

TARGETS

*Therapy for Adaptive Relationships, Growth,
& Empowerment after Traumatic Stress*

**12 Session Study Version-
Individual Application**



Participant Guide

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April 2005

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Stress Reactions = The Body's Alarm System to Protect Us from Danger

Normal Stress

Responses

Increased Heart Rate
Rapid Breathing
Muscles Tense Up
Fight or Flight
Feel Excited or Worried
Feel Frustrated/Determined
Seeing/Thinking Clearly
Acting Rapidly
Facing Problems
Taking on Challenges
Clear Memories
Creating Solutions
Feel Angry or Scared
Feel in Control
Feel Good About Yourself

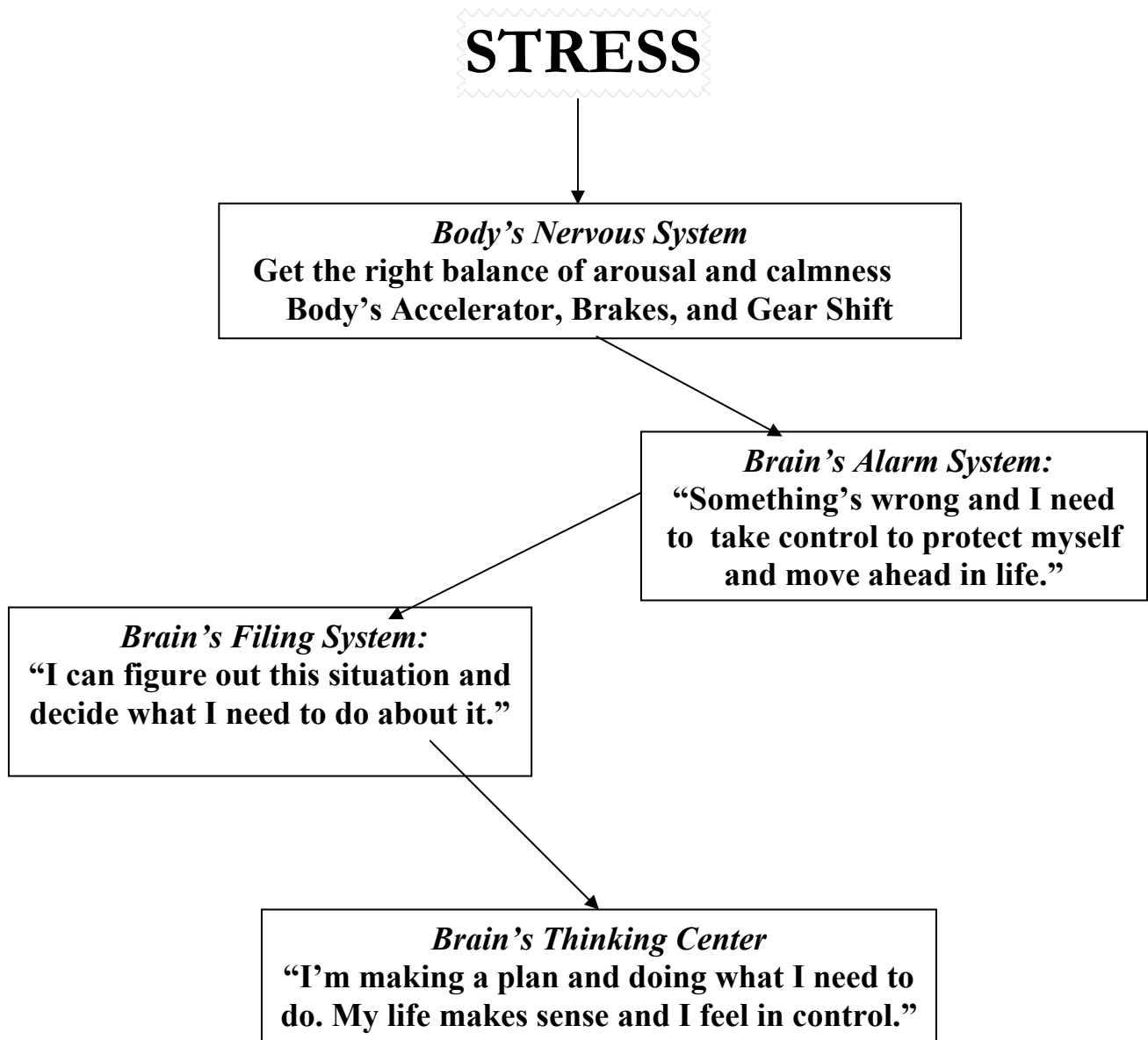
Extreme Stress

Reactions

Heart Feels Like Bursting
Gasping, Feeling Smothered
Muscles Feel Like Exploding
Freeze/Surrender
Feel Terrified or Panicked
Feel Enraged or Aggressive
Confused, Mentally Shut Down
Automatic Reflexes
Desperately Avoiding Problems
Taking Foolish Risks
Memory Like a Broken Puzzle
Making a Mess of your Life
Feel Hopeless or Doomed
Feel Helpless or Out of Control
Feel Worthless, like a Failure

