

PREPARATION PHASE: TAKING CARE OF MYSELF
(HRA PROJECT)

DAY 1 (AFTERNOON)

SESSION 2: COPING WITH FEAR

OBJECTIVES:

1. Mothers will increase their comfort in the group.
2. Mothers will decrease their fears.
3. Mothers will increase their relaxation skills.
4. Mothers will increase their self-esteem.
5. Mothers will increase their comfort with self-disclosing.

RATIONALE:

As it seemed premature to ask participants in the first session to reveal feelings about having AIDS, that activity occurs in the second session. Revealing feelings makes them accessible for coping with them and helps to build group cohesiveness. Also mothers can see that they are not alone and that their feelings are natural. Gradually this session moves into feelings of fear. Without activation of feelings in the session self-stimulating cycles can not be interrupted and fears reduced. The approach to coping with fear used here is through repeated exposure and relaxation. Emotional review and relaxation have both been found as useful ways to reduce fears.

Also this session contains a review of the first session based on the notion that repetition is an effective learning device. Furthermore there are a variety of efforts to enhance self-esteem because it can function as a protective barrier against anxiety and other fear related emotions. Expanding the participants' emotional vocabulary is thought to make it easier for them to be aware of feelings and to allow for early intervention.

PROCEDURES:

1. Introduce the participants, pass out "Thanks," and review the morning session. (10 minutes)
2. Have participants in small groups recall how they felt when they first heard that they had AIDS. (25 minutes)
3. Use a script to introduce the topic of fears and link fears to personal feelings with the Feeling Thermometer. Then build a list of fears and role play worst expectations. (20 minutes)
4. Have partners tell each other what their worst fears are, then repeat briefly, and do a relaxation sequence.

(30 minutes)

5. Use incomplete sentences to build self-esteem. (15 minutes)
6. End with a lottery, between-session assignment, sharing time, a positive mantra and group appreciation. (20 minutes)

MATERIALS:

"Thanks"
Lottery Tickets
Lottery Prize
Scene for Session 2: Gail and Sophie
Feeling Thermometer for Fear
Relaxation: On the Beach
Positive Mantra
Feeling Good Cards
2 Egg Timers

Notes to the Facilitator:

1. **Bold** letters tell you what the purpose of the exercise is and highlight points to make. CAPITAL letters tell you what to do. Small case letters tell you what to say. Once you have become familiar with what to say, use **your own words**. Do not read your lines to the group.
2. Begin each session 5 minutes ahead of time in order to cover any administrative matters.

Exercise 1: What's This Workshop All About?
(10 minutes)

[The purposes of this exercise are to increase self esteem, begin building group cohesion, and introduce the topics in the workshop. Confidence building introductions, a lottery, and review of a workshop outline are the methods used.]

FACILITATOR SAYS

Welcome back.

I'm very glad to see you here.

I hope you had a nice lunch.

At the end of the afternoon session we will have another lottery.

Let's start with **introducing** ourselves again.

Tell us your first name and one thing you did that was really brave.

For example, a mother could say, "My name is Ann, and I was brave just to get out of bed and come here today."

I'll start. My name is and one thing I did that was really brave was

HAVE EACH PERSON INTRODUCE HERSELF AND STATE ONE THING SHE DID THAT WAS REALLY BRAVE. MAKE SURE THE CO-FACILITATOR INTRODUCES HERSELF AS WELL.

That was great!

Now I am going to pass out some "**Thanks**" for each of you to use during the session.

Remember that you give "**Thanks**" whenever you want to tell someone that you like what they did or just to show you appreciate their presence in the group.

PASS OUT 20 "THANKS" TO EACH PERSON.

Last time we talked about two ways to handle the difficult situations that you face in having AIDS, taking care of yourself, and helping your children.

Can someone recall what we said were the two kinds of coping?

What were they supposed to do?

