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.

<table>
<thead>
<tr>
<th>Feeling in the moment: <strong>negative</strong>—angry, strong urge to use</th>
<th>Feeling later: <strong>negative</strong>—angry, annoyed</th>
</tr>
</thead>
</table>

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.

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.

   **The Crystal Ball, Black and White Thinking**
   
<table>
<thead>
<tr>
<th>Evidence—True</th>
<th>Evidence—False</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>-I could borrow money or talk to him to resolve the situation and budget better in the future.</td>
</tr>
<tr>
<td></td>
<td>-I have money at times and if I prioritize necessities I would have enough.</td>
</tr>
<tr>
<td></td>
<td>-One drink usually leads to more.</td>
</tr>
<tr>
<td></td>
<td>-There are other, healthier ways to cope</td>
</tr>
</tbody>
</table>

   Helpful?  
   ![Yes](Yes)  ![No](No)

6. After looking at your thought, Mislabeling 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.

   Feeling: **positive**—happy, satisfied

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.

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.

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, 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.

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Similar to Creed, Reisweber, & Beck (2011)

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**Activity Menu**

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

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

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**Similar to Creed, Reisweber, & Beck (2011)**
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.

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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: |
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☐ 103.

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☐ 108.

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☐ 110.

☐ 111.

☐ 112.

☐ 113.

☐ 114.

☐ 115.

☐ 116.

☐ 117.

☐ 118.

☐ 119.

☐ 120.