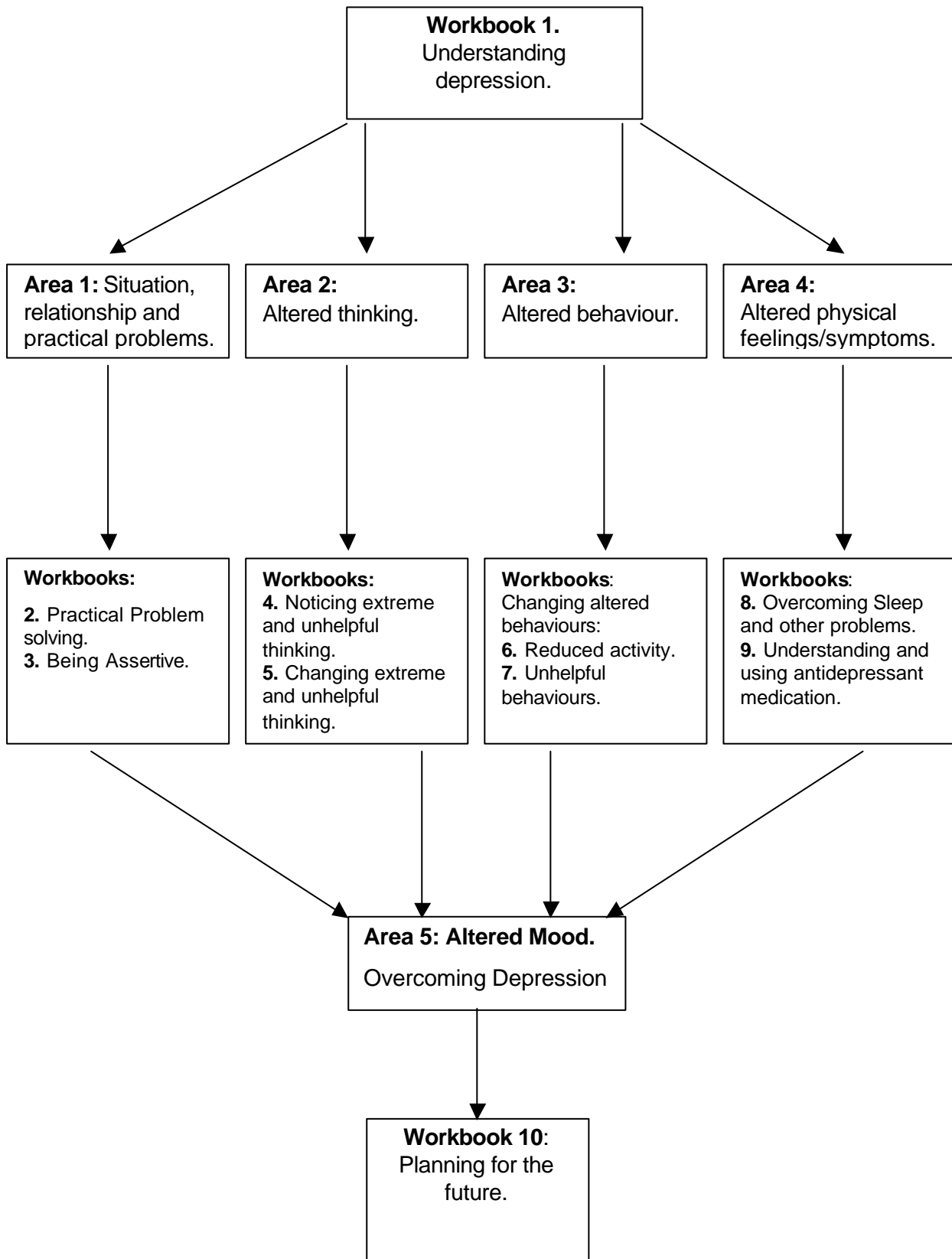
Worksheet: Thought Investigation Worksheet.

Worksheet: Thought Challenge worksheet.