ENCOURAGE RESPONSES AND GIVE OUT STROKES FOR IDENTIFYING COPING THAT MAKES YOU FEEL BETTER AND COPING THAT TRIES TO FIX THE SITUATION OR PROBLEM. PUT UP A POSTER ON THE WALL THAT SAYS "COPING TO FEEL BETTER" AND "COPING TO FIX THE PROBLEM."

That's correct!

One way was to do things that made you feel better.

The other way was to do things that fixed the situation.

Right now we are working on ways to feel better.

Feelings are not good or bad - they just exist.

Feelings are not thoughts.

Thoughts are what we think - not feel.

If someone said, "I feel you don't like me," is that an expression of feeling?

ENCOURAGE ANSWERS. GIVE OUT STROKES FOR SAYING IT IS A THOUGHT.

No, that is a thought.

That sentence could be re-written: "I think you don't like me."

If you can fit the word "think" in there and it makes sense, then it is not a feeling statement.

If the person said, "I am sad that you don't care for me," would that express feelings?

Yes, that would be a feeling statement.

So, has everyone got the idea about expressing feelings?

CHECK OUT ANY MISUNDERSTANDINGS.

It is good to have feelings.

They are messages that call our attention to what is going on in our lives.

Today we will learn how to feel better about our fears.

Exercise 2: What Are My Feelings About Having AIDS?
(20 minutes)

[The purpose of this exercise is to expose feelings about having AIDS so that fearful feelings can be confronted and the fear reduced. The method used is for each woman to tell her story in a contained situation.]

In a minute I will divide the group in half.

Each person will be asked to think about the day on which you were told you had AIDS and to answer three questions: When was it? Who told you? How did you feel?

WRITE THE THREE QUESTIONS UP ON NEWSPRINT: "WHEN?" "WHO?" AND "HOW FEEL?"

We'll give you an example of how to do this.

ASK YOUR CO-FACILITATOR TO ANSWER THE THREE QUESTIONS.

First think of the day on which you found out you had AIDS.

Now tell us when it was, who told you, and how you felt.

CO-FACILITATOR ANSWERS:

"IT WAS THE DAY BEFORE MY BIRTHDAY. THE NURSE FROM THE CLINIC CALLED AND SAID I HAD TO COME IN. WHEN I GOT THERE, SHE TOOK ME INTO AN OFFICE AND TOLD ME I HAD AIDS. I FELT SCARED TO DEATH. TERRIFIED."

Thank you very much for sharing that with us.

GIVE THE CO-FACILITATOR A "THANKS."

We know that it will be hard to tell your story and still leave time for others to tell their stories.

Also we need to leave enough time for us to work on the feelings that emerge, so that you feel better when you leave here today.

To help you keep your story a reasonable length I will put an egg timer in front of you.

When the sand runs down to the bottom, it is time to wrap up what you have to say.

DIVIDE THE GROUP IN HALF. A CO-FACILITATOR GOES WITH EACH HALF. GO AROUND ONE BY ONE. GIVE OUT "THANKS" FOR SHARING AND FOR RESPONSES THAT DEAL PRIMARILY WITH THE QUESTIONS (SHOWING SOME CONTROL). ALLOW ABOUT THREE MINUTES PER PERSON TO ANSWER THE QUESTIONS. KEEP THE RESPONSES TO THE THREE QUESTIONS. IF SOMEONE STARTS TO GO OFF, ASK ABOUT THE NEXT QUESTION. IF NEED BE, EXPLAIN THAT EVERYONE IN THE GROUP IS NOT AT THE SAME PLACE IN RECOGNIZING AND SHARING FEELINGS. SO WE WANT TO GET INTO EXPOSING FEELINGS GRADUALLY - BIT BY BIT - NOT IN ONE HUGE OUTPOURING.

That was really great.

It took a lot of courage.

Now let's come back together as a whole group.

Remember that we will leave 10 minutes of free time for sharing at the end of the session.

When we get to that point if you feel frustrated or want to share with the group, that time is for you.

Today we are going to work on the feeling of fear.