Ordinary Stress

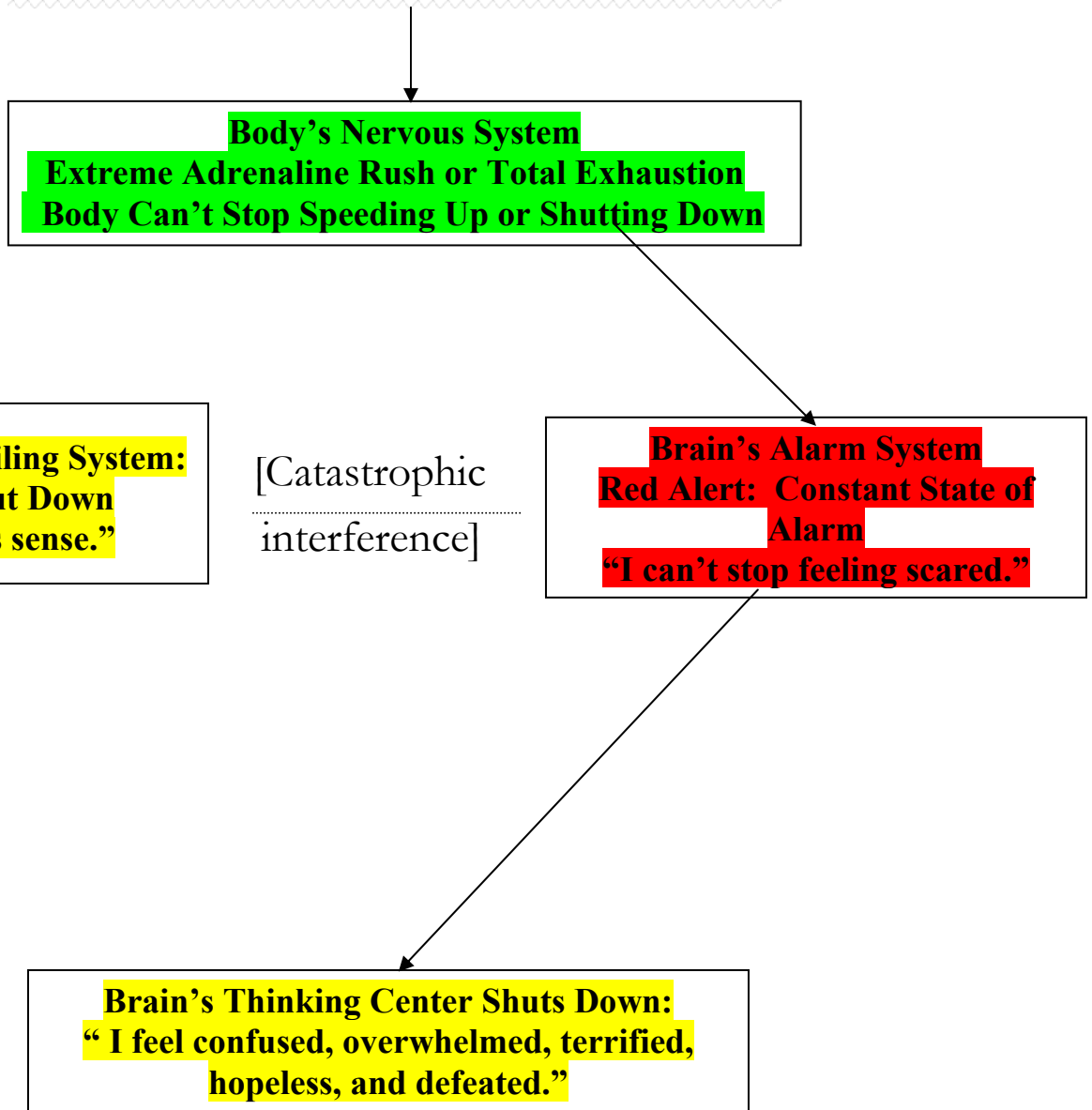
Body and Brain Working Effectively Together



Extreme Stress Reactions

The Never Ending Survival Alarm

Extreme Stress Reactions



Study Participation Ground Rules

1. Attendance

- Weekly Counseling sessions: Scheduled Day/Time: _____
- Please call in advance if you cannot attend a session and we'll re-schedule
- If you are not able to call, your counselor or a research staff member will call you to check-in with you and re-schedule your next counseling session
- The best phone numbers for us to call you is/are: _____
- May we leave a message on your voicemail or if someone else answers your phone?
__ YES __ YES but **not** if _____ answers __ NO
- If you or your counselor are not able to re-schedule your session, you can meet at the next regularly scheduled time
- You will have 12 sessions with your counselor, or as many sessions as you are able to attend within 20 weeks of your first session; after 20 weeks sessions must end.

