CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

# FOR ADDICTIONS

## Class 5: Anger, Assertiveness, Self Compassion, Problem solving

# Ground Rules

## Respect others

Please respect everyone's confidentiality

Please do not share with the class personal stories of trauma or suicidal or violent thoughts

## Talk to us

If you are distressed, please talk to staff members individually

# Class Outline

- **Mindfulness**
- Review of Previous Action Plan
- Anger, Assertiveness, Self-Compassion
- Problem-Solving
- Your Action Plan

# Mindfulness

*(the 'm' in CBTm)*

To focus on the present rather than the past or future



Images retrieved from: https://www.istockphoto.com/nl/illustraties/mindfulness

To observe without judgement

- To notice
- To be curious
- To accept our experiences

Helpful for stress reduction

Is for everyone



Anywhere, anytime

- Focus on breath
- Pay attention to activities
- Observe objects
- Listen to sounds

# Welcome to




## Loving Kindness

## A Meditation for Addiction Recovery

https://youtu.be/yDNjTi3SoAw?si=4zQq6Z_ZduM2m7sU

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# Class Outline

Mindfulness

**Review of Previous Action Plan**

Anger, Assertiveness, Self-Compassion

Problem-Solving

Your Action Plan

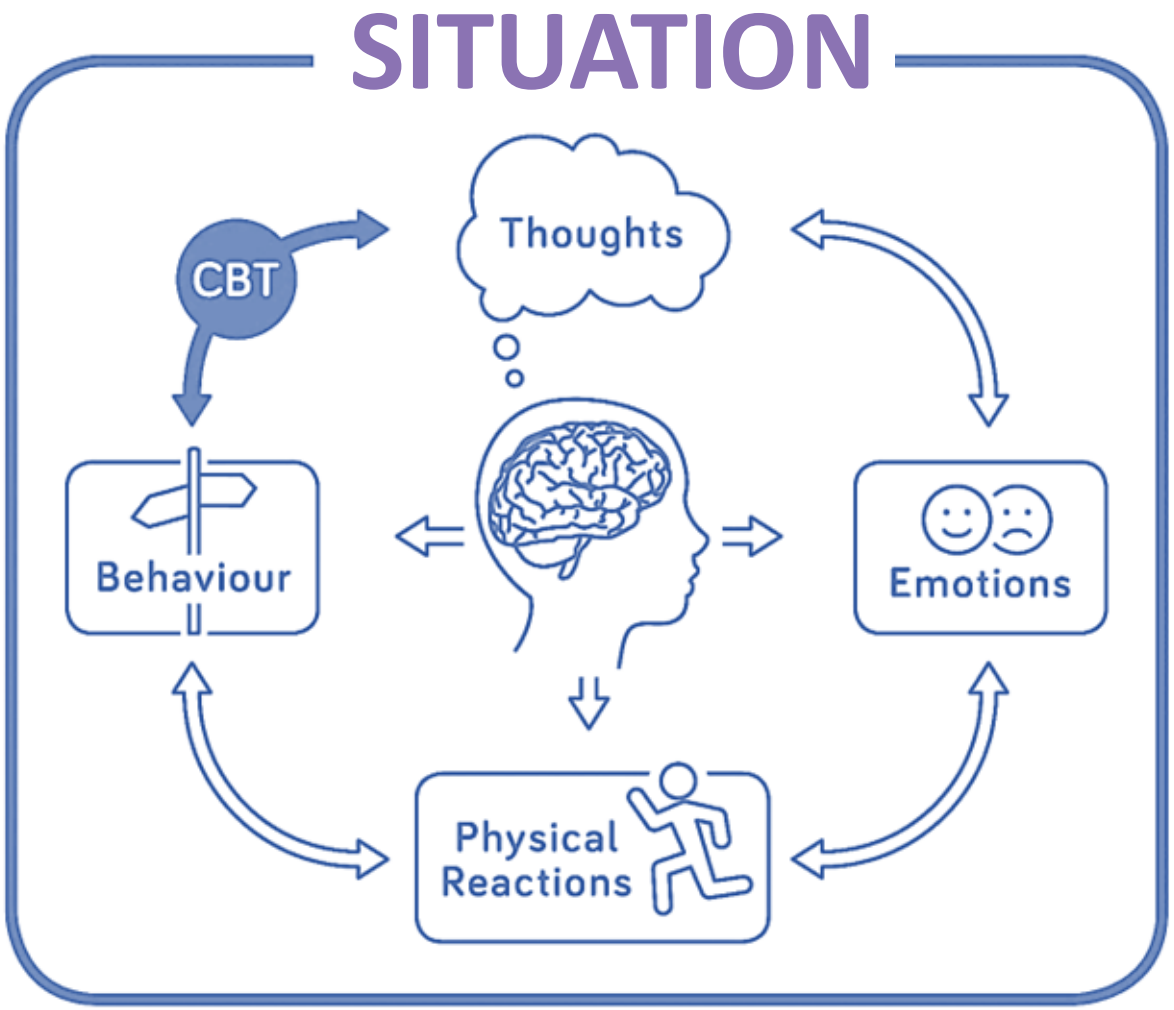
# Review of Skills Practice

## Mindfulness 5 min twice a day

## Healthy Living goal

- Exercise
- Nutrition
- Reduce caffeine
- Reduce alcohol/drugs
- Sleep

# The CBT Model



# Class Outline

Mindfulness

Review of Previous Action Plan

**Anger, Assertiveness, Self-Compassion**

Problem-Solving

Your Action Plan

# Anger








## Normal human emotion

- Appropriate response to perceived injustice against oneself or others
- Anger itself not a problem, but how anger is expressed or dealt with can be

## Pause and consider

- Use a relaxation strategy and/or a thought record

# Alcohol Use and Anger

## Brain effects:

- Alcohol lowers self-control, narrows focus, messes with mood chemicals, and can dull pain, which can boost aggression.