Exercise 3: What Are My Fears?
(20 minutes)

[The purposes of this exercise are to increase mother's skills in identifying fears and to identify fears that can be worked on in the next exercise. Scripts, role playing and the Feeling Thermometer are employed.]

Let's start with this little scene between Gail and Sophie.

THE SCENE CAN BE READ BY TWO VOLUNTEERS IN THE GROUP OR BY THE FACILITATORS.

Would someone like to read the part of Gail?

IF SOMEONE WANTS TO READ THE PART, SELECT THEM AND GIVE THEM A SCRIPT. FACILITATOR PLAYS THE PART OF SOPHIE. READ SCRIPT ALOUD. GIVE OUT "THANKS". USE THE CO-FACILITATOR FOR ONE OF THE PARTS IF NO ONE WANTS TO READ. THE SCRIPT IS AS FOLLOWS:

Gail and Sophie

GAIL: How are you doing today?

SOPHIE: I don't want to talk about it.

GAIL: What's the matter?

SOPHIE: I just get too scared when I think about having AIDS.

GAIL: It's scary all right.

SOPHIE: I don't want to die.

GAIL: What do you expect to happen?

SOPHIE: I don't know. Maybe I'll end up in hell, and it will be horrible there.

GAIL : Come on now. You are a good person. You're not going to hell.

SOPHIE: Maybe there will be a lot of pain at the end. I don't think I can take it. What if everybody leaves me because they are scared too? Then I'll be all alone. I gotta have somebody with me.

GAIL: I'll be there.

SOPHIE: Even if someone is there, I'm still terrified to die.

THE END

We can see what some of Sophie's fears are.

It is quite natural for people to want to avoid their fears and put them out of their minds.

At times avoiding fears may be the helpful thing to do, but over the long run fears will continue and grow in the dark.

It is necessary to throw a little light on them.

Let's take a step closer to finding out what your fears might be.

Here is a Feeling Thermometer on fear.

HOLD UP THE PAGE WITH THE FEELING THERMOMETER ON IT AND THEN PASS OUT A COPY TO EVERYONE.

I will read two situations to get us started, and you indicate how much discomfort you feel with each situation and give a name to the emotion that you would feel.

READ ALOUD THE SITUATIONS ON THE FEELING THERMOMETER AND GIVE PARTICIPANTS TIME TO WRITE DOWN THE TEMPERATURE LEVEL AND EMOTION. THE SITUATIONS ARE AS FOLLOWS:

1. Being admitted to the hospital.
2. Having pain in your abdomen.

Now let's use your reactions to the Feeling Thermometer to make a list of the fears that a mother living with AIDS

might have.

You can use your own experience or observations of other mothers that you know.

Just call out what the fears might be, and I will write them up here on newsprint.

ENCOURAGE SHARING OF IDEAS. GIVE OUT "THANKS".

Thank you.

That is a very powerful list.

Where do you feel fear in your body?

What body signs indicate that you are afraid?

ENCOURAGE THE GROUP TO CALL OUT PHYSICAL SIGNS SUCH AS SWEATY PALMS, TIGHTENING IN THE CHEST, FAST BREATHING.

Fear is a physical sensation.

When that sensation appears, pay attention to it, study it, become the sensation and you will discover that it changes.

The sensation of fear will decrease.

Many times we are more afraid of the feelings we expect to have in a situation than the situation itself.

For example, we may fear the feeling of panic, or loneliness, or helplessness, or rage.

Let's have two people demonstrate what we have been talking about through a role play.

One person will play a friend and the other person will be a mother living with AIDS.

Who will volunteer to play the two parts?

SELECT VOLUNTEERS.

The friend's goal is to help the mother tell her what the mother's fears are in as sensitive a way as possible. Don't try to get rid of the fears. Just try to identify them.

ASK THE PERSON PLAYING THE FRIEND.

Tell us what your goal is.

CLARIFY THE GOAL.

The friend's goal is to help the mother communicate clearly what her worst expectations are.