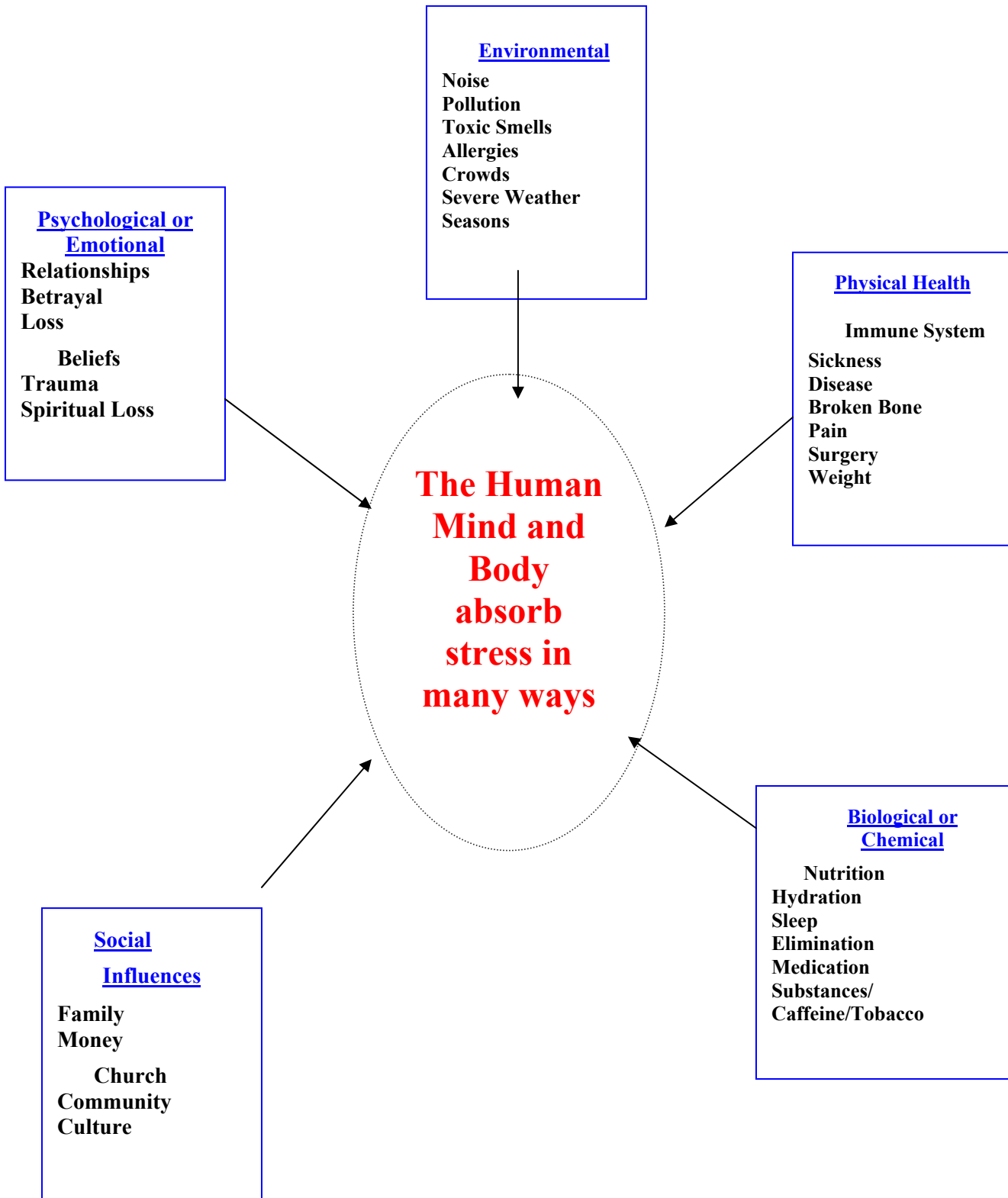
2. Safety

- Confidentiality: Everything you say in counseling (and in research interviews) will be kept confidential by your counselor and the research team, **except:**
- Counselors and interviewers are responsible to report child or elder abuse
- Counselors must ensure anyone who is (a) suicidal, (b) involved in domestic violence, or (c) having a serious addiction, emotional, or self-harm relapse, receives immediate help to protect their personal safety. Your counselor will work out a plan with you that meets your needs and ensures your safety as best possible.
- If anything is happening in your life or anyone in your life is making you feel very unsafe, please tell your counselor and she will help you make a plan for support or resources that can help you and people you care about be as safe as possible.

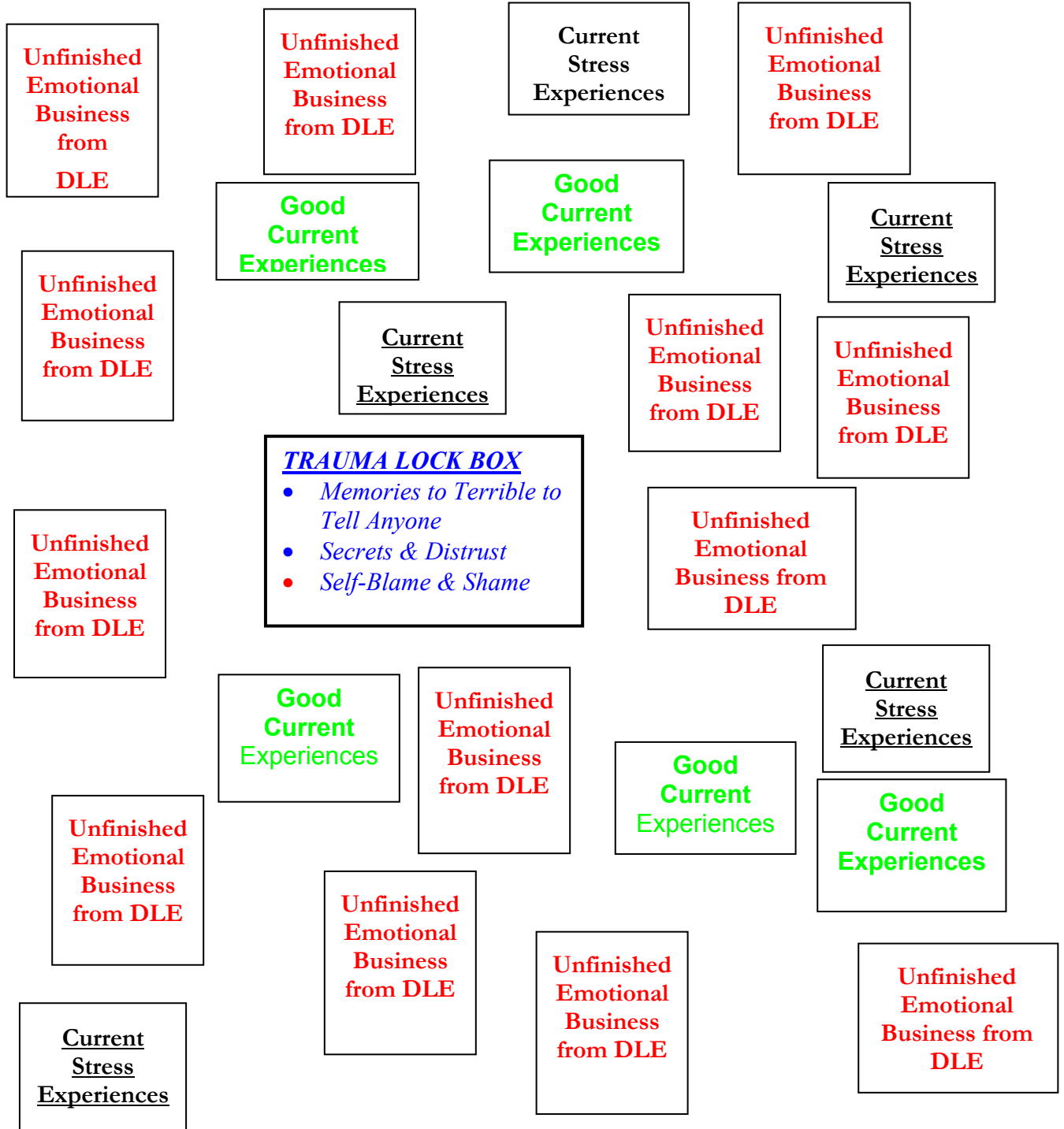
3. Counseling Focuses on You and Your Life Now

