

PREPARATION PHASE: TAKING CARE OF MYSELF
(HRA PROJECT)

DAY 2/AFTERNOON

SESSION 4: COPING WITH SADNESS

OBJECTIVES:

1. Mothers will identify feelings of sadness.
2. Mothers will connect negative thoughts to feelings of sadness.
3. Mothers will increase their abilities to alter negative thoughts.
4. Mothers will increase their ability to cope with sadness.
5. Mothers will use activity schedules to reduce sadness.
6. Mothers will increase their self esteem.

RATIONALE:

This session attempts to reduce sadness and depression through cognitive-behavioral techniques which have been demonstrated to be effective. The linkages between situations and feelings are identified, and the intervening thoughts are exposed. Negative thoughts and illogical beliefs are brought to light, and participants are taught how to counter these thoughts and beliefs. There is an emphasis on how people construct their own worlds by their interpretations of and interactions with what is going on around them.

Techniques for reducing sadness are identified. Additionally the value of activity as an intervention is explained, and scheduling of pleasant events is practiced. As in other sessions relaxation and self-esteem exercise are used to increase confidence and control emotional states.

PROCEDURES:

1. Introduce the participants, hand out Strokes, use a script to introduce the topic, identify sad situations and relate them to the Feeling Thermometer. (15 minutes)
2. Practice relaxation. (5 minutes)
3. Practice connecting thoughts with feelings and identify negative thoughts about having AIDS. (20 minutes)
4. Practice challenging negative thoughts. (20 minutes)

5. Practice relaxing. (10 minutes)
6. Identify methods for coping with sadness, practice applying them to situations and have participants work on a schedule. (30 minutes)
7. End with a lottery, free time for sharing, and between-session goal setting. Repeat a positive mantra. Show appreciation to each other. (20 minutes)

MATERIALS:

"Thanks"

Lottery tickets

Lottery prize

Newsprint and marking pens

Script: Mood Indigo

Workbooks and new inserts:

 Feeling Thermometer for Sadness

 Relaxation: The Sea Gull

 Relaxation: Getting the Kinks Out

 Talk-back Forms

 Weekly Activity Schedule

Script: Thinking Makes It So

Sadness Talk Back Cards

Instructions to Sandy

Instructions to Myra

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 Is This Session all About?
(15 minutes)

[The purposes of this exercise are to introduce dealing with sadness, identifying situations in which sadness arises and how comfortable one is with sadness, and building self-esteem. Positive introductions, a script and the Feeling Thermometer are used.]

FACILITATOR SAYS

I hope you had a pleasant lunch.

Please **introduce** yourself again and tell us one physical characteristic of yours that you like.

It could be anything related to your physical appearance - your body.

For example, you could mention your hair, eyes, dimples, smile, skin, figure - anything you want.

To show you what I mean, I will start.

My name is and I one thing I like about my physical appearance is my

HAVE EACH WOMAN INTRODUCE HERSELF AND INDICATE ONE PHYSICAL CHARACTERISTIC OF HERS THAT SHE LIKES. GIVE OUT STROKES.

Thank you. That was great.

Here are some "Thanks" for you use during the session.

Remember we give out the "**Thanks**" to other group members when we like what they have said or done.

HAND OUT 20 "THANKS" TO EACH PERSON.

We said at the beginning that our goal was to help you actively manage your own life.

To do that we have been working on coping with difficult situations.

One kind of coping helps us feel better and the other kind of coping fixes situations.

Before we learned how to cope with feelings, we explored what feelings are: messages which tell us how we are doing.

We have worked on managing feelings of fear and anger.

This afternoon we will tackle a different feeling.

I want to start with a brief scene from our TV soap opera.

Who will play Anita and who will play the part of Ellen?

SELECT VOLUNTEERS TO READ THE PARTS. GIVE THEM THE SCRIPT AND HAVE THEM READ THE SCENE ALOUD TO THE GROUP. THE SCRIPT IS AS FOLLOWS:

MOOD INDIGO

ANITA: I feel really out of it.

