

Handout 1- Balanced you

Five qualities I have that I value

1. _____

2. _____

3. _____

4. _____

5. _____

Five personal achievements

1. _____

2. _____

3. _____

4. _____

5. _____

Questions to help you

What do I like about who I am?

What characteristics do I have that are positive, however small or modest?

What are some of my achievements?

What are some of the challenges I have overcome?

What are some of the talents or skills I have?

What would my friends say about me?

What are some attributes I like in others that I also have in common with?

How might someone who cared about me describe me?

Try to consider everything, even seemingly small qualities or achievements.

Handout 2 - Diary of Personal Qualities

You might want to try keeping a daily log showing your personal qualities (personality traits, characteristics, strengths). Keep in mind that for this log, we are looking for those qualities we often filter out or ignore – the positive qualities that we value about ourselves. It's easy to dismiss or minimise these, and only notice the negatives.

Example personal qualities: *kind, gentle, strong, resilient, caring, assertive, hard-working, reliable, honest, practical, responsible, loyal, mature, creative, consistent, appreciative, capable, quick, sensitive, perceptive, patient, thoughtful, fit, trustworthy, shows initiative, motivated, versatile, educated, willing, experienced, efficient, open-minded, logical, serious, supportive, resourceful, realistic, funny, punctual, friendly, humane – and many others!*

Date	What I did	The quality this demonstrates

Handout 3a: Being the Balanced You Calendar

Many people find they are more likely to stick to a plan if they write it down. You could try scheduling in something small you would enjoy doing every day (e.g. 'go for a walk in the park) in a calendar like this one, keeping it somewhere you will remember to check it, for example on the fridge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Handout 3b: Example Activities

Soaking in the bathtub	Pampering yourself
Relaxing	Walking around public gardens
Watching a movie	Playing with my children
Jogging	Thinking about sex
Walking	Refurbishing furniture
Listening to music	Watching TV, videos
Lying in the sun	Going bike riding
Listening to others	Walks on the riverfront/foreshore
Reading magazines or newspapers	National parks
Taking up a new hobby	Photography
Seeing friends	Going fishing
Card and board games	Star gazing
Going to the gym	Reading fiction
Doing an aerobics class	Acting
Yoga	Writing diary/journal entries or letters
Repairing things around the house	Cleaning
Working on my car (bicycle)	Reading non-fiction
Having quiet evenings	Taking children places
Taking care of my plants	Dancing
Going swimming	Going on a picnic
Doodling	Meditating
Exercising	Having lunch with a friend
Going to a party	Playing cards
Playing soccer	Playing cricket
Flying kites	Looking at photos
Having discussions with friends	Knitting/crocheting/quilting
Sex	Doing crossword puzzles
Going camping	Talking on the phone
Singing around the house	Surfing the internet
Going to place of worship, praying (practising religion)	Lighting candles
Going to the beach	Listening to the radio
Sketching and painting	Having coffee at a cafe
Going to a museum	Getting/giving a massage
Going to an art exhibition	Thinking about my good qualities
Doing embroidery, cross stitching	Doing ballet, jazz/tap dancing
Entertaining	Debating
Going to clubs (garden, sewing, etc.)	Erotica (sex books, movies)
Going birdwatching	Playing with my pets
Singing with groups	Making jigsaw puzzles
Playing musical instruments	Gardening
Doing arts and crafts	Going hiking
Making a gift for someone	Writing (poems, articles)
Cooking and baking	Sewing
Going to the library	Discussing books
	Sightseeing

Handout 4: Balancing Negative Thoughts

Consider the evidence which supports your 'thought' and the evidence which goes against this thought.

My original thought: (Remember to identify a specific thought)

How much I believe this original thought (%):

Evidence For	Evidence against

Questions to help you challenge your original thought:

1. Am I expecting the worst?
2. Are there alternative explanations for the event?
3. Is there a different way to view the situation?
4. What would I tell someone I cared about in the same situation?
5. Is this thought helpful?
6. If my belief in the thoughts isn't 100%, what accounts for this?

My balanced thought: (a thought that takes into account all of the evidence I have come up with)

How much I believe this balanced thought (%):

Ways I can do reinforce the balanced thought: (acting as though the balanced thought is true)

After trying you've spent some time practicing acting as though the balanced thought is true, you could try re-rating your belief in the thoughts:

How much I believe the original thought now (%):

How much I believe the balanced thought now (%):

Handout 5: Bringing it all together...

Trigger/ Situation:

Negative thoughts:

How this response might reinforce the negative thoughts:

Response/ behaviour:

