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Practicing Positive Self talk Facilitator Notes

Main Learning Points from last session: *Discussing My Recovery Plan*

1. Review recovery goals.
2. Discuss medication adherence and side effects.
3. Practice recovery lifestyle habits.
4. Review medication.

Review Personal Practice Options from last session.

Tips for this Session

1. As you get ready for the session, write out positive self-talk statements on 3" x 5" index cards, note paper or post-its so each participant can select one. Cutting or tearing 8.5" x 11" paper into four pieces will suffice if other supplies aren't readily available. Examples:
 - I can be the person I want to be.
 - I feel good about myself.
 - I am a nice person.
 - I will reach my recovery goals.
 - I am getting better every day.
 - I can achieve whatever I set my mind to.
 - I can succeed.
 - I can learn how to take care of my needs.
 - I can learn from my mistakes.
 - I will overcome problems.
 - I can meet my goals.

You can repeat some of the self-talk statements if you need so every participant in the group can select one. For the end of the session, you might want to have some colored paper or construction paper for a simple exercise that participants can complete and take with them.

2. As this is the final session of this workbook, at the end of the session you will want to celebrate the participants' achievements.
 - Engage participants in recalling some of the main points of the workbook.
 - Prompt participants to discuss what information, ideas, knowledge and skills are most important, memorable or significant to them. What will they use the most? What has been most helpful to them?
 - Have participants invite treatment team members to watch the certificate ceremony. Afterwards, they can host a small party for their treatment team members with healthy snacks.

Facilitator Notes

(continued)

General Tip

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Quality of Life Index by Dr. W. O. Spitzer, 1980, or the COOP Chart for Primary Care Practices (Eugene C. Nelson, 1987).

The Quality of Life Index, by Dr. W. O. Spitzer, has both a 5 topic self-rating scale and a 5 topic clinician scale, which allows clinicians to compare their impressions to a client's perception. The dimensions measured Activity, Daily Living, Health, Support, and Outlook. The clinician version measures from 0 - 2 with 0 indicating lower quality and 2 indicating higher quality of life. This instrument has been used in many studies and is considered a reliable and valid tool.

The COOP scales (The Dartmouth/Northern New England Primary Care Cooperative Information Project) was developed to create a system to measure health status in physicians' offices. One of the basic tenets of the charts is that the functioning of the person as a whole is more important than that of separate organ systems. You may have seen some of the graphic charts (e.g., the "face" charts to measure feelings). Other graphic charts measure daily activity levels, social activities, physical fitness, change in health, overall health, social support, and quality of life. These charts are widely used in studies and are found to have good reliability and high validity. They are rated as useful by high numbers of office staff and clients.

The editors believe these scales fit the content of this workbook well. These and other health measures can be found in McDowell, (2006).

Suggestion for Topic Introduction and Relevance to Participants

"Today I would like everyone to each come up here and draw a card from this bowl. Everyone come up and get a card. Let's make a circle here when we get our cards.

(When everyone has a card and is standing in a circle)

"Let's each read our cards out loud. _____, can you start?"

(NOTE: if you have participants who do not read as well as the others, have them help each other. Read the positive self-talk statements, going around in the circle. When finished, let them take their seats.)

"Thank all of you. Those statements sounded really positive, didn't it? Do you feel stronger and more positive just listening to all those good thoughts? Does thinking good thoughts energize you?"

"Today's topic is practicing positive self talk. Being positive can strengthen your ability to partner with your treatment team members. Does this sound like something that would be helpful to you?"

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment

1. B 2. C 3. A 4. B

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 12: Discussing My Recovery Plan



Main Learning Points of Session 12

What were the main learning points of Session 12? If you did not attend the last session, you may guess, and also write the answers as people say them:

Some of the topics I might discuss with my team include:

1. Review r_____y goals.
2. Discuss m_____n adherence and side effects.
3. Practice recovery lifestyle h_____s.
4. Review m_____n.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

1. Yes. How did it go? _____

2. No. What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. I didn't choose a personal practice option.

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. One positive self talk skill I can practice is:

- A. Relapse prevention.
- B. “I Can” thinking.
- C. Deep breathing.
- D. Handling anger.

2. The second positive self talk skill I can practice is:

- A. Assisted New Thoughts.
- B. Politely state.
- C. Recognizing and replacing ANTs.
- D. Ask and Listen.