- In this counseling you will learn how to recognize and deal with the unfinished emotional business from past difficult life experiences in small safe steps
- You will NOT be asked to share or explore any bad memories because the focus is on helping you to improve your life NOW and not dwell on the past
- If you feel that discussing past experiences may be helpful to you, please tell your counselor; she will help you use the skills that you will learning in this counseling to talk about those memories in a safe and helpful way

Different Types of Stress That Impact the Mind and Body



Extreme Stress: Your Life Experiences Closet Gets Filled with Difficult Life Experiences (DLE)



Organizing Your Life Experiences Closet

A Recent Experience

- *When and where did this happen, and Who was involved?*
- *What Did You Think and Do?*
 - *How Did It End?*

An Experience this Week

- *When and where did this happen, and Who was involved?*
- *What Did You Think and Do?*
 - *How Did It End?*

An Experience Next Week

- *When and where did this happen, and Who was involved?*
- *What Did You Think and Do?*
 - *How Did It End?*

Experiences from Earlier in Life

- *When and where did this happen, and Who was involved?*
- *What Did You Think and Do?*
 - *How Did It End?*

My Safe Place

*Unfinished Emotional
Business*

*Feelings of Happiness and
Hopefulness*

Personal Hopes & Goals

FREEDOM Steps

1. ***F**OCUS (Slow Down, Orient, Self-Check)*
2. ***R**ecognize Triggers*
3. ***E**motion Awareness*
4. ***E**valuate Thoughts*
5. ***D**efine Goals*
6. ***O**ptions*
7. ***M**ake a Contribution*

Possible Maladaptive Coping Strategies

Raging
Drinking
Drugging
Eating (Over or Under)
Gambling
High Risk Sexual Behavior
Toxic Relationships
Violence (Domestic or otherwise)
Excessive Caregiving
Shopping
Sleeping
Pornography
Excessive Exercising
Procrastination or avoidance
Risky High Speed Activities
Isolation via Computer, Television or Reading
Excessive Hours spent at Work

Focusing Skills

Three steps to focusing (S.O.S) can be done in a minute, or in a longer-time out to enable you to get fully refreshed. Practice the focusing skills when you feel little or no stress. This makes focusing a habit that will come to mind easier when you are experiencing moderate or high stress.

Step 1: **S**low Down (Take a Time Out; Calm Your Body; One Thought at a Time)

Step 2: **O**rient Yourself (Bring Your Mind & Body Back to the Present Time/Place)

Step 3: **S**elf Check (How Much Distress? How Much Control? Urge to use MCS?)

What are the focusing skills that work best for you?

Step 1: **S**low Down (Take a Time Out; Calm Your Body; One Thought at a Time)
(What works for you when you are at home/work/school?)

Step 2: **O**rient Yourself (Bring Your Mind & Body Back to the Present Time/Place)
(What works for you when you are at home/work/school?)

Step 3: **S**elf Check (How Much Stress? How Much Control? MCS Urge?)
(In addition to the rating scales on the next page, how do you know when you are stressed? What does your body tell you?)

A Personal Script of Focusing Skills

Here is one woman's personal script for Focusing.

“This is my apartment and I am safe. I feel an urge to use, but I know I don’t have to give in to the urge. I am safer if I stay in control. I don’t have to be afraid because I know this urge will pass and I will feel stronger for not giving in to it. I have equipped myself with many skills from my trauma group that make me feel safe and protected. I can get through this as I have done many times before because I can help myself feel safe. I don’t need to go back to old habits, I have grown past that. I know that I have many people who care about me and who I can call at any time to help me feel safe and in control. They help me get through the times when I feel overwhelmed. I am strong. I have a life to look forward to now.

What is a good personal script for you?

Rating Scales for a Quick Accurate Self-Check

Stress Level (I feel ...)

- 10 The worst I've ever felt in my life
- 9
- 8
- 7
- 6
- 5 Some tension or Stress but not terrible or overwhelming
- 4
- 3
- 2
- 1 The best I've ever felt in my life

Personal Control (I am ...)