How will the friend reach her goal?

The most important skill in helping is **listening**.

Listen so that you can sense what the other person is feeling.

Listen so that you are in the other person's shoes.

Listen so intently that you can show the other person you understand by telling her what you heard and sensed.

TO THE FRIEND - What is the way you will help?

ENCOURAGE THE ANSWER OF "LISTENING."

It is through listening - paying attention.

ASK THE PERSON PLAYING THE MOTHER.

Tell us what your goal is.

CLARIFY THE GOAL.

The mother's goal is to communicate clearly what her worst expectations are.

ASSIGN ROLES TO THE OBSERVERS.

The rest of you will be observers.

I want you to watch the mother's eyes and see what fears you can pick up from her eyes.

I want you to watch her facial expressions and see what fears you can pick up from her facial expressions.

I want you to watch her posture and see what fears you can pick up from her posture.

I want you to watch her gestures and see what fears you can pick up from her gestures.

I want you to listen to her voice and see what fears you can pick up from her voice.

I want you to attend to her breathing as see what fears you can pick up from her breathing.

And I want you to listen to her words and see what fears you can pick up from her words.

PLACE TWO CHAIRS IN THE MIDDLE OF THE ROOM.

Will you two please come and sit here.

Now begin the role playing.

ENCOURAGE THE TWO TO START. ALLOW THE ROLE PLAYING TO GO NO MORE THAN THREE MINUTES. WHEN FINISHED, GIVE OUT "THANKS."

That was great!

I would like to ask the friend what was one thing you did that you liked and what was one thing you would do differently?

OBTAIN RESPONSE.

I would like to ask the mother what was one thing you did that you liked and what was one thing you would do differently?

OBTAIN RESPONSE.

Now let's hear from the observers what fears you noticed.

OBTAIN RESPONSES AND DISCUSS.

Exercise 4: How Do I Work on My Fears?
(30 minutes)

[The purpose of this exercise is to reduce some of the mothers' fears. Repeated exposure and using relaxation as an incompatible response are employed.]

We have just spent our time identifying fears.

Now let's work on your fears by exposing them to the light of day.

I will divide you into pairs.

One person will be an A and the other person a B.

First one person will go and then the other person.

DIVIDE THE GROUP INTO PAIRS WITH ONE PERSON AN "A" AND THE OTHER PERSON A "B."

The A's will go first.

Tell your partner what your worst fear is.

Describe the situation in which this fear would come.

Give the situation as much detail as possible.

Make it really scary.

Let me show you what I mean.

"My worst fear is that I will get to the point where I can't take care of myself. I will be like a child and need to have many things done for me. I hate feeling so helpless."

The person who is listening can ask for clarification or for more detail, but should try not to interrupt very much.

When A is finished, then it is B's turn.

I'll tell you when it is time to switch.

Ok, the A's should go ahead and start.

ALLOW FOUR MINUTES PER PERSON. AFTER THE FIRST FOUR MINUTES, INDICATE THAT IT IS TIME TO SWITCH. (IF THEY HAVEN'T DONE IT ALREADY). AFTER BOTH OF THEM HAVE HAD A TURN, STOP THEM.

Now we will take a minute to relax.

Please breath out slowly three times.

One PAUSE

Two PAUSE

Three PAUSE

Now tighten your face up.

Hold it, PAUSE and let it go.

Tighten your shoulders.

Hold it, PAUSE and let it go.

Now, yawn and stretch.

Yawn and stretch.

Now I want you to tell the same story again to your partner.

Make the story briefer this time, but again tell your partner what your worst fear is.

Repeat what we just did.

I'll tell you when it is time to switch.

Ok, go ahead and start.

ALLOW THREE MINUTES PER PERSON. AFTER THE FIRST THREE MINUTES, INDICATE THAT IT IS TIME TO SWITCH. (IF THEY HAVEN'T DONE IT ALREADY). AFTER BOTH OF THEM HAVE HAD A TURN, STOP THEM.