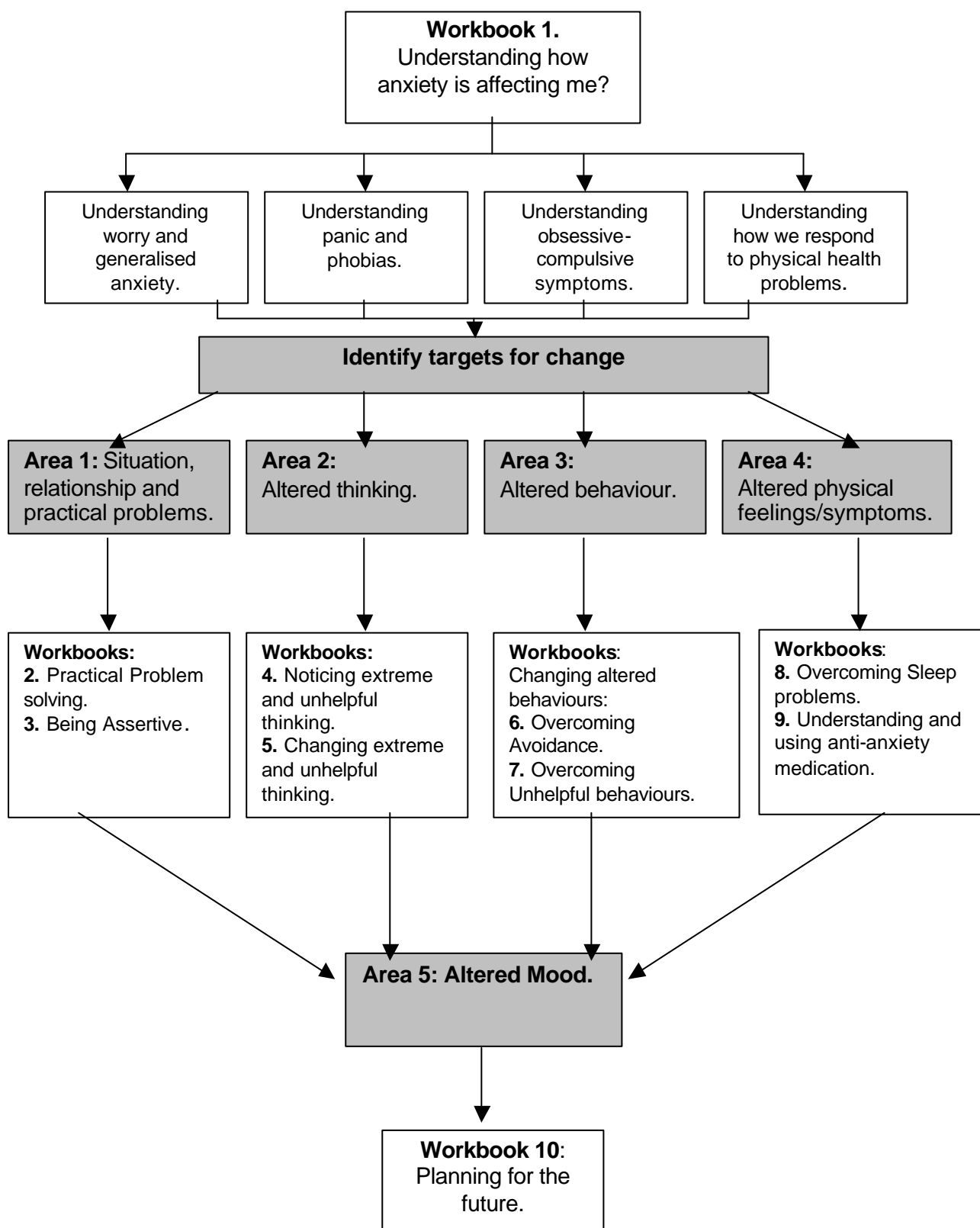
Worksheet: Using Anxiety Control Training (ACT) (and patient/client information handout).

Worksheet: Practice Plan Review sheet.

