

NO HARD FEELINGS – FEEL IT, FACE IT, THRIVE

WORKBOOK 1





WELCOME TO NO HARD FEELINGS – FEEL IT, FACE IT, THRIVE!

These workbooks are designed to be used alongside the “No Hard Feelings – Feel It, Face It, Thrive!” group sessions. At the end of each workbook you will find additional worksheets.

Ideally you would read them before the next session and record all home tasks in them.

During the sessions we will set some tasks or activities for you to do and it would be helpful if you could do these and interact. Some will be written and some will be via Slido. However we welcome all kinds of participation, as the more you engage the more you will get from the sessions.

This also means that they can act as a point of reference for you to read regularly to enhance your learning and practice, and to remind you of the work you have done.

They can be downloaded and saved, or printed off – it’s up to you. We recommend that to get the most out of the sessions that you use them in tandem with attending the group.

COURSE OVERVIEW

Week Number	Topic/ Module
1	Introduction and Goal Setting
2	Understanding Emotions
3	Understanding Emotions – Follow Your ARC
4	Mindful Emotional Awareness
5	Cognitive Flexibility
6	Countering Emotional Behaviours
7	Understanding and Confronting Physical Sensations
8	Putting It Into Practice /Moving UP From Here

You will find resources applicable to this course on our website:

WWW.WELLBEING-GLASGOW.ORG.UK

CLICK **VIRTUAL COURSES** AND CHOOSE **NO HARD FEELINGS**



WHY THE NEED FOR THIS COURSE?

We have developed this group as we understand that many people experience mental health difficulties which can be a mix of symptoms such as anxiety, depression or low self-esteem (to name a few).

This is a trans diagnostic group, and by that we mean that it's for people who have common symptoms and who are coping with their distress in various ways, but who often think that their attempts to cope backfire or lead to further problems.

There are 8 sessions all together and it's helpful if you can attend all of them as there are differing modules for differing aspects.

IS THIS THE COURSE FOR ME?

- ✓ Do you have difficulty managing your emotions for whatever reason? This could be for a variety of reasons.
- ✓ Do you want to learn about what emotions are and their purpose? How to recognise them and then learn to manage them?
- ✓ Are you motivated to do some between group tasks to help consolidate your learning?
- ✓ Do you want to learn and accept your emotions – all of them?

Take a moment to write below the main difficulties you are having? What made this course seem like the right thing to do?

WHAT ARE EMOTIONAL DISORDERS?

Lets think about the major features:



Continuum of
emotional responses



Do you judge yourself for having negative emotions and think you will never be able to cope with them, or that you are weak in some way?

And do you try your best to avoid or hide from your emotions?

The continuum means that for some people everything just rolls off their back and they are unfazed, and for others they are more emotional and take longer to calm down.

Are you judging yourself for having what you would call negative emotions or if you experience a positive emotion do you worry that it won't last or you don't deserve it?

Think about how you are coping with your emotions and what you try to do to help yourself.

These are common examples of our efforts to cope:

- Overt avoidance – e.g., not going out to busy places
- Emotion driven behaviours – e.g., leaving a situation because we feel anxious
- Subtle behavioural avoidance – e.g., rushing through a stressful task
- Cognitive avoidance - e.g., avoiding thinking about things and using distraction
- Use of safety signals – e.g., only going out with others or carrying medication



It makes sense that we would want to avoid our feelings if they are difficult and overwhelming. While using strategies like those listed above may be helpful in the short term, they are unhelpful in the longer term. Later in the course, we will think about why this may be in more detail; we will also look at what we can do to change these behaviours.

Let's have a think about what you may be doing to try and avoid strong emotions!

MAKE A LIST BELOW

BUILDING OUR NEW HOUSE

Each session will teach you new skills to manage your emotions. The overall goal is to become more accepting of your emotions when they come up in order to respond to them differently.

Think of building a healthier relationship with your emotions as being similar to building a new house.

Start with laying a strong foundation.

Then once you have this, the ground floor involves understanding your emotions.

After we have built that floor we will move up to the first floor and we will work on learning a skill that will help you to relate to your emotions in a more accepting way – this is called Mindful Emotion Awareness



The next floor will be divided into 3 components of emotions and will look like 3 rooms: thoughts, physical sensations, and behaviours. We will look at each room over each session and teach you new skills to manage each of these components.

Putting your skills into practice takes us up to the top floor of our new house (think of this as the attic space). This floor explores putting everything we have learned into practice and thinking of how we might be able to do this. By facing emotions we learn that emotions are temporary and that we can tolerate them more than we thought we could. Experiencing this is powerful and is the pinnacle of the sessions.

So let's start to lay the foundations:

Please have a think and write down answers to the following:

- In what ways are your emotions causing you problems in your life?
- Have you stopped doing things you used to enjoy?
- Are you missing out on things because you don't want to feel uncomfortable?
- Are your relationships suffering?

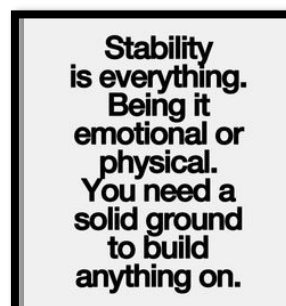


Then choose the top 2 problems you would like to focus on in this course.

Problem 1

Problem 2

Towards the end of this workbook is the worksheet SMART GOALS. Please complete this..



MOTIVATION



“In order to get over a problem it helps to look at it
You can’t climb a mountain that you pretend isn’t
there”

Matt Haig

What might get in the way of your progress do you think?