Now we will take a minute to relax.

Please breath out slowly three times.

One PAUSE

Two PAUSE

Three PAUSE

Now tighten your face up.

Hold it, PAUSE and let it go.

Tighten your shoulders.

Hold it, PAUSE and let it go.

Now, yawn and stretch.

Yawn and stretch.

Was there a difference between the first time you talked about your worst fear and the last time?

If so, what was the difference?

ENCOURAGE RESPONSES AND DISCUSSION. EMPHASIZE THAT NOT AVOIDING THE FEAR AND USING AN EMOTIONAL REVIEW CAN REDUCE FEARS.

Hopefully some of you found that by the second time you spoke of your fear, your fear became less strong.

Reviewing with an other person your feelings of anxiety and fear and the situations surrounding them and combining relaxation with those situations are some other useful ways to make you feel better.

The relaxation we just did was simply a quick one as you could see.

I think it would be useful to unwind by doing something a little longer.

LEAD THE GROUP THROUGH THE FOLLOWING RELAXATION SEQUENCE:

RELAXATION SEQUENCE: ON THE BEACH

Get yourself in a comfortable position. PAUSE

Observe your breathing. PAUSE

Now breathe out deeply three times.

One PAUSE

Two PAUSE

Three PAUSE

Close your eyes if you wish as we take a little journey.

You are in a little house by the beach. PAUSE

You open the door to the deck, and, before you can even step outside, the sun greets you warmly.

See how blue the sky is. PAUSE

Just a few wispy clouds.

Smell the tangy salt air. PAUSE

Can you feel the breeze gently passing over the skin on your arms? PAUSE

You walk to the edge of the deck and step down into the fine white sand.

Feel the warm sand between your toes. PAUSE

You hear the surf breaking and the sea gulls crying.

See the waves slowly rolling on the shore. PAUSE

You walk on the soft sand, moving closer to the ocean, and spread your towel.

You sit watching the soothing rhythm of the sea.

In and out PAUSE

In and out PAUSE

In and out PAUSE

You lie there on the empty beach.

Can you feel the sun on your face? PAUSE

On your shoulders? PAUSE

On your stomach? PAUSE

On your arms? PAUSE

On your legs? PAUSE

On your feet? PAUSE

Your whole body becomes one with the sun, waves, sand and sky.

Can you see the gulls gliding without effort, nodding on the breeze as if they were asleep? PAUSE

Can you see the gulls gracefully swoop and bank and turn? PAUSE

Feel the breeze blowing softly, cooling and cleansing you.

You seem to sink into the sand.

Can you feel your breath becoming deep and slow? PAUSE

Can you feel your heartbeat - regular, an easy rhythm, strong? PAUSE

You rest. PAUSE

You rest a little longer. PAUSE

Slowly you sit up. PAUSE

You see a little purple shell carved by the sea so that it seems to have magical writing on it.

Put it in your pocket.

You stand up. PAUSE

Walk slowly back to the beach house. PAUSE

The sand covers your feet and you dig with your toes.

You are almost at the step to the deck.

Step up. PAUSE

You look back at the ocean feeling so refreshed.

So peaceful. Open the door to the house and go in.

THE END

Do you feel better?

Here is a copy of that relaxation sequence.

You can put it in your workbook and you can have someone read it to you when you feel tense or afraid.

HAND OUT A COPY OF THE RELAXATION SEQUENCE.

Exercise 5: How Can I Feel Good About Myself
(15 minutes)

[The purpose of this exercise is to build self-esteem. Filling in positive incomplete sentences is used to achieve the goal.]

It always helps to feel good about yourself.

Now we will spend some time on liking yourself.

Each person will receive a card with a statement on it like "I am bright because...."

Your task is to finish the sentence by telling us something you did that fits the word.

For example, if my card said, "I am intelligent because...." I might say "I am intelligent because I just read and understood a book by Albert Einstein."

Another example, "I am popular because...."

