

# GENERAL HANDOUT 1



(General Worksheet 1)

## Goals of Skills Training

### GENERAL GOAL

To learn how to change your own behaviors, emotions, and thoughts that are linked to problems in living and are causing misery and distress.

### SPECIFIC GOALS

#### Behaviors to Decrease:

- Mindlessness; emptiness; being out of touch with self and others; judgmentalness.
- Interpersonal conflict and stress; loneliness.
- Absence of flexibility; difficulties with change.
- Up-and-down and extreme emotions; mood-dependent behavior; difficulties in regulating emotions.
- Impulsive behaviors; acting without thinking; difficulties accepting reality as it is; willfulness; addiction.

#### Skills to Increase:

- Mindfulness skills.
- Interpersonal effectiveness skills.
- Emotion regulation skills.
- Distress tolerance skills.

### PERSONAL GOALS

#### Behaviors to Decrease:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Skills to Increase:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Options for Solving Any Problem

When life presents you with problems, what are your options?

**1. SOLVE THE PROBLEM**

Change the situation . . . or avoid, leave, or get out of the situation for good.

**2. FEEL BETTER ABOUT THE PROBLEM**

Change (or regulate) your emotional response to the problem.

**3. TOLERATE THE PROBLEM**

Accept and tolerate both the problem and your response to the problem.

**4. STAY MISERABLE**

Or possibly make it worse!

**1. TO PROBLEM-SOLVE:**

Use interpersonal effectiveness skills

Walking the Middle Path (from interpersonal effectiveness skills)

Use problem-solving skills (from emotion regulation skills)

**2. TO FEEL BETTER ABOUT THE PROBLEM:**

Use emotion regulation skills

**3. TO TOLERATE THE PROBLEM:**

Use distress tolerance and mindfulness skills

**4. TO STAY MISERABLE:**

Use *no* skills!