- 10 In complete control of my life
- 9
- 8
- 7
- 6
- 5 Partly in control of my life but not in control in some ways
- 4
- 3
- 2
- 1 Totally out of control

Urge to Use MCS (Right now I feel ...)

- 10 The most intense urge to use that I've ever felt
- 9
- 8 An urge that I'm afraid I can't manage and that takes great effort to manage
- 7
- 6
- 5 An urge to use that bothers me but I can manage with some effort
- 4
- 3 An urge that is very mild and goes away quickly
- 2
- 1 No urge to use at all

Morning	Day	S	C	U	If Stress is 6 or higher, what were the MAIN triggers?	If stress is 6 or higher, what did you do to lower it? If control is 4 or lower, what did you do to increase your personal control?	Did it work?	Did you act on alarm?
Midday								
Night								

EXTREME STRESS REACTIONS

Mental Shutdown (Dissociation)
My mind feels spacey, like I'm in a daze.
I feel detached from the world around me, like people and things are not real, or like it's all a dream.
I feel as if I don't know who I am and I'm watching myself from outside, or like there are separate parts of me that take control of my life.
Trying to Feel Safe/In control by Extreme Eating
I won't let myself eat or I make myself throw up because I am afraid of losing control of my eating and gaining weight.
I find myself eating large amounts of food to help me feel better.
Problems with Sexuality
I feel preoccupied with sex- I think too much about sex..
I find myself avoiding sex, not wanting to think about it or not wanting anyone to touch me at all.
I am more sexually active than I really want to be.
Extreme Risk-Taking or Self Harm
I find myself in dangerous situations, such as driving recklessly or being in places or with people where I could get hurt badly or even killed.
I get relief from feeling stressed by cutting, punching, or hurting my body in some other way.
Hopelessness and Self-Blame
I think about dying as a way of ending the misery I feel.
I feel that religion and the spiritual aspects of life are worthless, or that they are bad and hurt people.
I feel I'm a bad person- I'm guilty whenever bad things happen even if they really aren't my fault.
Too Much or Too Little Involvement in Relationships
I focus my attention on others in my life, avoiding my own needs and desires.
I feel I'm really different from everyone around me-no one can understand what I've been through.
I feel no one can be trusted, that everyone lets you down or uses you and hurts you sooner or later.
Breakdown of the Body
Physical pain, illnesses, or other physical health problems that doctors can't explain or help me with.

Recognizing Alarm Triggers

When Do You Feel TRAPPED?

Pick 1 or 2 VERY SPECIFIC things that trigger you to feel each TRAPPED feeling

People: A Word or Sentence Spoken , a tone of voice, a look on the face.

Places/Activities: An unsafe place, a disturbing or unsafe activity.

Being Let Down or Betrayed: A broken promise, a violation of trust.

Being trapped or stuck: A Barrier to your goals, Help that is needed but Not provided.

Being Blamed or sabotages: Unfair Criticism or Accusations, Being Undermined.

- **Terror** _____
- **Rage** _____
- **Abandoned** _____
- **Pressured** _____
- **Pain** _____
- **Emptiness** _____
- **Defeated** _____

Extreme Stress Reactions

Can Trigger Urges to Use MCS

TERROR

- What adaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____
- What maladaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____

RAGE

- What adaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____
- What maladaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____

ABANDONED

- What adaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____
- What maladaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____

PRESSURE

- What adaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____
- What maladaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____

PAIN

- What adaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____
- What maladaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____

EMPTINESS

- What adaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____
- What maladaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____

DEFEATED

- What adaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____
- What maladaptive coping strategies have you used in the past when you feel Terror? Personal
Example: _____

Emotion Awareness

<u>Typical First Reactions</u>	<u>Possible MAIN Emotion</u>
Impatient	Scared
Irritable	Worried
Confused	Hurt
Frustrated	Determined
Angry	Scared
Bored	Angry
Overwhelmed	Concerned
Depressed	Grieving a Loss
Hopeless	Afraid to Hope
Guilty	Sad
Exhausted	Lonely

Recognizing MAIN Emotions

Core Positive Emotions	Stage One: Early Warning Signs of Stress	Stage Two: Surface Negative Feelings	Stage Three: Extreme Negative Emotions
Safe, Secure	Impatient	Frustrated	Terror
Successful	Irritability	Anger	Rage
Love, Friendship	Feeling Needy	Sadness	Abandoned
Confident	Edgy/Confused	Worry	Pressure
Contentment	Illness/Pain	Worn Out	Pain
Self-Worth	Self-Blame	Guilty	Empty
Hope	Urge/Craving	Numb	Defeated

Shut Down Thoughts

Everything has to Be All or Nothing

The Glass is Entirely Empty

I'm a Trauma Magnet

I Spoil Everything

Everything Goes Wrong

Put Off Everything Until Tomorrow

No Good Deed Goes Unpunished

Do Unto Others Before They Do Unto You

Never Trust Anyone

Give 'em An Inch, They Take a Mile

Everyone's Incompetent

**Never Let Yourself Care about Someone because
they are Here Today and Gone Tomorrow**

My way or the highway

I will not be ignored

Evaluating Thoughts

Shut Down Thoughts

Main Thoughts

I can't stand this.

I'm a total failure.

I want to punch her

I can't trust anyone.

I'll just give up.

I'm a bad person.

I want to feel better.

I am working hard on my goals.

I need to find a better way to handle this.

I need to find out who I can trust, and to trust myself.

I want to find a way to make things better.

I take responsibility for both my mistakes and my successes.

Personal Practice Exercise **The First Four Steps to FREEDOM**

Focusing, Recognizing Triggers, Emotion Awareness & Evaluating Thoughts

Step 1: Focusing

- **Choose a safe, private place to sit**

- **Plan something refreshing to do after this exercise:**

- **Who can you talk to for support after?**

Self-check on the three scales . Stress ___ control ___ urge ___

Step 2: Recognizing Triggers

Think of a recent experience when you felt stressed or TRAPPED (no higher than a 6-7 on the stress scale) and answer the following questions:

- **When, Where, and What Happened:** _____
- _____
- **How did it end?** _____
- **What did you think and do?** _____
- **What is the single most important trigger you identify from this experience? Does it have to do with people, places, activities, other?** _____
- _____

Repeat Self-check on the three scales. stress ___ control ___ urge ___

Step 3: Emotion Awareness: What MAIN Feeling Do You Identify?

- **What is the single most important feeling of this experience? For instance, scared, worried, sad, hurt, embarrassed, excited, relieved, angry, determined, cautious, resentful, energized, protective, exposed?** _____
- _____

Step 4: Evaluate Thoughts : What MAIN Thought Do You Need to Evaluate?

- **What's really most important to me about this situation is** _____
- _____
- _____

Defining Goals

Survival/Alarm Goals vs. Main Goals

Avoid all Feelings

Feel safe and happy

Make no mistakes

Find creative solutions

Avoid getting close

Build strong and trusting relationships

Don't be a target

Stand up for what you believe is right

Do what you have to

Live based on your true values

Do unto others before they do unto you

Do as you would have others do unto you

Don't be a loser

Help everyone win

Define Goals What are Your MAIN Life Goals?

To Have Control of Your Own Body

To Have Control of Your Own Choices

To Be Safe to Trust the People Who are Important in Your Life

To Be Able to Learn and Grow as a Person

To Be Wise and Strong Enough to Enjoy What's Good in Your Life

To Be a Responsible and Caring Person Toward Yourself and Other People

To Be A Role Model Other People Can Respect and Look Up To

To Feel Close to A Loved One, Family Member, or Friend

To Honor the Memory of A Loved One, Family Member, or Friend Who is Gone

To Be Able to Continue to Live a Healthy Life and Grow as a Person

To Be Wise and Strong Enough to Appreciate What You've Gained from Someone Else

To Be Able to Feel Angry, Scared, Hurt, or Shocked without Having a Crisis

To Be a Person who Carries On the Good Works You Believe In

Personal Practice Exercise **The First Five Steps to FREEDOM**

Focusing, Recognizing Triggers, Emotion Awareness, Evaluating Thoughts, Defining Goals

Step 1: Focusing

- Choose a safe, private place to sit

- Plan something refreshing to do after this exercise:

- Who can you talk to for support after?

Self-check on the three scales . Stress ___ control ___ urge ___

Step 2: Recognizing Triggers

Think of a recent experience when you felt stressed or TRAPPED (no higher than a 6-7 on the stress scale) and answer the following questions:

- When, Where, and What Happened:

- How did it end?

- What did you think and do?

- What is the single most important trigger you identify from this experience? Does it have to do with people, places, activities, other? _____
- _____

Repeat Self-check on the three scales. stress ___ control ___ urge ___

Step 3: Emotion Awareness: What Main Feeling Do You Identify?

- What is the single most important feeling of this experience? For instance, scared, worried, sad, hurt, embarrassed, excited, relieved, angry, determined, cautious, resentful, energized, protective, exposed? _____

Step 4: Evaluate Thoughts : What Main Thought Do You Need to Evaluate

- What's really most important to me about this situation is

Step 5: Define Goals :What Main Goal Do You Have?

Define your MAIN goal in this situation and how it is related to your MAIN life goals:

Options for Personal Control and Healthy Relationships

1. Start every decision and action from a position of balance.
2. Learn something new in every experience.
3. When you're sure the future is hopeless, think of ways to create a genuine difference and break old hopeless patterns from the past.
4. First do no harm: do nothing that causes emotional or physical harm or suffering.
5. Express your needs, hopes, and commitments honestly and openly through your decisions and your actions, not just with words.
6. Don't try to change anyone else's emotions, beliefs, or decisions, except by acting in based on your own values--be a role model.
7. Pay close attention to how past experiences have (a) set patterns in your life or (b) broken longstanding patterns, so that you can use what you've learned -- including your successes and your mistakes
8. Think of how you've had a positive influence on your own life and on other people, and use this as a guide.
9. Break big goals into small manageable steps.
10. Include what's realistically in your best interest, as well as what you are prepared to do if you have to simply survive.
11. Organize yourself and your own life, rather than dwelling on other people's messes or mistakes or on the mess that the world's in.
12. Identify ways in which you have solved problems or pursued goals effectively, and use this as a guide.
13. Find your role models and heroes and use their successes and failures as a guide.
14. Identify ways in which you are in a rut or acting compulsively, and do something fundamentally different.
15. Allow yourself to be an imperfect human being, so that you can follow the Serenity Prayer: to have the wisdom know the difference between what you can and cannot be responsible for in your life.

Options Framework

1. IDENTIFY WHAT POSITIVE OPTIONS YOU HAVE ALREADY CHOSEN:

AND DECIDE IF YOU NEED TO:

2. DO SOMETHING:

- a) Make a plan
- b) Reality Check
- c) Brainstorm additional options

OR

3. DO NOTHING:

- a) Use Radical Acceptance
- b) Use Distress Tolerance Skills

OR

4. POSTPONE/TAKE A RAIN CHECK:

- a) Get more information
- b) Re-evaluate your plan at a later time

Personal Practice Exercise Six of Seven Steps to FREEDOM

Focus, Recognize Triggers, Emotion Awareness, Evaluate Thoughts, Define Goals, Options

Step 1: Focusing

- Choose a safe, private place to sit

- Plan something refreshing to do after this exercise:

- Who can you talk to for support after?