## Psychology:

- People who struggle with emotions, expect to act tough when drinking, or have high trait anger are at higher risk.

## Social factors:

- Binge drinking and tense settings raise the chance of fights. Alcohol is often involved in domestic and other violent incidents.

# Assertive Communication and Anger

| | | RESPECT FOR SELF | |
|---|---|---|---|
| | | **Thinking of my needs** | **Not thinking of my needs** |
| **RESPECT FOR OTHERS** | **Thinking of their needs** | **Assertiveness**<br>*"Balance own needs with the needs of others in a way that aligns with your values.."* | **Passivity**<br>*"Overvalue the needs of others and ignore your own needs"* |
| | **Not thinking of their needs** | **Aggression**<br>"Overvalue own needs and ignore the needs of others" | **Passive Aggression**<br>"Fail to express your own needs, then get angry or resentful when others don't meet them." |

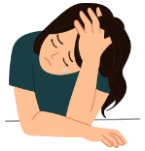
# Assertiveness: Basic Skills



# Assertiveness

adapted from AnxietyCanada

Assertive communication is the honest expression of one's own needs, wants and feelings, while respecting those of the other person. When you communicate assertively, your manner is non-threatening and non-judgemental, and you take responsibility for your own actions.



If you have anxiety or depression, you may have some difficulty expressing your thoughts and feelings openly. Assertiveness skills can be difficult to learn, especially since being assertive can mean holding yourself back from the way you would normally do things. For example, you maybe afraid of conflict, always go along with the crowd, and avoid offering your opinions.

As a result, you may have developed a **passive** communication style. Alternatively, you may aim to control and dominate others and have developed an **aggressive** communication style.

However, an assertive communication style brings many benefits. For example, It can help you to relate to others more genuinely, with less anxiety and resentment. It also gives you more control over your life, and reduces feelings of helplessness. Furthermore, it allows OTHER people the right to live their lives.