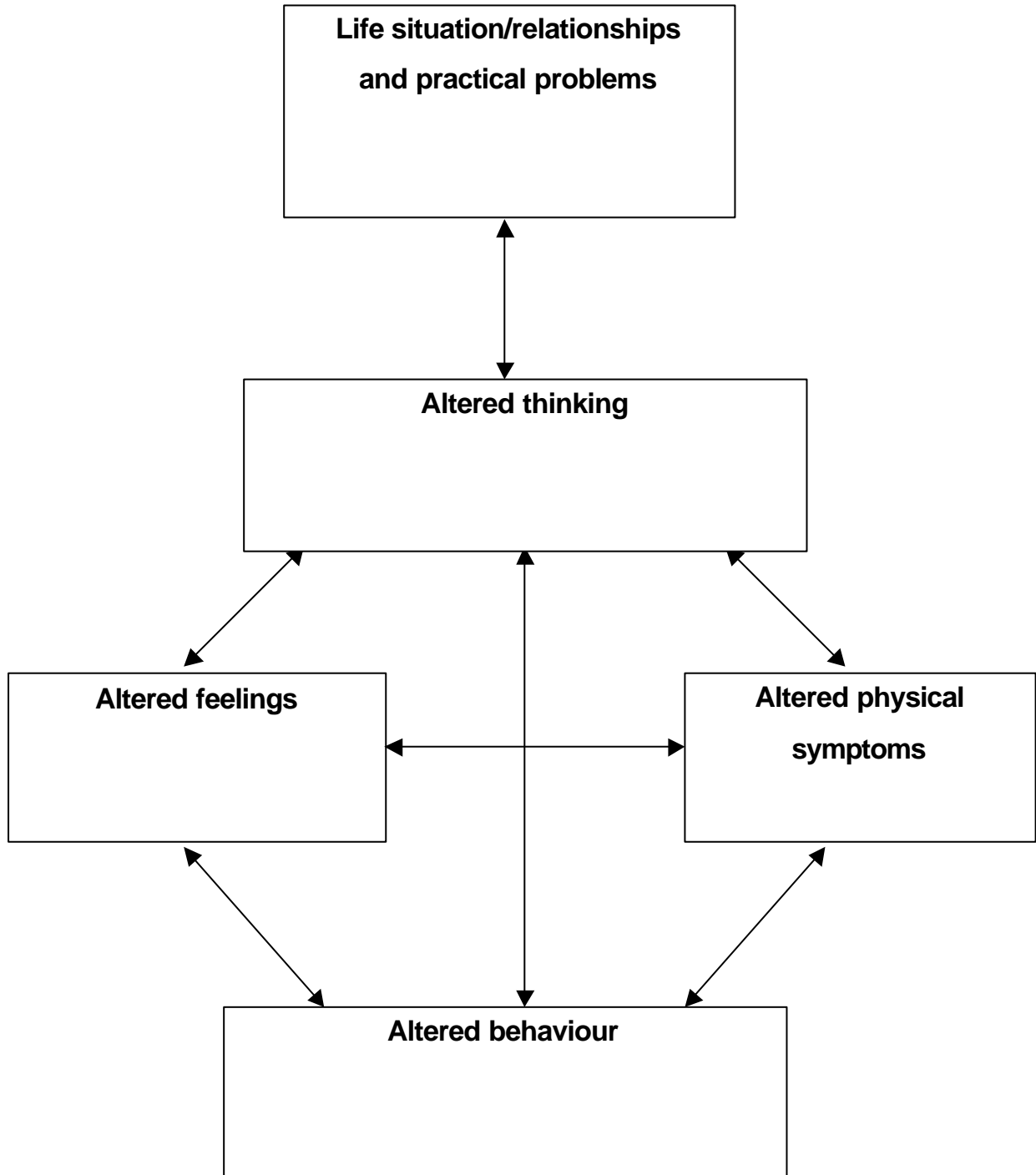
Overcoming Depression Materials overview



Overcoming Anxiety Materials Overview.