Self-check on the three scales . Stress ___ control ___ urge ___

Step 2: Recognizing Triggers

Think of a recent experience when you felt stressed or TRAPPED (no higher than a 6-7 on the stress scale) and answer the following questions:

- When, Where, and What Happened:

- How did it end?

- What did you think and do?

- What is the single most important trigger you identify from this experience? Does it have to do with people, places, activities, other? _____
- _____

Repeat Self-check on the three scales. stress ___ control ___ urge ___

Step 3: Emotion Awareness: What MAIN Feeling Do You Identify?

- What is the single most important feeling of this experience? For instance, scared, sad, worried, hurt, embarrassed, excited, relieved, angry, determined, cautious, resentful, energized, protective, open: _____

Step 4: Evaluate Thoughts : What MAIN Thought Do You Need to Evaluate

- What's really most important to me about this situation is

Step 5: Define Goals :What MAIN Goal Do You Have?

Define your MAIN goal in this situation and how it is related to your MAIN life goals:

Step 6: Options: What Options Did You Choose to Reach Your Goal ?

- To keep a promise? Act as a role model? Stick up for your beliefs?

Repeat Self-check on the three scales. stress ___ control ___ urge ___

Making the World a Better Place

Make Someone's Day

Create Safe Places for You & Loved Ones

Take the Time to Really Listen

Befriend Someone Who is Alone

Show Someone You Respect Them

Reach Out Without Being Asked

Help Someone Else Feel Safer

**Put a Relationship Ahead of Money,
Success, or Popularity**

Help a Child Play or an Adult Laugh

Take Guilt Off of Someone's Shoulders

Share Responsibility for Success or Failure

Find Something Worthwhile in a Person

Keep Your Promise

Personal Practice Exercise

The Seven Steps to FREEDOM

Focus, Recognize Triggers, Emotion Awareness, Evaluate Thoughts, Define Goals , Options, Making A Contribution

Step 1: Focusing

- Choose a safe, private place to sit _____
- Plan something refreshing to do after this exercise: _____
- Who can you talk to for support after? _____

Self-check on the three scales . Stress ___ control ___ urge ___

Step 2: Recognizing Triggers

Think of a recent experience when you felt stressed or TRAPPED (no higher than a 6-7 on the stress scale) and answer the following questions:

- When, Where, and What Happened: _____
- How did it end? _____
- What did you think and do? _____
- What is the single most important trigger you identify from this experience? Does it have to do with people, places, activities, other? _____

Repeat Self-check on the three scales. stress ___ control ___ urge ___

Step 3: Emotion Awareness: What MAIN Feeling Do You Identify?

- What is the single most important feeling of this experience? For instance, scared, worried, sad, hurt, embarrassed, excited, relieved, angry, determined, cautious, resentful, energized, worried, protective, exposed? _____

Step 4: Evaluate Thoughts: What MAIN Thought Do You Identify?

- What’s really most important to me about this situation is _____

Step 5: Define Goals :What MAIN Goal and Need Do You Have?

- Define your main goal in this situation and consider how is related to your MAIN life goals _____

Step 6: Options: What Options Did You Choose to Reach Your Goal ?

- To keep a promise? Act as a role model? Stick up for your beliefs? _____

Step 7: Make a Contribution: What Contribution Did You Make to Better Your World?

- How did you make a difference to someone else’s life? _____

Repeat Self-check on the three scales. stress ___ control ___ urge ___

Preparing for Completing TARGETS

To prepare yourself for your final session, think about what you'd like to share with the following questions as a guide:

- 1. What have you learned and how have you begun to change as a result of the counseling?**
- 2. What do you appreciate and value about other people and their contribution to your life?**
- 3. How do you plan on continuing to strengthen your ability to use the *FREEDOM* skills to make your life safe and worthwhile?**

Personal Practice Exercise

The Seven Steps to FREEDOM

Focus, Recognize Triggers, Emotion Awareness, Evaluate Thoughts, Define Goals , Options, Making A Contribution

Step 1: Focusing

- Choose a safe, private place to sit _____
- Plan something refreshing to do after this exercise: _____
- Who can you talk to for support after? _____

Self-check on the three scales . Stress ___ control ___ urge ___

Step 2: Recognizing Triggers

Think of a recent experience when you felt stressed or TRAPPED (no higher than a 6-7 on the stress scale) and answer the following questions:

- When, Where, and What Happened: _____
- How did it end? _____
- What did you think and do? _____
- What is the single most important trigger you identify from this experience? Does it have to do with people, places, activities, other? _____

Repeat Self-check on the three scales. stress ___ control ___ urge ___

Step 3: Emotion Awareness: What MAIN Feeling Do You Identify?

- What is the single most important feeling of this experience? For instance, scared, worried, sad, hurt, embarrassed, excited, relieved, angry, determined, cautious, resentful, energized, worried, protective, exposed? _____

Step 4: Evaluate Thoughts: What MAIN Thought Do You Identify?

- What’s really most important to me about this situation is _____

Step 5: Define Goals :What MAIN Goal and Need Do You Have?

- Define your main goal in this situation and consider how is related to your MAIN life goals _____

Step 6: Options: What Options Did You Choose to Reach Your Goal ?

- To keep a promise? Act as a role model? Stick up for your beliefs? _____

Step 7: Make a Contribution: What Contribution Did You Make to Better Your World?