**Remember:** Assertiveness is a learned skill, not a personality trait you are born with. It is what you *do,* not who you are.

### Step 1: Identifying your trouble spots



To start, ask yourself the following questions to identify what area(s) to work on:

- Do I struggle to ask for what I want?
- Is it hard to state my opinion?
- Do I have trouble saying no?



Find this in your handouts!

# More on assertiveness

# Self Compassion

Self-kindness vs. Self-judgment

Common humanity vs. Isolation

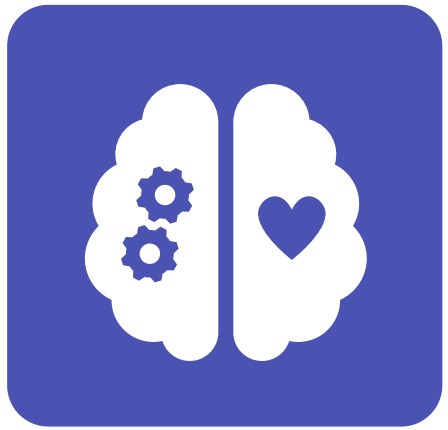
Mindfulness vs. Over-identification

Resources for self-compassion:
https://vimeo.com/65859796
http://self-compassion.org/

# Spirituality



What does spirituality mean to you?



Spirituality can support finding meaning and purpose in life.