ELLEN: You don't feel good?

ANITA: I'm tired all the time. I don't feel like eating. I don't feel like doing anything.

ELLEN: Maybe that's part of the disease.

ANITA: No, I checked. My blood counts are pretty good.

ELLEN: So, what is it?

ANITA: Ever since I found out I had AIDS, I just can't get with it. I keep asking myself "What's the use?" Then I start crying.

ELLEN: I went through that when they told me I had it.

ANITA: Why try? Why not just give up?

ELLEN: If I went around saying to myself "What's the use?" all day, I'd feel out of it too.

ANITA: You are stronger than me.

ELLEN: That's not true. I know my kids need me. That keeps me going.

THE END

Thank you! That was great.

GIVE OUT "THANKS" TO THE PLAYERS.

What feeling was Anita struggling with?

OBTAIN RESPONSES AND GIVE OUT "THANKS".

Now, let's get in touch with your own feelings of sadness.

Here is a Feeling Thermometer on sadness.

HAND OUT FEELING THERMOMETERS.

You can put yours in your workbook.

HOLD UP THE FEELING THERMOMETER.

I will read you a few situations to get us started. Then you write down how much discomfort you would feel.

Remember that 100 is very uncomfortable and 0 is completely comfortable.

After I have read a couple of situations, write down your own situations of sadness.

READ THE SITUATIONS FROM THE FEELING THERMOMETER. ALLOW ENOUGH TIME TO WRITE IN TEMPERATURE LEVELS AND NEW SITUATIONS. THE SITUATIONS ON THE FEELING THERMOMETER ARE AS FOLLOWS:

1. YOU LOOK AT YOURSELF IN THE MIRROR AND SEE HOW MUCH WEIGHT YOU HAVE LOST.

2. YOUR CHILD CRIES AND SAYS, "I DON'T WANT YOU TO LEAVE ME, MOMMY."

Would someone be willing to share some of the situations which make you sad?

ENCOURAGE SHARING. BUILD A GROUP LIST OF SITUATIONS ON NEWSPRINT. GIVE OUT "THANKS".

How uncomfortable are you with feeling sad?

What are some of the comfort levels that you put by the sad situations?

ENCOURAGE SHARING.

Obviously there is much in your lives to feel sad about.

You may feel that you are losing many things you hold dear.

When you experience sadness, you are talking about very natural reactions to loss.

Today we want to work on managing sadness.

How can you keep sadness from ruining your life?

You took the first step by admitting that you feel sad.

Where in your bodies do you feel sadness?

OBTAIN RESPONSES.

Can you describe how that physical sensation feels?

OBTAIN RESPONSES.

For a moment be silent and see if you can feel the physical sensation of sadness.

WAIT A MINUTE.

Now just explore that feeling.

Be the feeling of sadness.

WAIT A MINUTE.

Did the feeling change?

OBTAIN RESPONSES.

Locating the feeling in your body and focusing on it helps some people deal with the sensation of sadness.

Even making a list like you did a little bit ago can be a situation in which feelings of sadness arise.

We may want to take a few minutes to relax.

Let's see if that helps.

Exercise 2: How Can I Learn to Relax?
(5 minutes)

[The purpose of this exercise is to reduce tensions that built up by introducing the topic of sadness. Leading the group through a brief relaxation sequence is used.]

For this relaxation, you need to spread out a little bit.

READ ALOUD THE RELAXATION SEQUENCE CALLED THE SEA GULL. GO SLOWLY AND MODEL FLYING AT CERTAIN POINTS IN ACCORDANCE WITH THE TEXT.

RELAXATION: THE SEA GULL

Make sure you have enough room to spread out your arms.

Please settle yourself in comfortably and close your eyes.