The Five Areas Assessment model

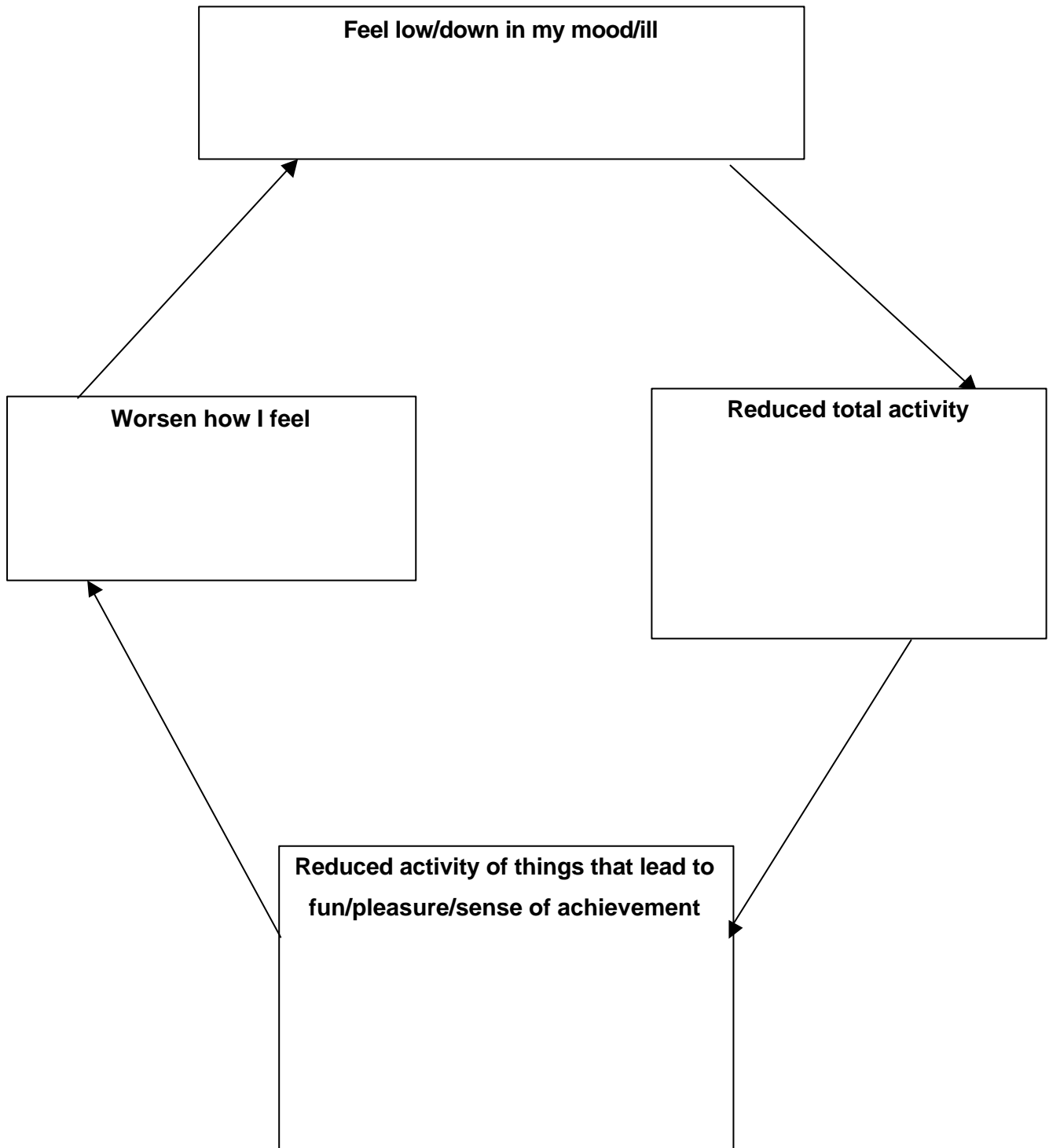


The unhelpful thinking styles.


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 that have happened (Negative mental filter).	I see things through dark tinted glasses. I tend to focus on the bad in situations.	
3. Having a gloomy view of the future. (Make negative predictions).	I make negative predictions about the future.	
4. Jumping to the worst conclusion – catastrophising.	Predicting that the very worst will happen.	
5. Second guessing that others think badly of me without actually checking if this is true. (Mind-reading).	I mind-read what others think of me. I often think that others don't like me.	
6. Bearing all responsibility/taking all the blame.	I feel responsible for whether everyone else has a good time. I take the blame if things go wrong. I take things personally/to heart. I take unfair responsibility for things that are not my fault.	
7. Making extreme statements/setting impossible standards.	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.	

Overall, am I showing extreme and unhelpful thinking? Yes No

The vicious circle of reduced activity



Checklist: Identifying the vicious circle of reduced activity.