Look for meaning and signs that show you're trying to grow and improve

# Class Outline

Mindfulness

Review of Previous Action Plan

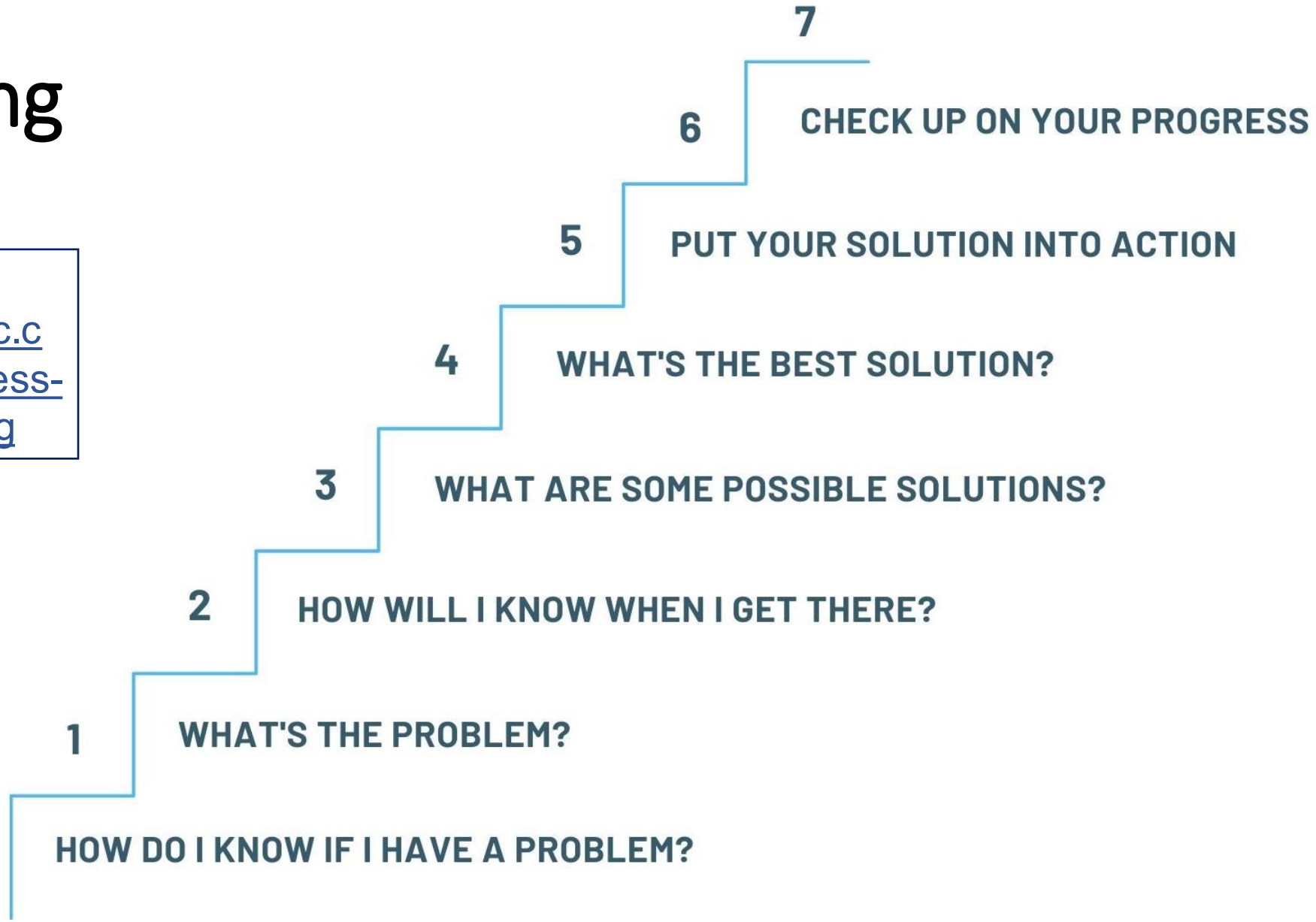
Anger, Assertiveness, Self-Compassion

**Problem-Solving**

Your Action Plan

# Problem Solving

- To read more visit: https://www.heretohelp.bc.ca/wellness-module/wellness-module-4-problem-solving




These resources have been modified from the original with permission from the Canadian Mental Health Association BC Division, and the BC Partners for Mental Health and Substance Use Information. CMHA BC and the BC Partners for Mental Health and Substance Use Information were not involved in the modification processes and cannot attest to the quality of the final materials. To see the original 2019 English version, visit: https://www.heretohelp.bc.ca/wellness-module/wellness-module-4-problem-solving

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# Problem Solving Example

1

## How do you know if you have a problem?

Clearly identify the specific issue. Instead of "I feel stressed," define it more specifically: "I feel a strong craving to drink when I get into an argument with my partner."

2

## Brainstorm Solutions

Generate multiple potential solutions without judgment. The goal is to be creative and think of as many options as possible.

3

## Example solutions

Talk to my partner calmly; take a walk; call my sponsor or a friend; do a breathing exercise; journal about my feelings; leave the room for a cool-down period.

# Problem Solving Example

4

## Evaluate Solutions

Analyze the pros and cons of each option. Consider which one is most realistic and effective in the moment.

5

## Example Evaluation

Taking a walk is a great idea, but my partner might see it as me walking away from the problem. Calling my sponsor is a good option because they understand my situation, but they might not be available.

6

## Choose and Implement a Solution

Select the best solution and put it into action.
Example choice: "I will immediately go to another room and do a breathing exercise to calm down."

7

## Review the Outcome

After the situation has passed, reflect on how well the plan worked.

# Problem-Solving

Find these in your handouts!

## What is Problem-Solving?

Problem-solving is an important skill for our mental health. Problems that don't go away can take a big toll on our overall well-being. If left unsolved, a small problem can become a much larger problem. This can leave us feeling frustrated, stressed, hopeless and even depressed. When we choose to solve our problems, it allows us to deal more effectively with the stressors in our lives and we are able to continue moving forward.

