



TRANSCENDING SELF PLAN— PAST EXAMPLE

1. What is one problem you faced recently (give a specific example)?

I can't pay my rent.

2. What are two or three ways you could have solved your problem?

A. I could have a drink and deal with it later.

B. I could call the VA before taking any other steps to solve the situation.

C. I could call a friend for a loan, budget better, and/or discuss it with my landlord and get a payment plan.

3. **Circle** how you responded to the problem and **underline** what the best response would have been (sometimes they're the same). Make a guess below on the long- and short-term impact the circled response will have on your feelings.

Feeling in the moment: negative—angry, strong urge to use

Feeling later: negative—angry, annoyed

4. What thought went through your head when in the situation? Circle it because it happened in the past.

He is always on my case! There's no point as I never have enough cash for everything and I deserve to have just one drink to calm down.

7. How did you cope with your thoughts and feelings in the situation? Circle it because it happened in the past.

I was so mad that I just left and got a six pack. When that ran out I got a handle of liquor.

5. Look at the Mislabeled Traps on the back and write down the traps you have fallen into in the past. Circle them because they happened in the past. Write down the evidence that tells you your thought was true or false. Determine whether the thought was helpful or not.

The Crystal Ball, Black and White Thinking

8. What impact did your coping have on your feelings and/or situation? Also, was your behavior consistent with your morals? Circle it because it happened in the past.

I felt better Monday but Tuesday sucks...in fact, when I went to my landlord's office he said he could smell the liquor on me and said "if you got money for booze why don't you have money for bills" and "he said it real slick." I told him off and now I don't have negotiating with him as an option.

Evidence—True	Evidence—False
None	-I could borrow money or talk to him to resolve the situation and budget better in the future. -I have money at times and if I prioritize necessities I would have enough. -One drink usually leads to more. -There are other, healthier ways to cope

Helpful? Yes No

6. After looking at your thought, Mislabeled Traps, and the evidence, write down a reasonable thought that you could have had in this situation. Indicate the feeling that this thought gives you when you think about it now.

I have a way out, and as long as I don't use I will be able to deal with this.

9. If your action had a bad impact on your feelings or situation, take a look at the activities on the back and write down what you could have done instead. Write the feeling that would have resulted from doing these activities.

A. I could practice grounding.

B. Call my sponsor.

C. Go for a walk.

D. Spend time with friends.

E. I could do work on the side such as yardwork.

F. I could ask my aunt for a loan and develop a payment plan with her.

Feeling: positive—happy, satisfied

Feeling: positive—happy, content



MISLABELING TRAPS

When thinking about your problem or problems in general, which MISLABELING TRAP could you be falling into?

Mind Reading—Believing that you know what someone is thinking or will think.

Personalizing—Blaming yourself when something bad happens, even though you had nothing to do with it.

✓ **The Crystal Ball**—Predicting what is going to happen, and assuming that things will go badly.

Dramatizing—Zeroing in on the negative in a situation and calling it completely horrible.

Shoulding—Thinking about the world as you expect it to be, not as it is.

Minimizing and Magnifying—Magnifying information consistent with your beliefs and/or discounting information inconsistent with your beliefs.

The Repeat—Believing that things will always happen the same way.

✓ **Black and White Thinking**—“Always” and “Never” thoughts or assuming someone is all bad or all good.

Similar to Creed, Reisweber, & Beck (2011)

Activity Menu

*Use the boxes to record your mood before and after the activity
(0=Least Stress, 10=Most Stress)*