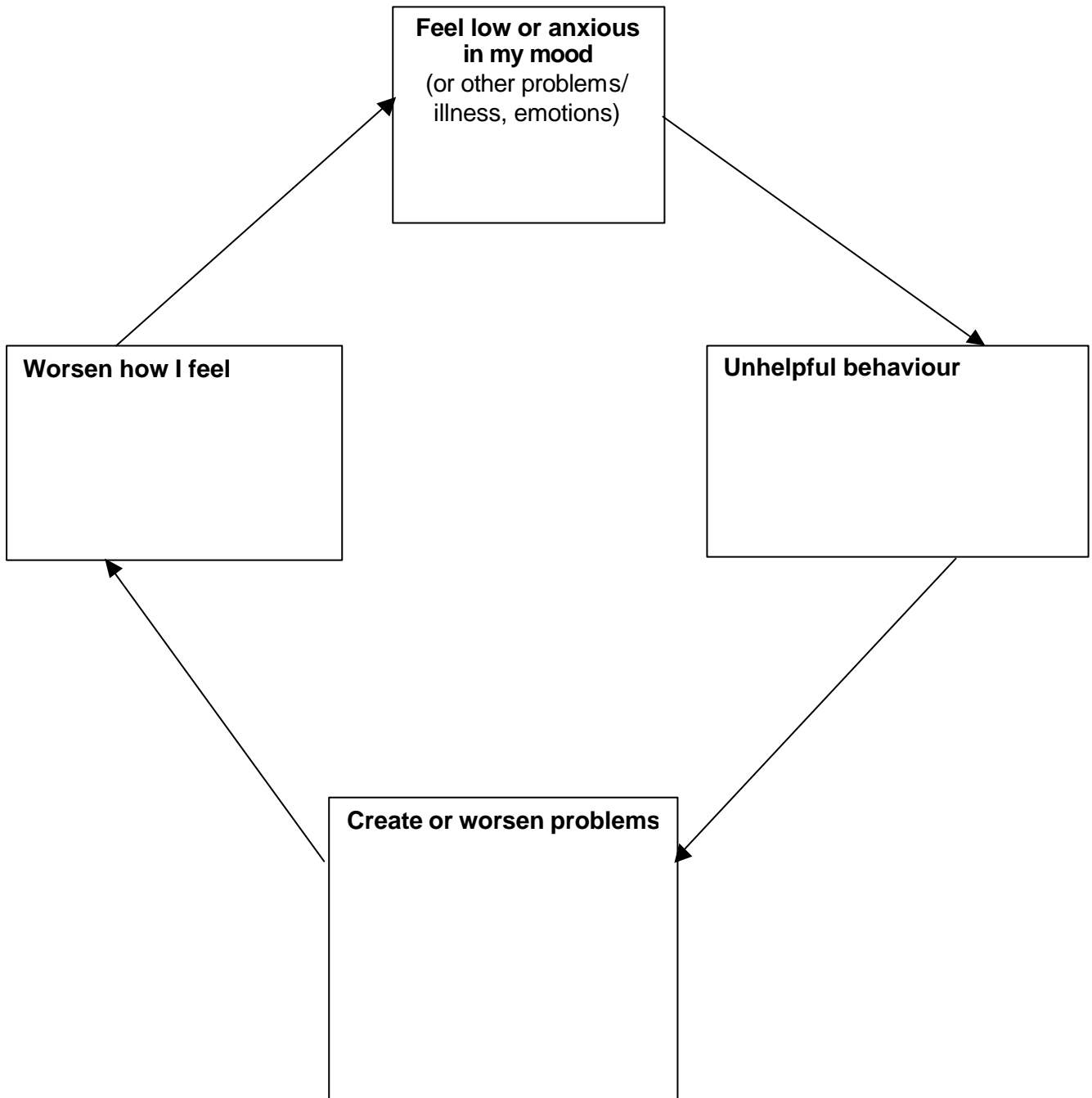
As a result of how I feel am I:	Tick here if you have noticed this.
Going out or socialising less?	
Paying less attention to my self-care or personal hygiene (e.g. washing less, less bothered about my appearance, leaving clothes on for longer, not shaving or combing my hair)?	
Eating poorly (e.g. eating less or tending to eat more “junk” food, or food that takes little preparation)?	
Stopping or reducing doing hobbies/interests such as reading or other things I previously enjoyed or did to relax?	
Failing to keep up with housework (e.g. am I “letting things go” around the house)?	
Not always answering the phone or the door when people visit?	
Leaving letters/bills unopened or not replying to them because of a lack of energy or interest in actively dealing with them.	
Less interested in sex (e.g. pushing my partner away physically because of a lack of enjoyment/energy for sex)?	
Staying inactive or lying in bed so that I am far less physically active than before.	
Q. Have I reduced or stopped doing any other things? Write them in here: 	

Having completed these questions, reflect on your answers using the three questions below:


1. Have I reduced or stopped doing things? Yes No
2. Has this reduced my sense of pleasure/achievement in things? Yes No
3. Overall, has this worsened how I feel? Yes No

If you have answered **Yes** to all three questions, you are experiencing the vicious circle of reduced activity.

The vicious circle of unhelpful behaviour



Checklist: Identifying the vicious circle of unhelpful behaviour.