"Because I invited people to a party recently and most of them came."

I'll give the cards out one at a time.

TAKE THE CARDS FROM THE TOP OF THE DECK SO IT DOES NOT SEEM AS IF YOU ARE SELECTING CARDS FOR INDIVIDUALS. READ THE CARD ALOUD FIRST AND THEN PASS IT. MAKE SURE EVERYONE HAS A CHANCE. THE CARDS ARE AS FOLLOWS:

I AM LOVING BECAUSE.....
I AM KIND BECAUSE.....
I AM CARING BECAUSE.....
I AM STRONG BECAUSE.....
I AM SUCCESSFUL BECAUSE.....
I AM FRIENDLY BECAUSE.....
I AM SMART BECAUSE.....
I AM HOPEFUL BECAUSE.....
I AM HONEST BECAUSE.....
I AM CALM BECAUSE.....
I AM WISE BECAUSE.....
I AM PATIENT BECAUSE.....

GIVE OUT "THANKS". USE PROBES IF NECESSARY TO HELP PEOPLE COME WITH POSITIVE ACTIONS THEY HAVE TAKEN.

That was really good.

You may take more positive actions than you are aware of.

Exercise 6: What Is Next?
(20 minutes)

[The purposes of this exercise are to provide time for unfinished personal business, increase group cohesion, and create a future expectation. Having sharing time, a lottery, group appreciation, between session tasks and an introduction to the next session are used.]

We are near the end of this afternoon's session.

This afternoon we worked on feeling better when you were afraid.

We did not avoid fears.

And we used reviewing our fears repeatedly as a way of lessening them.

We also combined relaxation with feelings of fear because it is difficult to feel calm and afraid at the same time.

In the next session we will work on feelings of anger.

Let's take 10 minutes for any group member who wishes to bring something before the group.

ALLOW TEN MINUTES FOR PERSONAL SHARING. INVITE THOSE WHO ARE UNABLE TO HAVE ENOUGH TIME TO MEET WITH A FACILITATOR AFTERWARDS.

Before we stop I would like to do another lottery.

Here is the lottery gift.

HOLD UP LOTTERY GIFT.

Please write your name on a lottery ticket and put in the cup.

COLLECT THE TICKETS, PUT THEM IN A BOWL, MIX THEM UP, DRAW A WINNER AND GIVE OUT THE PRIZE. MAKE SURE THE WINNER HAS NOT WON BEFORE.

Between sessions there is a task for each of you to do.

I want you to talk to one of the group members about any fears that you had.

When you finish talking to the other group member, take a few minutes to relax.

Use some of the methods we have been practicing.

Now for our positive thought.

Would you please stand and repeat after me the words on this poster.

PUT UP THE POSTER AND HAVE THEM REPEAT THE WORDS.

"NO MATTER WHAT ANYONE SAYS OR DOES TO ME OR WHAT I THINK OF MYSELF, I AM
A GOOD PERSON."

Here is a copy of the positive thought that we have been saying.

You can put it in your work book.

HAND OUT THE POSITIVE MANTRA.

Now let's show appreciation for everyone's contributions to the morning's session.

SHOW APPRECIATION. POINT OUT THAT SOME MEMBERS OF THE GROUP ARE QUIETLY VERY
GIVING AND SUPPORTIVE OF OTHER MEMBERS. WE NEED TO SHOW APPRECIATION FOR
SUPPORTING AS WELL AS OTHER KINDS OF CONTRIBUTIONS. GIVE OUT "THANKS."

THE END OF SESSION 2

SCENE FOR SESSION 2

Gail and Sophie

GAIL: How are you doing today?

SOPHIE: I don't want to talk about it.

GAIL: What's the matter?

SOPHIE: I just get too scared when I think about having AIDS.

GAIL: It's scary all right.

SOPHIE: I don't want to die.

GAIL: What do you expect to happen?

SOPHIE: I don't know. Maybe I'll end up in hell, and it will be horrible there.