Just observe your breath for a minute. LONG PAUSE

Now breathe in PAUSE and out PAUSE

Breathe in PAUSE and out PAUSE

Breathe in PAUSE and out PAUSE

As you breathe out, feel the warm air rushing through your arms and out your finger tips. PAUSE Through your finger tips. PAUSE

Now as you breathe out, feel the air rushing through your legs and out your toes. PAUSE Out your toes. PAUSE

Can you feel your legs becoming lighter? PAUSE

And your arms becoming lighter? PAUSE

Lighter and lighter.

Have you seen a sea gull floating in the air? PAUSE

Imagine you are a sea gull floating in the air.

Stretch your arms out like the wings of a sea gull. PAUSE

Float through the air. PAUSE

Let your right arm go up and now you float to the left. LONG PAUSE

Let your left arm go up and now you float to the right. LONG PAUSE

Let your head go up and now you climb upward through the skies. LONG PAUSE

Let your head come down and now you glide downward. LONG PAUSE

Let yourself peacefully glide through the sky anyway you want to. LONG PAUSE

How free you are. PAUSE

Now let yourself glide down to earth. PAUSE

Yawn and stretch.

How did that feel?

Here is a copy of the relaxation instructions for you to keep.

Put it in your workbook and you can use it at home.

HAND OUT COPIES OF THE "SEA GULL."

Exercise 3: Do My Thoughts Influence How I Feel?
(20 minutes)

[The purposes of this exercise are to demonstrate the link between thoughts and feelings and to identify thoughts that make sadness worse. A script and developing group lists of negative thoughts are employed.]

To get at another way to manage sadness I want you to see how this conversation goes between two mothers living with AIDS.

Who will play Carmen and who will play Rosa?

SELECT THE VOLUNTEERS. DECIDE WHO WILL PLAY WHICH PART. GIVE THEM THE SCRIPTS AND HAVE THEM READ THE SCENE ALOUD.

THINKING MAKES IT SO

CARMEN: How many kids have you got?

ROSA: Two. One is 15 and the other 8.

CARMEN: Those are the same ages of my kids. Do you live alone?

ROSA: Yes.

CARMEN: Me, too.

ROSA: It's really rough.

CARMEN: Sure is.

ROSA: I lie in bed in the morning thinking about my kids. Thinking I'm never going to see them again. I feel so sad. I don't think I can get up.

CARMEN: What do you do?

ROSA: Pull the covers over my head. I know I should get up and help them. I wish I were a better mother. Don't you feel sad?

CARMEN: Sure. Many a night I cry myself to sleep. But I figure that whatever I can do now to help my kids is worth it. What's done is done. I can't change that. All I can do is try to make things better now.

ROSA: I wish I could be like you.

THE END

Thank you. That was really good.

GIVE OUT "THANKS."

What was the difference between Carmen and Rosa?

ENCOURAGE COMMENTS ON THE FACT THAT THEY THOUGHT DIFFERENTLY ABOUT THEIR SITUATIONS.

You can't change the facts, but you can think about them in ways that make you feel worse or in ways that make you feel better.

I am going to read a sentence to you that is not complete.

After I read it, pay attention to the first thing that comes into your mind about completing the sentence.

I won't ask you to share your thoughts on how you would complete the sentence.

Here is the sentence.

"I am so sad about having AIDS and tell myself....."

WAIT A MOMENT FOR MOTHERS TO COMPLETE THE SENTENCE.

Hang on to how you completed the sentence.

People often have destructive beliefs about living with AIDS.

These beliefs make it harder to cope effectively and harder to feel good or at least to feel a little better.

For example, they might believe "I'm too sick to try and make my life better" or "I must have done something bad to deserve this."

Some times people blow things out of proportion.

"My daughter spoke sharply to me this morning. She hates me."

Or they think in terms of "musts" or "shoulds."

"I must be a perfect mother all of the time."

Or they think in terms of black and white.