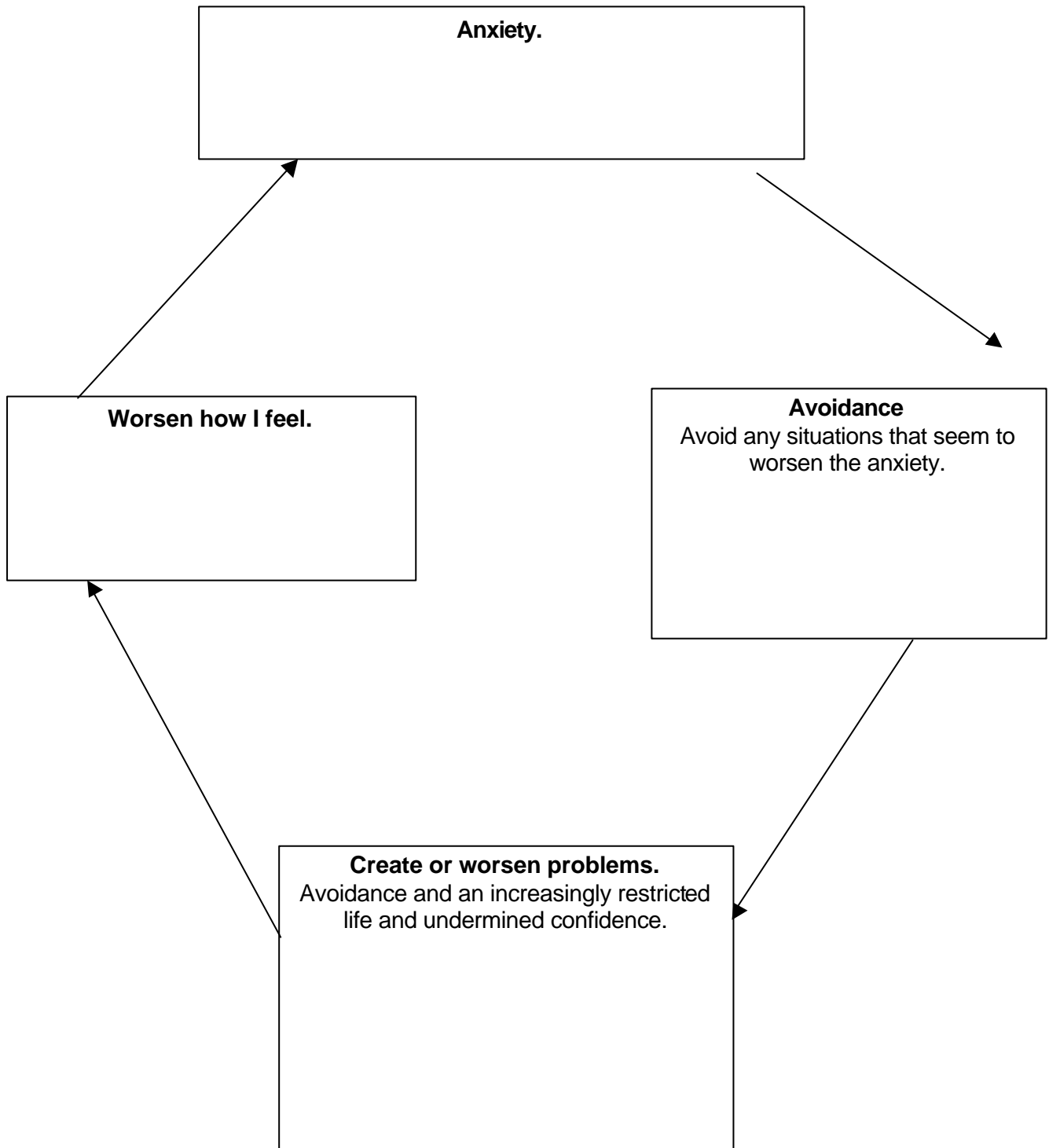
As a result of how I feel, am I:	Tick here if you have noticed this.
Misusing drink/illegal drugs or prescribed medication to block how I feel in general or improve how I sleep etc.?	
Eating too much to block how I feel (" <i>comfort eating</i> "), or over-eating so much that this becomes a "binge"?	
Trying to spend my way out of how I feel by going shopping (" <i>retail therapy</i> ")?	
Becoming very demanding or excessively seeking reassurance from others?	
Looking to others to make decisions or sort out problems for me?	
Throwing myself into doing things so there are no opportunities to stop, think and reflect?	
Pushing others away and being verbally or physically threatening/rude to them?	
Deliberately harming myself in an attempt to block how I feel?	
Taking part in risk-taking actions for example crossing the road without looking, or gambling using money I don't really have?	
Compulsively checking, cleaning, or doing things a set number of times or in exactly the "correct" order so as to make things "right"?	
Carrying out mental rituals such as counting or deliberately thinking "good" thoughts/saying prayers to make things feel "right"?	
Being overly aware and excessive checking for symptoms of ill health?	
Excessively changing the way I sit or walk to reduce symptoms of physical discomfort? The altered posture then creates or worsens the physical problem.	
Sleeping with a number of people as a means of blocking how I feel or to feel needed, attractive or relaxed?	
Unhelpful behaviours leading to subtle avoidance of anxiety-provoking situations. Am I:	
Quickly leaving anxiety-provoking situations?	
Rushing though a task as quickly as possible? (E.g. walking or talking faster).	
Trying very hard not to think about upsetting thoughts/memories? Trying to distract myself to improve how I feel?	
Only going out and doing things when others are there to help?	
Misusing drink/illegal drugs or prescribed medication to block how I feel in anxious situations?	
Taking the easiest option (for example joining the shortest queue in the shop as a result of anxiety, or turning down opportunities that seem scary)?	
Deliberately looking away during conversations and avoiding eye contact? Bringing conversations to a close quickly because of not knowing what to say?	
Q. Am I avoiding things in other subtle ways? Write in what you are doing here if this applies to you. 	