- How did you make a difference to someone else’s life? _____
- Repeat Self-check on the three scales. stress ___ control ___ urge ___

A Personal Commitment to *FREEDOM*

- I recognize that I am able to *free* myself the traps of Extreme Stress Reactions and Unfinished Emotional Business
- I recognize that dealing with Unfinished Emotional Business and Extreme Stress Reactions is an Extraordinary Challenge
- I understand that I can do so only if I change my focus in life from survival to living the steps of FREEDOM
- I acknowledge that FREEDOM is a choice I make every day-and that I need a focused mind, healthy relationships and a healthy spirit to genuinely make this choice

Optional: Anger Management Using FREEDOM

- 1. Get **F**ocused: Slow Down, Orient, Self-Check***
- 2. Recognize: What is Triggering Your Anger?***
- 3. **E**motions: What are You Really Feeling?***
- 4. **E**valuate Thoughts: What's the Main Issue?***
- 5. **D**efine Goals: What Do You Want to Achieve?***

To Have Control of Your Own Body

To Have Control of Your Own Choices

To Be Safe to Trust the People Who are Important in Your Life

To Be Able to Learn and Grow as a Person

To Be Wise and Strong Enough to Enjoy What's Good in Your Life

To Be a Responsible and Caring Person Toward Yourself and Other People

To Be A Role Model Other People Can Respect and Look Up To

- 6. **O**ptions: What's the Best Small Positive Step?***

- 7. **M**aking a Difference: Give Yourself Fair Credit for What You're ALREADY Doing that is Making a Positive Difference***

Being in Control of Your Own Body

Being in Control of Your Own Choices

Being Trustworthy for Yourself and Other People

Learning and Growing as a Person

Having the Wisdom and Courage to Enjoy What's Good in Your Life

Being a Responsible and Caring Person Toward Yourself and Other People

Being a Role Model Other People Can Respect and Look Up To

Optional: Dealing with Guilt Using FREEDOM

- 1. Get **F**ocused: Slow Down, Orient, Self-Check*
- 2. **R**ecognize: What is Triggering Guilt?*
- 3. **E**motions: What is Your MAIN Feeling?*
- 4. **E**valuate: What have You Done Wrong?*
- 5. **D**efine Goals: What Do You Want to Achieve?*

To Honestly Take Responsibility and Make Amends for a Mistake

To Honestly Take Responsibility and Make Amends for an Action that Caused Harm

To Show Yourself and Other People that You can Overcome a Mistake or Misdeed

To Not Be Punished and to Not Punish Yourself for a Mistake or Misdeed

To Be Wise and Strong Enough to Be Able to Accept Yourself After Making a Serious Mistake

To Be Able to Feel Angry, Scared, Hurt, or Sad Instead of Feeling Guilty

To Be a Person who Does Not Harm Any Other Person Intentionally or Negligently

- 6. **O**ptions: What's the Best Small Positive Step?*

- 7. **M**aking a Difference: Give Yourself Fair Credit for What You're ALREADY Doing To Deal with the Loss in a Healthy Manner*

Honestly Taking Responsibility and Making Amends for a Mistake

Honestly Taking Responsibility and Making Amends for an Action that Caused Harm

Finding Ways to Overcome a Mistake or Misdeed

Treating Yourself Fairly After Making a Mistake or Doing Something You Feel was Wrong

Accepting Yourself Without Making Excuses or Denying That You have Made Serious Mistakes

Feeling Angry, Scared, Hurt, or Sad When These are Your True Feelings, Instead of Feeling Guilty

Making an Honest Effort to Not Harm Any Other Person Intentionally or Negligently

Optional: Grieving Losses Using FREEDOM

- 1. Get *F*ocused: Slow Down, Orient, Self-Check**
- 2. *R*ecognize: What is Triggering Sad Feelings?**
- 3. *E*motions: What is Your MAIN Feeling?**
- 4. *E*valuate Thoughts: What is the MAIN Loss?**
- 5. *D*efine Goals: What Do You Want to Achieve?**
 - To Feel Close to A Loved One, Family Member, or Friend Who is Gone*
 - To Honor the Memory of A Loved One, Family Member, or Friend Who is Gone*
 - To Be Safe to Trust the People Who are Still Important in Your Life*
 - To Be Able to Continue to Live a Healthy Life and Grow as a Person*
 - To Be Wise and Strong Enough to Appreciate What You've Gained from Someone Who is Gone*
 - To Be Able to Feel Angry, Scared, Hurt, or Shocked without Having a Crisis*
 - To Be a Person who Carries On the Good Works of Someone Who is Gone*
- 6. *O*ptions: What's the Best Small Positive Step?**
- 7. *M*aking a Difference: Give Yourself Fair Credit for What You're ALREADY Doing To Deal with the Loss in a Healthy Manner**
 - Feeling Love and Caring for a Family Member or Friend Who is Gone*
 - Honoring the Memory of A Loved One, Family Member, or Friend Who is Gone*
 - Trusting the People Who are Still Important in Your Life*
 - Continuing to Live a Healthy Life and Grow as a Person*
 - Being Wise and Strong Enough to Appreciate What You've Gained from Someone Who is Gone*
 - Feeling Angry, Scared, Hurt, or Shocked without Having a Crisis*
 - Carrying On the Good Works of Someone Who is Gone*

Optional Brief Personal Practice Exercise

The Seven Steps to FREEDOM

Focus SOS

(Slow Down, Orient, Self-Check)

Recognize MAIN Triggers

Emotion Awareness

Evaluate MAIN Thoughts

Define MAIN Goal(s)

Options(what you did do)

Make a Contribution