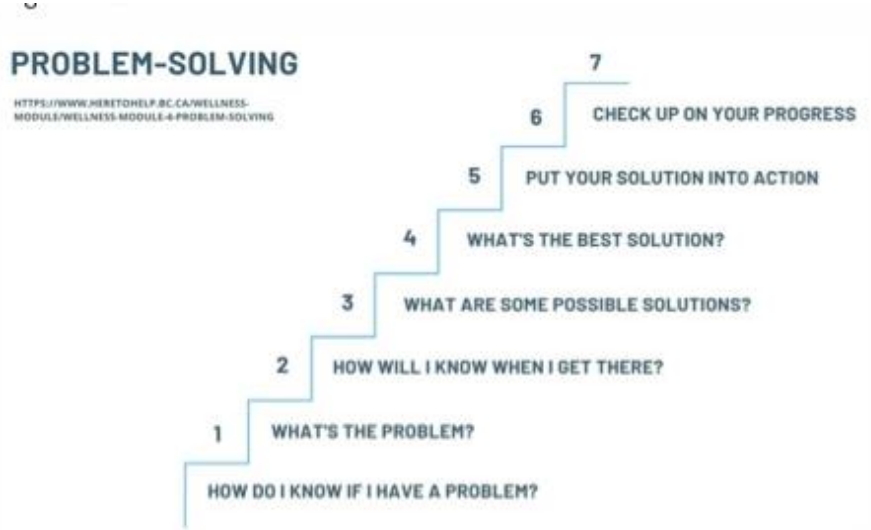
Problem-Solving has other benefits, including:



- Increased functioning at school and/or work
- More positive relationships with friends, family members and co-workers
- Builds our self-esteem
- Increases life satisfaction

Some problems are bigger than others and are not as easily solved. These problems can create stress and impact our well-being. The initial response may be to cope with these problems the way we would with other problems we've faced in the past. However, until we come up with the correct solution, the problem won't go away and will continue to impact our lives.

For difficult problems, there are steps we can follow in order to try to best solve them. In the following pages, you will come to learn the 7 steps involved in effective problem-solving. If you want to learn more, visit www.heretohelp.bc.ca and look at their problem-solving module.




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# Your Action Plan

- Mindfulness 5 min twice a day
- One thought record in the week
  (Testing Your Thoughts worksheet)
- Visit problem-solving website for 15 min
- Fill out problem-solving sheet
- Work on 1 **SMART** goal

SCAN HERE

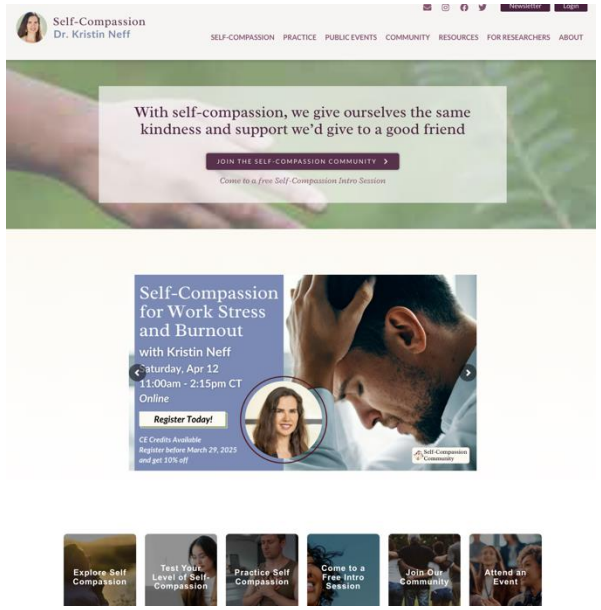
Practice your skills on the go by visiting the skills practice area

