

HOW DO I COPE WITH THE PAIN?

Part 2

STUDY GUIDE

A Teleseminar With Joshua Coleman, Ph.D.
and Special Guest Mark Levine, M.D.

Name the six most important principles to help you heal from your estrangement?

Why is the act of making amends important to your own self-compassion and self-forgiveness?

How does having the right theory about the estrangement help you in your healing?

Why is perfectionism a recipe for depression in general, and for estranged parents in particular?

What's the 80/20 rule in regards to perfectionism and how is it useful?

Why is self-compassion a good antidote to perfectionism?

Why are depressed parents especially affected by estrangement?

Name a few things you can do to help with your depression?

What is the *anxiety formula* and why is it important to know?

What are some coping styles that can increase anxiety?

What are some common but problematic responses to anxiety?

What is the *rule of opposites* and why is it helpful?

Below is a Thought Record. Try recording your thoughts in the way provided here and observing how it can help you with anxiety and other difficult emotions.

THOUGHT RECORD

When you notice your mood getting worse, ask yourself, “**What’s going through my mind right now?**” As soon as possible, fill in the table below:

Date, Time:

Situation:

- What led to the unpleasant emotion?

- What distressing physical **sensations** did you have?

Automatic Thoughts

- What thought/s or image/s went through your mind?

- How much did you believe the thought at the time (0-100%)?

Emotion

- What emotion/s did you feel at the time?

- How intense was the emotion (0-100%)?

Questions to compose a more useful response:

What is the evidence that the automatic thought is true?

Not true?

Is there an alternative explanation?

What's the worst that could happen?

What's the best that could happen?

What's the most realistic outcome?

If a friend were in this situation and had this thought, what would I tell him/her?

Other Questions To Help Me Find Evidence That Does Not Support My Automatic Thoughts

- * If I do not have complete control over this, should I really be blaming myself?
 - Am I really responsible for this outcome? For this person's behavior?
 - Am I jumping to unfounded conclusions?
 - In five years, will I see this situation differently? Will it really be that bad? Will I focus on a different aspect of the situation?
 - When I am not bothered by this situation or feeling, do I think about it differently? How so?
 - Am I being too self-critical? Which is more helpful? Criticism or support?
 - When I have had this feeling in the past, what did I tell myself or think to help myself feel better?
 - Am I ignoring any strengths or positive characteristics that do not make this thought totally true?
 - If someone I cared about felt this way or had this thought, what