- | | | | |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <input type="checkbox"/> 1. Take a shower | <input type="checkbox"/> <input type="checkbox"/> 30. Go to class | <input type="checkbox"/> <input type="checkbox"/> 58. Yoga | <input type="checkbox"/> <input type="checkbox"/> 83. Read |
| <input type="checkbox"/> <input type="checkbox"/> 2. Journal | <input type="checkbox"/> <input type="checkbox"/> 31. Go fishing | <input type="checkbox"/> <input type="checkbox"/> 59. Barbeque | <input type="checkbox"/> <input type="checkbox"/> 84. Relax at the library |
| <input type="checkbox"/> <input type="checkbox"/> 3. Play basketball | <input type="checkbox"/> <input type="checkbox"/> 32. Go to a flea market | <input type="checkbox"/> <input type="checkbox"/> 60. Build a house of cards | <input type="checkbox"/> <input type="checkbox"/> 85. Practice guided imagery |
| <input type="checkbox"/> <input type="checkbox"/> 4. Do a puzzle | <input type="checkbox"/> <input type="checkbox"/> 33. Play with kids | <input type="checkbox"/> <input type="checkbox"/> 61. Go to the beach or mountains | <input type="checkbox"/> <input type="checkbox"/> 86. Listen to a radio program |
| <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 5. Go for a walk | <input type="checkbox"/> <input type="checkbox"/> 34. Clean house | <input type="checkbox"/> <input type="checkbox"/> 62. Write your story | <input type="checkbox"/> <input type="checkbox"/> 87. Plan a vacation |
| <input type="checkbox"/> <input type="checkbox"/> 6. Go to a movie | <input type="checkbox"/> <input type="checkbox"/> 35. Pursue a college course | <input type="checkbox"/> <input type="checkbox"/> 63. Write poetry | <input type="checkbox"/> <input type="checkbox"/> 88. Drive around town or take a road trip |
| <input type="checkbox"/> <input type="checkbox"/> 7. Go to a museum | <input type="checkbox"/> <input type="checkbox"/> 36. Listen to book on tape | <input type="checkbox"/> <input type="checkbox"/> 64. Write a letter | <input type="checkbox"/> <input type="checkbox"/> 89. Random act of kindness |
| <input type="checkbox"/> <input type="checkbox"/> 8. See girlfriend or boyfriend | <input type="checkbox"/> <input type="checkbox"/> 37. Order a book | <input type="checkbox"/> <input type="checkbox"/> 65. Go boating | <input type="checkbox"/> <input type="checkbox"/> 90. Learn an unknown subject |
| <input type="checkbox"/> <input type="checkbox"/> 9. Go on a bikeride | <input type="checkbox"/> <input type="checkbox"/> 38. Eat | <input type="checkbox"/> <input type="checkbox"/> 66. Talk to therapist | <input type="checkbox"/> <input type="checkbox"/> 91. Watch a sunset |
| <input type="checkbox"/> <input type="checkbox"/> 10. Go swimming | <input type="checkbox"/> <input type="checkbox"/> 39. Learn a foreign language | <input type="checkbox"/> <input type="checkbox"/> 67. Attend counseling group | <input type="checkbox"/> <input type="checkbox"/> 92. Play tic-tac-toe |
| <input type="checkbox"/> <input type="checkbox"/> 11. Go camping | <input type="checkbox"/> <input type="checkbox"/> 40. Walk dog or pet | <input type="checkbox"/> <input type="checkbox"/> 68. Listen to music | <input type="checkbox"/> <input type="checkbox"/> 93. Look for insects or flowers |
| <input type="checkbox"/> <input type="checkbox"/> 12. Go mountain climbing | <input type="checkbox"/> <input type="checkbox"/> 41. Watch TV | <input type="checkbox"/> <input type="checkbox"/> 69. Meditate | <input type="checkbox"/> <input type="checkbox"/> 94. Garden |
| <input type="checkbox"/> <input type="checkbox"/> 13. Go to church | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 42. Practice grounding | <input type="checkbox"/> <input type="checkbox"/> 70. Go shopping | <input type="checkbox"/> <input type="checkbox"/> 95. Attend a spiritual study group |
| <input type="checkbox"/> <input type="checkbox"/> 14. Go to mall | <input type="checkbox"/> <input type="checkbox"/> 43. Get a haircut | <input type="checkbox"/> <input type="checkbox"/> 71. Learn to play an instrument | <input type="checkbox"/> <input type="checkbox"/> 96. Teach someone to play a game |
| <input type="checkbox"/> <input type="checkbox"/> 15. Volunteer | <input type="checkbox"/> <input type="checkbox"/> 44. Watch a sunrise | <input type="checkbox"/> <input type="checkbox"/> 72. Take photographs | <input type="checkbox"/> <input type="checkbox"/> 97. Iron clothing |
| <input type="checkbox"/> <input type="checkbox"/> 16. Attend an AA meeting | <input type="checkbox"/> <input type="checkbox"/> 45. Do yardwork | <input type="checkbox"/> <input type="checkbox"/> 73. Take a scenic drive | <input type="checkbox"/> <input type="checkbox"/> 98. Write a song |
| <input type="checkbox"/> <input type="checkbox"/> 17. Attend an NA meeting | <input type="checkbox"/> <input type="checkbox"/> 46. Practice deep breathing | <input type="checkbox"/> <input type="checkbox"/> 74. Play a board game | <input type="checkbox"/> <input type="checkbox"/> 99. Go hiking |
| <input type="checkbox"/> <input type="checkbox"/> 18. Go bowling | <input type="checkbox"/> <input type="checkbox"/> 47. Watch an educational video | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 75. Talk to a friend | <input type="checkbox"/> <input type="checkbox"/> 100. Take a bath |
| <input type="checkbox"/> <input type="checkbox"/> 19. Go to the gym | <input type="checkbox"/> <input type="checkbox"/> 48. Watch a movie | <input type="checkbox"/> <input type="checkbox"/> 76. Spend time outside | 101. Additional activities: |
| <input type="checkbox"/> <input type="checkbox"/> 20. Shoot pool | <input type="checkbox"/> <input type="checkbox"/> 49. Go hunting | <input type="checkbox"/> <input type="checkbox"/> 77. Treat self to an ice cream | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <u>Call my sponsor</u> |
| <input type="checkbox"/> <input type="checkbox"/> 21. Go to a park | <input type="checkbox"/> <input type="checkbox"/> 50. Email someone | <input type="checkbox"/> <input type="checkbox"/> 78. Observe unfamiliar spiritual service | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 22. Attend a sporting event | <input type="checkbox"/> <input type="checkbox"/> 51. Clean the car | <input type="checkbox"/> <input type="checkbox"/> 79. Do crossword puzzle | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 23. Relax at a bookstore | <input type="checkbox"/> <input type="checkbox"/> 52. Eat at a restaurant | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 80. Call family | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 24. Cook a meal | <input type="checkbox"/> <input type="checkbox"/> 53. Do leather work | <input type="checkbox"/> <input type="checkbox"/> 81. Encourage someone else | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 25. Join or participate in a league | <input type="checkbox"/> <input type="checkbox"/> 54. Paint | <input type="checkbox"/> <input type="checkbox"/> 82. Listen to a relaxation CD | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 26. Pray | <input type="checkbox"/> <input type="checkbox"/> 55. Draw | | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 27. Do yard work | <input type="checkbox"/> <input type="checkbox"/> 56. Crochet | | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 28. Play chess or cards | <input type="checkbox"/> <input type="checkbox"/> 57. Make a necklace | | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 29. Workout at home | | | <input type="checkbox"/> <input type="checkbox"/> _____ |