"Either I can take care of my kids or I can't."

Or because one thing negative happened they believe everything will go in the same direction.

"I feel a little nauseated this morning, so I am going to be sick all day."

Or they hold beliefs for which there is no evidence.

"I am sad that my kids will probably end in some home where everything goes wrong and where they are miserable."

Remember the sentence you just completed?

Were there signs of negative thinking in how you finished it?

I am going to break the group in half, and I want each group to come up with five destructive beliefs about living with AIDS.

Particularly look for beliefs that can make your sadness worse.

DIVIDE THE GROUP IN HALF. A CO-FACILITATOR GOES WITH EACH GROUP AND RECORDS THEIR IDEAS AS WELL AS ENCOURAGING PARTICIPATION THROUGH GIVING OUT "THANKS." EXAMPLES OF DESTRUCTIVE BELIEFS MIGHT BE AS FOLLOWS:

1. I CAN'T TALK ABOUT MY FEELINGS TO ANYONE.
2. MY SITUATION IS HOPELESS AND GETTING WORSE ALL THE TIME. NO ONE CAN HELP ME.
3. IT IS WEAK TO ASK FOR HELP.
4. I'M TOO OLD TO CHANGE MY WAYS OR LEARN NEW ONES.
5. NO ONE CAN UNDERSTAND HOW I FEEL.
6. NOTHING GOOD CAN COME OUT OF THIS.
7. MY KIDS WILL NEVER RECOVER FROM THIS.
8. NO ONE WILL FORGIVE ME FOR GETTING AIDS.
9. I MIGHT AS WELL GIVE UP COMPLETELY.
10. EVERYONE DESPISES ME FOR HAVING AIDS.

ALLOW FIVE MINUTES TO DEVELOP THE LIST OF DESTRUCTIVE BELIEFS. BRING THE GROUP BACK TOGETHER AGAIN AND HAVE THEM PRESENT THEIR LISTS.

Thank you.

Those were great lists.

If we believed each of those statements, we would be miserable all the time.

The first step in changing thoughts that increase your sadness is to catch them.

Keep an eye out for your own negative statements.

What are you telling yourself?

Exercise 4: How Can I Change My Thoughts?
(20 minutes)

[The purpose of this exercise is to improve mothers' skills in challenging negative thoughts. Talk-back cards is the method used.]

There is a way to work on the negative thoughts that encourage you to feel sad a lot of the time.

Let me show you how to get rid of those thoughts.

WRITE ON NEWSPRINT IN FOUR COLUMNS: "EVENT," "THOUGHTS," "FEELINGS," AND "TALK BACK."

The event might be that there was no mail today.

Your mail box was empty.

WRITE "NO MAIL" UNDER EVENT.

The thought was "I'm all alone. Nobody cares about me."

WRITE "ALONE; NO ONE CARES" UNDER THOUGHTS.

The feeling is sad and lonely.

WRITE "SAD, LONELY" UNDER FEELING.

Now what could the person who had that thought say to herself?

She might say, "I haven't written to anybody for months so I guess I can't expect a letter."

What she says to challenge her thought we put under "Talk Back."

WRITE UNDER TALK BACK "NO WRITE - NO LETTER."

Have you got the idea?

We will practice this approach, and I mean practice.

We haven't done this before, so no one should expect that we will get it the first time.

That would be unrealistic.

I have here some cards.

Each card has an event, thought, and feeling on it, but the talk back part is blank.

I'll read what it says first, then give the card to you.

You make up a talk back.

What would you say to challenge the thought on the card?

On the back of the card is an example of a talk back.

After you gave your talk back, you can turn the card over and read what is on the back if you wish.

AN EXAMPLE OF A TALK-BACK CARD IS AS FOLLOWS:

CARD 10 FRONT

EVENT

THOUGHT

FEELING

TALK BACK

I LOOKED IN THE MIRROR AND SAW THAT MY BREASTS HUNG DOWN AND THAT I WAS SCRAWNY.