Having completed these questions, reflect on your answers using the three questions below:


- 1). Am I doing certain activities or behaviours that are designed to improve how I feel?
Yes No
- 2). Are some of these activities unhelpful in the short or longer-term either for me or for others?
Yes No
- 3). Overall has this worsened how I feel?
Yes No

If you have answered **Yes** to all three questions, you are experiencing the vicious circle of unhelpful behaviour.

The vicious circle of avoidance.



Checklist: Identifying the vicious circle of avoidance.

As a result of feeling anxious am I:	Tick here if you have noticed this.
Avoiding dealing with important practical problems (both large and small)?	
Not really being honest with others. For example saying yes when I really mean no?	
Trying hard to avoid situations that bring about upsetting thoughts/memories?	
Brooding over things and therefore not longer living life to the full?	
Avoiding opening or replying to letters or bills?	
Sleeping in to avoid doing things or meeting people?	
Avoiding answering the phone, or the door when people visit?	
Avoiding sex?	
Avoiding talking to others face to face?	
Avoiding being with others in crowded or hot places?	
Avoiding busy or large shops, or finding that I have to think about where and when I go shopping etc.?	
Avoiding going on buses, in cars, taxis etc., or any places where it is difficult to escape?	
Avoiding walking alone far from home?	
Avoiding situations, objects, places or people because of fears about what harm might result?	
Avoiding physical activity or exercise as a result of concerns about my physical health?	
Q. Am I avoiding things in other ways? Write in here how you are doing this if this is applicable to you. 	

Having completed these questions, reflect on your answers using the three questions below:

- 1). Am I avoiding doing things as a result of anxiety? Yes No
- 2). Has this reduced my confidence in things and led to an increasingly restricted life? Yes No
- 3). Overall, has this worsened how I feel? Yes No

If you have answered **Yes** to all three questions, you are experiencing the vicious circle of avoidance.

THOUGHT INVESTIGATION FLASHCARD.

Carry these questions about with you and use them during the day to help you to identify any unhelpful thinking styles.

1). Become aware of your thinking whenever you notice your mood change.

E.g. at times when you become more anxious, low or sad, guilty, angry or irritable, ashamed etc.

Ask yourself “**what is going through my mind right now?**” This might include thoughts about:

- How others see you.
- The events/situations that have just happened.
- What might happen in the future.
- How you see your own body, behaviour or performance.

Remember, thoughts can include memories from the past or mental images.

2). Next, try to work out if you have any extreme and unhelpful thoughts. These thoughts show one of the unhelpful thinking styles.

Useful questions to identify the unhelpful thinking styles.

- Am I being my own worst critic? (bias against yourself)
- Am I focusing on the bad in situations? (a negative mental filter)
- Am I making negative predictions about the future? (a gloomy view of the future)
- Am I jumping to the very worst conclusion? (jumping to the worst conclusion)
- Am I second-guessing that others see me badly without actually checking if it's actually true? (mind-reading)
- Am I taking unfair responsibility for things that aren't really my fault/taking all the blame?
- Am I using unhelpful *must/should/ought/got to* statements? (making extreme statements or setting impossible standards)?

3). Ask yourself:

Q. What is the consequence of believing the thought – does it worsen how I *feel* and unhelpfully alter what I *do*?

If you answer Yes, you have identified an *extreme and unhelpful* thought. This is the sort of thought you can challenge using the *Thought Challenge Flashcard* in workbook 5.

THOUGHT CHALLENGE FLASHCARD.

Useful questions to challenge extreme and unhelpful thoughts.

1). Does the thought show one of the unhelpful thinking styles?

What is the consequence of believing this thought – on how I feel and what I do?

2). What is the evidence *for* and *against* the thought?

a). First think about **why** you believe the thought.

b). The next step is to identify and write down all the reasons **against** the thought being true. The following list of questions can help you with this task.

- Is there anything to make me think the thought is incorrect?
- Are there any other ways of explaining the situation that are more accurate?
- If I wasn't feeling like this what would I say?
 - Would I tell a friend who believed the same thought that they were wrong? Do I apply one set of standards to myself and another to others?
- What would other people say? Have I heard different opinions from others about the same thought?

3). Create an alternative balanced and helpful thought.

Use your answers to the questions to try to come up with an alternative thought that is more **balanced and helpful**. Try to find a conclusion that you can believe.

Try to **act on** the new balanced thought.

Act against the old extreme and unhelpful thoughts. This will help undermine them.

By doing this you will build your confidence in using the approach.

Thought Challenge Worksheet: Choose one thought to challenge at a time.