TRANSCENDING SELF PLAN— CURRENT

1. What is the problem you faced recently (give a specific example)?
2. What are two or three ways you can solve your problem?
 - A.
 - B.
 - C.
3. **Circle** how you responded to the problem and **underline** what the best response would have been (sometimes they're the same). Write below how you are feeling right now and make a guess as to the long-term impact of your circled response on your feelings.

Feeling in the moment:

4. What thought went through your head when in the situation? Circle it because it happened in the past.
5. Look at the Mislabeling Traps on the back and write down the traps you have fallen into in the past. Circle them because they happened in the past. Write down the evidence that tells you your thought was true or false. Determine whether the thought was helpful or not.

Evidence—True	Evidence—False

Helpful? Yes No
6. After looking at your thought, Mislabeling Traps, and the evidence, write down a reasonable thought that you can have in this situation. Indicate the feeling that this thought gives you when you think about it now.

Feeling:

Feeling later:

7. How can you cope with your thoughts and feelings in the situation?
8. What impact will your coping have on your feelings and/or situation? Also, was your behavior consistent with your morals?
9. If your action will have a bad impact on your feelings or situation, take a look at the activities on the back and write down what you can do instead. Write the feeling that may result from doing these activities.

Feeling:



MISLABELING TRAPS

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| <input type="checkbox"/> <input type="checkbox"/> 27. Do yard work | <input type="checkbox"/> <input type="checkbox"/> 56. Crochet | | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 28. Play chess or cards | <input type="checkbox"/> <input type="checkbox"/> 57. Make a necklace | | <input type="checkbox"/> <input type="checkbox"/> _____ |
| <input type="checkbox"/> <input type="checkbox"/> 29. Workout at home | | | <input type="checkbox"/> <input type="checkbox"/> _____ |