***Stress Management Training***

Session Seven.

***Positive Thinking. (Cognitive Behavioural Therapy 3).***

Session Plan.

1. Recap.

* You should now be familiar with the practice of the Autogenic Relaxation Training, using the Breathing Log and the Daily Relaxation Log as points of reference.
* You should also have been using Muscular Relaxation, Mental Relaxation, the Breathing Exercises, your ‘Triggers’ as well as your Autogenic Training as coping skills, where appropriate, in your daily life.
* Through your use of the Negative/Positive Mood Log (form S6.a) you should be starting to identify alternatives to negative thought patterns, and to develop positive patterns of thinking and behaving.

1. **Cue Cards.**

**Exercise:**

* I want you to come up with *3 positive (and relevant) statements about yourself.* These statements should be positive, but true, and should be statements that improve your self-confidence and self-esteem. If you are having difficulty with this, think of praise or positive feedback you have received from other people. Think of your strengths, your accomplishments, your values. What are you most proud of about yourself? How do other people describe you? What type of advice do others come to you to seek, and what does this say about you?

*Some examples could be;*

‘I am calm under pressure”

‘I am patient and kind’

‘I am an articulate and clear communicator’

‘I am a straight talker and always true to my word’

‘I am artistic and creative’

‘I’m really good at thinking outside the box’

* The next step is to write these positive statements out on cards and put the cards where you will see them often.
* Now, whenever you see these cards read the statements out loud.

**Purpose.**

To develop positive thinking patterns.

1. **Background information Lecture** on ***Developing Positive Thinking.***

* This information is provided as both a written script and a voice recording, so use it according to your own preference.

1. **Relaxation Exercise** – ***Anchoring to Positive Thoughts and Feelings.***

* This exercise is provided in written format and as a voice recording
* As before, you should practice this exercise daily until your next session, lying or sitting somewhere comfortably with your head supported.
* Also remember to use muscular relaxation, mental relaxation, the breathing exercises, ‘triggers’, autogenic training and anchoring techniques as coping skills in your daily life.

1. **Homework**

* Place your Cue Cards with your positive statements about yourself in various prominent places and read them out loud every time you see them. This is reinforcing positive thoughts and creating positive habits.
* Complete your Negative/Positive Mood Log for Session Seven.
* Complete your Breathing Log for Session Seven
* Complete your Daily Relaxation Log for Session Seven
* Familiarise yourself with the techniques listed on Form S7.a ***‘Aids to Positive Thinking’***. Practise some, if not all, of the techniques at different appropriate times between now and your next session. You will probably find that some of the techniques work better for you than others, but it is worth trying them all out to see what works best for you.