https://cbtm.ca/for-clients/skills-practice/

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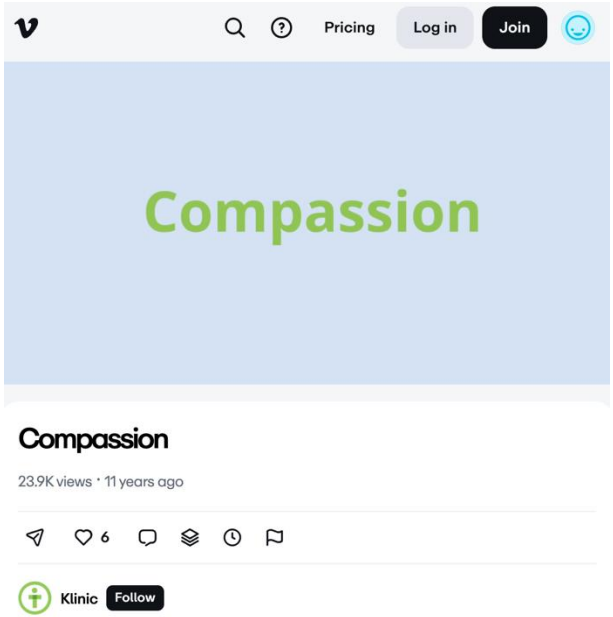
# Resources

## Self-Compassion – Dr. Kristin Neff



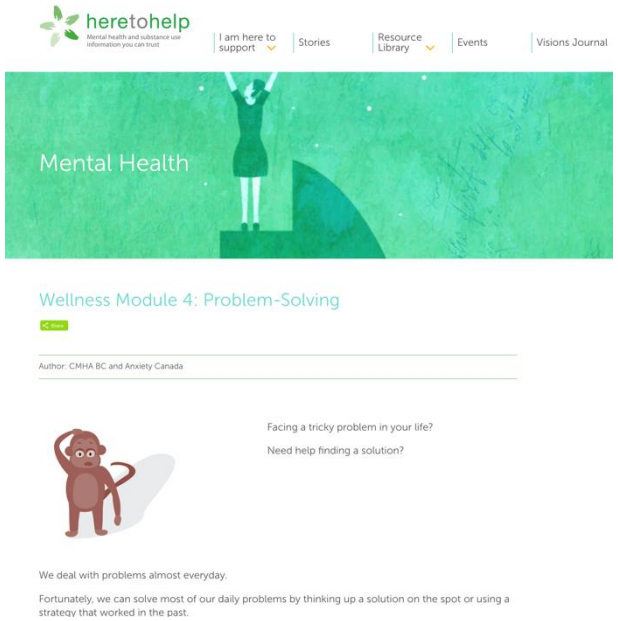

https://self-compassion.org/

## Self-Compassion video




https://vimeo.com/65859796

## Problem Solving Module




www.heretohelp.bc.ca/wellness-module/wellness-module-4-problem-solving

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# Resources

| | |
|---|---|
| **Adult Mobile Crisis Unit (24/7)** | • Call (204-940-1781) |
| **Klinic Crisis Line** | • Call (204-786-8686) OR (1-888-322-3019) |
| **Crisis Response Centre** | • Call 204-940-1781. For *Community Intake* call: 204-788-8330 |
| **Manitoba Suicide Prevention & Support Line (24/7)** | • Call (1-877-435-7170). Visit their website https://www.reasontolive.ca |
| **Manitoba Farm, Rural & Northern Support Services** | • Call 204-571-4182 or 1-866-367-3276. Visit their website: https://supportline.ca/ |
| **First Nations and Inuit Hope for Wellness Help Line** | • Call (1-855-242-3310). An online chat feature is also available on their website https://www.hopeforwellness.ca |
| **Suicide Crisis Helpline (24/7) 9-8-8** | • Call or text 9-8-8 for trauma-informed and culturally appropriate suicide prevention support |

# Resources

| | |
|---|---|
| **Manitoba Addictions Helpline** | • Call or text 1-855-662-6605. Visit their website http://mbaddictionhelp.ca/ |
| **Problem Gambling Helpline** | • Problem Gambling Helpline open 24 hours in Manitoba<br>• Call 1-800-463-1554 |
| **WRHA Addictions Recovery Services** | • Call 204-944-6209. Visit their website https://wrha.mb.ca/mental-health/addictions-recovery-services/ |
| **Mental Health & Addictions - Shared Health** | • Visit their website https://sharedhealthmb.ca/services/mental-health/ |

# CBTm Class Evaluation