Reasons supporting the immediate thought	Evidence against the immediate thought.	Come to a balanced conclusion.	My plan for putting the balanced conclusion into practice.
List all the reasons why I believed the immediate thought at the time.	<ul style="list-style-type: none"> • Is there anything to make me think the thought is incorrect? • Are there any other ways of explaining the situation that are more accurate? • If I wasn't feeling like this, what would I say? • Would I tell a friend who believed the same thought that they were wrong? What would other people say? <ul style="list-style-type: none"> • Have I heard <i>different opinions</i> from others about the thought? 	Use the answers from the first two columns to try to come up with a balanced and helpful conclusion. Create a <i>balanced conclusion</i> that you can believe. This should be based on all the information you have available to you and bear in mind the reasons for and against believing the immediate thought.	<ul style="list-style-type: none"> • How can I change what I do to reinforce my balanced conclusion? • How can I undermine my original extreme and unhelpful thought by acting against it?
<p>My evidence supporting the immediate thought. (Write in) ✍</p>	<p>My evidence against the immediate thought. (Write in) ✍</p>	<p>My balanced conclusion. (Write in) ✍</p> <p>a). Rating of my belief in the balanced conclusion.</p> <p>0% 100% ----- </p> <p>b). Re-rate my belief in the immediate thought.</p> <p>0% 100% ----- </p>	<p>My plan to put the balanced conclusion into practice. (Write in) ✍</p> <p>My plan to undermine my original extreme and unhelpful thought. (write in) ✍</p>

Using Anxiety Control Training (ACT).

Dr Chris Williams, University of Glasgow.

Anxiety Control Training (ACT) is a self-help relaxation method that was designed by Dr Philip Snaith at the University of Leeds to enable people to learn mastery over anxiety. Anxiety is a condition that is very common and few people allow themselves the time to begin to overcome it. The approach will only work if the person wishes to learn the skill of controlling anxiety and is prepared to work at it steadily and regularly over several weeks. There are no shortcuts to learning this new skill and it is therefore very important that you make up your mind whether you want to apply yourself to learning to control your anxiety since it is ultimately only through your own efforts that improvement will occur. If you do decide that you want to learn this skill, please let your health care practitioner know so that he or she can show you how to get started. You will be shown a method of achieving a state of calm relaxation simply by concentrating your mind on relaxing thoughts rather than unhelpful, fearful thoughts. You would normally be taught this within individual sessions and in addition the approach is recorded on a tape for you to use at home. Alternatively, this can be provided as an MP3 file if you have an MP3 (computer file) player.

The key to the approach is to help you to relax the tension in your body and move your thoughts away from the worrying thoughts that dominate your thinking. It normally takes a few sessions to begin to learn the skills of experiencing this deep calm. To do this you will need to practice this regularly, twice a day. Try to view the tape as a prescription to be taken in the morning and evening. Sessions should not be too long - just 10 minutes - but you will need to find a room where you can be on your own and not be interrupted by others. If this is difficult it is important to ask yourself whether you are just too busy to relax and if so what changes you need to make in your life to change this.

You may find as you begin to practice the Anxiety Control Training that your thoughts begin to wander as you listen through the session. It is quite normal to find it is hard to do this at first, but with practice and further sessions you will find it easier and easier to clear your mind and reach a state of calmness. Over six to eight weeks you will slowly be able to stop having to use the tape so that you yourself can induce a state of calm in everyday life. As with a good holiday, the benefits of this last far longer than just the time taken during the session of relaxation and will have additional benefits for you throughout the day.

There are two main parts to the treatment approach:

1. In the first two or three sessions you will be shown how to let calm feelings replace anxious feelings during the session.
2. After this you will move on to the second form of Anxiety Control Training where you begin to think about slightly stressful events and then learn to control the anxiety this causes.

You will slowly begin to control unnecessary anxiety in real life situations in order to reach a state of calmness. With further practice, your mastery over anxiety will improve and you will begin to find yourself coping with situations that previously you dreaded.

The really good thing about anxiety control training is that **you** do it, not your health care practitioner or someone else. Once you have acquired the skill of controlling anxiety and learned **why** you become anxious, this skill is then yours for life. It can be added to other work you will be doing to help identify and challenge the unhelpful and inaccurate fears and altered behaviour that act to maintain your symptoms of anxiety. Anxiety Control Training, therefore, is a simple and effective way of helping you change, but remember, it won't help unless you have really made up your mind that you are going to work at it. If you have any questions about this, please discuss this with your health care practitioner.

Practice Plan Review Sheet.

What task (s) had you planned to do?

 **Write it here**

Did you attempt the task? Yes No

If yes,

- What went well?

- What didn't go so well?

- What have you learned about from what happened?

- How are you going to apply what you have learned?

If not:

What stopped you?

- My internal factors (e.g. forgot, not enough time, put it off, concerns I couldn't do it, I couldn't see the point of it etc.).

- External factors (events that happened, work/home issues, etc.).

- How could you have planned to tackle these blocks?