What kind of things affect motivation?

Some examples are external stressors (work, feeling tired, feeling as if we have so much to do, and thinking that it’s not worth the time and effort to make these difficult changes).

It’s ok and perfectly normal to struggle with motivation - we all do it!

HOW CAN WE MANAGE THE DOUBTS?

Revisit the reasons you came for therapy in the first place.



Talk to a friend or family member who can help you stay motivated and accountable in reaching your goals – not someone who will encourage you to give up!

Set specific times to do your homework and make a deal with yourself to do it even if you don't feel like it.



If we wait for motivation to arrive we might struggle. Motivation can increase once we have started!

A cartoon illustration of a man with brown hair, wearing a green long-sleeved shirt, standing with his hand on his chin in a thinking pose. He is surrounded by a circular glow. To his left is a white notepad with a red checkmark and a red arrow pointing to it. To his right is a white notepad with a red checkmark and a red arrow pointing to it. Below the man is a red thumbs up icon with the word "ok" in white. The background is a dark blue gradient.

1. Know That a Little Bit of Self-Doubt Is Good
2. Weigh Up The Evidence
3. Write Down Your Nerves
4. Don't Sweat the Small Stuff
5. Be Kind To Yourself
6. Focus on Your Preparation

DECISIONAL BALANCE EXERCISE

COST BENEFIT ANALYSIS OF CHANGE

TAKE A MINUTE AND BEGIN TO FILL THIS IN . . .

Often the reasons people come for help is obvious- they are suffering and don't feel like they can or want to go on feeling like this. We then think we are 100% ready for change. BUT it's important to realise that there can be barriers to change, it can be difficult and it takes time. So let's take all of this into account.



	STAYING THE SAME	CHANGING
BENEFITS OF		
COSTS OF		

COSTS

This may be the easiest box to complete because you will generally have thought about this before seeking help or treatment.

They can be global reasons such as “being able to live my life fully again” to specific pros like “I’ll be able to attend family functions”.

Consider the costs of changing so that you can identify potential barriers:

Things like “change will take a lot of time and it will be hard work” or “what if this treatment doesn’t work and I will be worse than before”

This can prevent us from fully engaging as we can then blame our lack of effort on the treatment, or it will be evidence that there is something wrong with you.

However, everyone will progress at different rates and its very likely to you will be better off than when you started.

BENEFITS

Now let’s look at the benefits of staying the same.

People can think it will be easier to stay the same, and it would seem like a lot less effort to refrain from engaging in this. No need for homework tasks or form filling.

But think about how much time and effort it takes for you to avoid your uncomfortable emotions. This takes a lot of time and energy.

Let’s now look at the cons of staying the same:

The most common reason people put in this box is that they will continue to struggle with their feeling and continue to be limited in their daily lives.

So take a few minutes to fill out the form and once you have finished consider whether the pros of changing/costs of staying the same outweigh the costs of changing/pros of staying the same.

Remember: decreased motivation is only temporary – it will pass.



THE MAZE

It is rare to escape a maze on the first attempt. And when we are stuck in a maze, we can't escape it by following the same path that got us lost.

We escape a maze by trying new routes.

We don't feel like we have failed when we hit a dead end. In fact, we appreciate the new knowledge.

There is now a dead end we won't try anymore.

Every dead end and cul-de-sac helps us escape the maze.

To know which path to take, it helps to take a few wrong ones.



Let's end with a quick quiz around what we have learned to make sure we have all grasped what has been covered so far. The answers are true or false. MARK X in the box.

	TRUE	FALSE
1. Setting goals is more effective when they are concrete.		
2. Once you start this course your motivation will stay as strong as it is now.		
3. Feeling both that you want to change and you might not be ready to change is a natural part of the process of any behaviour change.		
4. Having doubts about your ability to engage means you will fail.		

HOMEWORK

As discussed we will often set up homework/home tasks to complete between sessions. These will help with consolidating what we talked about and how we can begin to practice.

So our homework for this week is:

- ✓ Read over your workbook and your notes.
- ✓ Look over your goals list and see if they are concrete and measurable with steps in them to help you progress.
- ✓ To continue to do your decisional balance sheet and add in the pros and cons of change. We can review it at the beginning of next session in case there are any questions.



BUT REMEMBER – CHANGE IS DIFFICULT BUT ONCE YOU START IT YOU ARE CLOSER TO YOUR GOALS.

Thank you for attending week 1 – you have made a start! Look forward to seeing you for week 2.



SMART Goals

SPECIFIC

Be precise in what you want to achieve. Consider breaking the goal down into simple stages.

MEASURABLE

How will you know when you have accomplished your goal? What will you be doing at that time? What will others observe you doing? What will be different? What will you have begun to do or be doing routinely? What will you be doing less of or have stopped doing?

ACHIEVABLE

Ensure your goals are not too complex. Don't set yourself up to fail! Think about setting smaller goals on your way to the big one. Celebrate your achievements. If you don't achieve what you set out to, then ask what you could do differently, what would make it more likely to be a success next time?

REALISTIC & RELEVANT

Is this achievable and what resources I have? Are there any other resources you need before you can, or to help you, achieve your goal? How can you access these resources? What issues might you have? What can you do to reduce the likely hood of those issues?

TIME BOUND

Set a reasonable time limit to achieve your goal. 1 week, a month, 6 months, a year, 5 years?
Consider different (shorter) time limits for simpler steps.



Cost Benefit Analysis of Change

	Staying the Same	Changing
Benefits of		
Costs of		

MY NOTES