I AM UGLY AND DISGUSTING. NO ONE COULD WANT ME.

USELESS AWFUL

CARD 10 BACK

SO I AM NO LONGER A RAVING BEAUTY. I AM A LOT OF FUN, AND MY SOUL IS BEAUTIFUL. SOMEONE WHO CAN'T SEE BEYOND MY FIGURE ISN'T WORTH HAVING. LOTS OF PEOPLE LOVE ME.

Here we go.

READ THE CARD, PASS IT TO A PARTICIPANT, AND ASK THEM FOR A TALK BACK. GIVE A LOT OF HELP. COACH. GIVE OUT "THANKS" FOR MAKING LITTLE STEPS TOWARD UNDERSTANDING TALK BACKS. HELP OUT IF SOMEONE HAS TROUBLE READING THE BACK. MOVE ON TO THE NEXT PERSON.

That was really great.

I think we have an idea of how to give talk back to our negative thoughts.

Here are some blank forms for your workbook.

They have the four columns - event, thoughts, feelings, and talk back - on them.

HAND OUT THREE TALK-BACK FORMS TO EACH PERSON

Keeping a record of the events that bother you and working on your thoughts can be very helpful.

Exercise 5: How Can I Relax Some More?
(10 minutes)

[The purpose of this exercise is teach relaxation skills. Going through a relaxation sequence is used.]

It is time to relax again.

So, get yourself in a comfortable position.

LEAD THE PARTICIPANTS THROUGH THE RELAXATION CALLED "GETTING THE KINKS OUT."

RELAXATION SEQUENCE: GETTING THE KINKS OUT

Take a deep breath in and when you let the air out make a noise that you can hear, like you were blowing air out or humming.

Let's try it three times.

Ahhhhhhhhhh.

Ahhhhhhhhhh.

Ahhhhhhhhhh.

Let your breath go - naturally and freely.

Now tighten your face up as hard as you can.

Hold it PAUSE and let it go.

Let all the tension drain out of it.

Tighten your neck. Hold it. PAUSE

And let it go.

Tighten your shoulders as hard as you can.

Hold it PAUSE and let it go.

Feel all the tension draining away.

Tighten your chest.

Hold it PAUSE and let it go.

Tighten up your arms as hard as you can.

Hold it PAUSE and let it go.

Tighten your fists - really tight.

Hold it PAUSE and let the tension go.

Tighten your stomach.

Hold it PAUSE and let it go.

Tighten your back.

Hold it PAUSE and let it go.

Tighten your rear end.

Hold it PAUSE and let the tension go.

Tighten your thighs.

Feel the tightness, PAUSE and let it go.

Tight your calves.

Hold it PAUSE and let it go.

Tighten your ankles.

Hold it PAUSE and let it go.

Tighten your feet.

Hold it PAUSE and let it go.

Now let your head drop forward and your whole body hang loose. PAUSE

Looser yet. PAUSE

Feel every last bit of tension from your upper body drain out of your finger tips. PAUSE

Feel all the tension from your lower body draining out of your toes. PAUSE

Say, "Peace."

Say, "Peace" again.

Yawn and stretch.

Do it again and more stretch this time.

Yawn and stretch.

How do you feel? Better?

Like all the other relaxation sequences you can practice it at home.

Here is a copy for your workbook.

HAND OUT A COPY OF THE RELAXATION INSTRUCTIONS.

Exercise 6: What Are Some Ways to Deal With Sadness?
(30 minutes)

[The purposes of this exercise are identify ways of dealing with sadness and to practice working on a problem and using pleasant activities. Building a group list, role playing, and scheduling pleasant activities are employed.]

All of us have been sad at some time in our lives.

Feeling sad is part of being human because we frequently experience losing things that we treasure.

I am sure that each of you has developed successful ways of dealing with sadness.

I would appreciate it if you would share with the group what has worked for you.