3. The third positive self talk skill I can practice is recognizing and replacing “should” statements.

- A. True
- B. False

4. Using “should, must, ought to” statements can be positive motivators.

- A. True
- B. False

5. I am confident that I will practice positive self-talk.

- | | | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree | Unsure |

Topic Assessment



6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Practicing Positive Self Talk

Objectives for this Session

1. Identify 3 skills for practicing positive self talk.
2. Identify 2 skills by practicing positive self talk.

Your recovery is as successful as you think it is. Believing in yourself, your team and your recovery is one of the most important habits you can develop. Self-belief is created by purposely practicing positive self-talk. You can practice positive self-talk about yourself, your team, and your potential. Thinking positive helps you move your life forward. Positive thinking helps you do your part as a member of your team. People who are successful in life practice positive self talk. Practicing positive self-talk empowers you, builds your confidence, inspires hope and motivates you to be successful.

Skill 1: Practicing “I Can” Thinking.

You can choose to think in positive ways. Practicing “I Can” thinking every day creates a habit. At some point “I can” thinking eventually becomes a natural thing to do. This kind of positive self-talk is a very powerful motivator. It encourages you to grow, to change and to reach your goals. You can choose to practice “I can” thinking.



This is the “I can” thinking I will practice:

- I can do this. I can manage my illness. I am recovering.
- I can be the person I choose to become.
- I feel good about myself. I am a good person, a person of worth.
- I can and will reach my recovery goals.
- I can get better. I am getting better every day.
- I can achieve whatever I set my mind to.
- I can succeed. I am succeeding. I will continue to be successful.
- I can and will be assertive. My team will hear my point of view.
- I can learn and grow from my mistakes.
- I can and will overcome problems and obstacles.
- Other: _____

Practicing Positive Self Talk (continued)

Main Learning Point #1

Skill 1: Practice “I can ” thinking.



What you will do to remember and practice “I can” thinking in your daily life?

Skill 2: Recognizing and Replacing ANTs (Automatic Negative Thoughts).

Like most people, you might sometimes get distracted by negative thinking. Negative thoughts block “I can” thinking. You may not even realize that you have a long line of “**ANTs**” marching through your thoughts. You might not recognize that ANTs have taken over your thinking! ANTs tear down your confidence. ANTs keep you from succeeding. ANTs keep you from working with your team. ANTs get in the way of feeling good about yourself. You can stomp them out and replace them with positive self-talk.



My ANTs. These are the ANTs I recognize. I can replace them:

- A. I'll never get any better.

Replacement thought:

- B. Goals are just impossible, why even try?

Replacement thought:

- C. I'll always be sick, I'll never be anybody in life.

Replacement thought:

- D. Nobody cares about me, why should I?

Replacement thought:

- E. I'm no good; I'm worthless, it's hopeless.

Replacement thought:

Practicing Positive Self Talk

(continued)



F. I never do anything right, I'm always messing up, making mistakes.
Replacement thought:

G. I can't recover, it's just too hard and takes too long.
Replacement thought:

H. I can't speak up, I'll make somebody mad, or hurt someone's feelings.
Replacement thought:

I. My team never listens to me.
Replacement thought:

J. I can't _____
Replacement thought:

K. Other: _____
Replacement thought:

Main Learning Point #2

Skill 2: Recognizing and replacing ANTs.



How do ANTs sometimes get in the way of reaching your goals?

How might replacing ANTS help you reach your goals?

Practicing Positive Self Talk

(continued)

Skill 3: Recognizing and Replacing “Should Statements.”

Many of us have a habit of letting the “should sisters” be in charge of our thinking. We can recognize them by noticing words such as: should, ought to, must, have to, got to, supposed to, should not and must not. When we put these words in charge of our thinking, they become harmful habits. “Shoulds” encourage blame and shame instead of free choice and mindful change. We take back power and control by recognizing and replacing should statements with positive self-talk.



I “Should” Statements. These are examples of the “should” statements I recognize in my thinking. I can replace “should” statements with positive self talk by thinking:

A. I should get more exercise

I will _____

B. I’m supposed to take my medication

I choose to _____

C. I must meet with my team

I am going to _____

D. I have to stop using substances

I plan to _____

E. I ought to eat right

I’ve decided to _____

F. I shouldn’t stay up late at night

I choose not to _____

G. I should _____

I will _____

H. I must _____

I choose to _____

I. I ought to _____

I want to _____

J. I shouldn’t _____

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. Although this is the last session in this workbook, you may still want to practice this important subject. Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it talk with me about it.
- 3. PLAN AHEAD.** I will identify one skill I want to take away from this session and use. I will write down 1 “I can...” or “I am...” thought and keep it where I can see it every day.
- 4. OTHER:** _____

End of Workbook Celebration