GAIL: Come on now. You are a good person. You're not going to hell.

SOPHIE: Maybe there will be a lot of pain at the end. I don't think I can take it. What if everybody leaves me because they are scared too? Then I'll be all alone. I gotta have somebody with me.

GAIL: I'll be there.

SOPHIE: Even if someone is there, I'm still terrified to die.

THE END

August 1995

FEELING THERMOMETER FOR FEAR

100	VERY UNCOMFORTABLE
90	
80	
70	
60	
50	
40	
30	
20	
10	
0	COMPLETELY COMFORTABLE

SITUATION

FEELING

TEMPERATURE
LEVEL

1. Being admitted to the hospital.
2. Having pain in your abdomen.

RELAXATION SEQUENCE: ON THE BEACH

Get yourself in a comfortable position. PAUSE

Observe your breathing. PAUSE

Now breathe out deeply three times.

One PAUSE

Two PAUSE

Three PAUSE

Close your eyes if you wish as we take a little journey.

You are in a little house by the beach. PAUSE

You open the door to the deck, and, before you can even step outside, the sun greets you warmly.

See how blue the sky is. PAUSE

Just a few wispy clouds.

Smell the tangy salt air. PAUSE

Can you feel the breeze gently passing over the skin on your arms? PAUSE

You walk to the edge of the deck and step down into the fine white sand.

Feel the warm sand between your toes. PAUSE

You hear the surf breaking and the sea gulls crying.

See the waves slowly rolling on the shore. PAUSE

You walk on the soft sand, moving closer to the ocean, and spread your towel.

You sit watching the soothing rhythm of the sea.

In and out PAUSE

In and out PAUSE

In and out PAUSE

You lie there on the empty beach.

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Can you feel the sun on your face? PAUSE

On your shoulders? PAUSE

On your stomach? PAUSE

On your arms? PAUSE

On your legs? PAUSE

On your feet? PAUSE

Your whole body becomes one with the sun, waves, sand and sky.

Can you see the gulls gliding without effort, nodding on the breeze as if they were asleep? PAUSE

Can you see the gulls gracefully swoop and bank and turn? PAUSE

Feel the breeze blowing softly, cooling and cleansing you.

You seem to sink into the sand.

Can you feel your breath becoming deep and slow? PAUSE

Can you feel your heartbeat - regular, an easy rhythm, strong? PAUSE

You rest. PAUSE

You rest a little longer. PAUSE

Slowly you sit up. PAUSE

You see a little purple shell carved by the sea so that it seems to have magical writing on it.

Put it in your pocket.

You stand up. PAUSE

Walk slowly back to the beach house. PAUSE

The sand covers your feet and you dig with your toes.

You are almost at the step to the deck.

Step up. PAUSE

You look back at the ocean feeling so refreshed.

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So peaceful. Open the door to the house and go in.

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CARD 1: FEELING GOOD

I AM LOVING BECAUSE.....

CARD 2: FEELING GOOD

I AM KIND BECAUSE.....

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CARD 3: FEELING GOOD

I AM CARING BECAUSE.....

CARD 4: FEELING GOOD

I AM STRONG BECAUSE.....

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CARD 5: FEELING GOOD

I AM SUCCESSFUL BECAUSE.....

CARD 6: FEELING GOOD

I AM FRIENDLY BECAUSE.....

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CARD 7: FEELING GOOD

I AM SMART BECAUSE.....

CARD 8: FEELING GOOD

I AM HOPEFUL BECAUSE.....

August 1995

CARD 9: FEELING GOOD

I AM HONEST BECAUSE.....

CARD 10: FEELING GOOD

I AM CALM BECAUSE.....

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CARD 11: FEELING GOOD

I AM WISE BECAUSE.....

CARD 12: FEELING GOOD

I AM PATIENT BECAUSE.....

"NO MATTER WHAT ANYONE SAYS OR DOES TO ME OR WHAT I THINK OF MYSELF, I AM
A GOOD PERSON."

August 1995