For example, one thing that I do is to engage in a pleasant activity.

WRITE ON NEWSPRINT "ENGAGE IN PLEASANT ACTIVITIES."

What are some of the things that work for you?

ENCOURAGE RESPONSES. GIVE OUT "THANKS". BUILD A GROUP LIST. IF SOME OF THE FOLLOWING IDEAS ARE NOT MENTIONED, BRING THEM UP FOR CONSIDERATION. FEEL FREE TO ADD TO THE LIST THAT FOLLOWS.

1. DO SOMETHING PLEASANT.
2. DISTRACT YOURSELF (WATCH TV, DO A JOB YOU HAVE PUT OFF.)
3. TALK TO SOMEONE (CALL A FRIEND)
4. GET STRENGTH FROM YOUR BELIEFS (GO TO CHURCH)
5. RELAX
6. TALK YOURSELF OUT OF IT (CHALLENGE NEGATIVE THOUGHTS)
7. BUILD YOUR SELF-ESTEEM (MAKE A LIST OF YOUR GOOD QUALITIES; WRITE A NICE LETTER TO YOURSELF)

That's a great list.

What would you say are the three most successful ones?

ENCOURAGE DISCUSSION.

Let's see if we can use our list of techniques for reducing sadness.

DIVIDE THE GROUP IN HALF. A FACILITATOR GOES WITH EACH GROUP. IN THE SMALL GROUPS THE FACILITATOR SAYS:

I need two volunteers to play friends.

One friend is named Ana and the other one is Sandy.

SELECT TWO VOLUNTEERS.

Sandy asks Ana for help about feeling sad.

Sandy here are your instructions.

GIVE SANDY HER INSTRUCTIONS.

SANDY'S INSTRUCTIONS

You are a mother living with AIDS. Here is what you say to yourself:

"I am very sad that I can no longer do all the things I used to do around the house. I used to clean the house every week, bake cookies, and take my kids to the park. I just don't have the energy to do all those things now."

"I don't like feeling sad all the time. What can I do?"

Ana, your task is to help Sandy come up with three things she can do to decrease her sadness.

Sandy, you start and tell Ana what your situation is.

The rest of you will be observers.

See if Ana uses what we have learned today.

Let's get started.

ALLOW THREE MINUTES FOR THE ROLE PLAY AND THEN OBTAIN FEEDBACK.

That was great!

GIVE OUT "THANKS" TO THE PLAYERS.

Ana, please tell us how you felt, what one thing that you did that you liked and what one thing you would do differently.

OBTAIN FEEDBACK.

Sandy, how did you feel, what one thing did Sandy do that you liked and what would you have done differently?

OBTAIN FEEDBACK.

Observers, what one thing did Ana do that you liked and what one thing would you have done differently?

OBTAIN FEEDBACK AND DISCUSS.

NOTE TO FACILITATOR: IF THERE IS TIME, GIVE ANOTHER PAIR A CHANCE TO ROLE PLAY A SECOND BRIEF SCENE.

Let's give someone else a chance.

This time we need someone to play Myra and someone to play Barbara.

SELECT VOLUNTEERS.

Myra asks her friend Barbara for help.

Myra, here are your instructions.

GIVE MYRA HER INSTRUCTIONS.

MYRA'S INSTRUCTIONS

You are a mother living with AIDS. Here is how you are thinking.

"I am very sad about leaving my children forever. They are good children, and I love them very much. I am so sad that I cannot get myself to do what I should for them. I hate the idea of making plans for their future, so I keep putting it off."

"How can I change my mood?"

Barbara, your task is to help Myra come up with three things she can do to decrease her sadness.

Myra, you start and tell Barbara what your situation is.

The rest of you will be observers.

See if Barbara uses what we have learned today.

Let's get started.

ALLOW THREE MINUTES FOR THE ROLE PLAY AND THEN OBTAIN FEEDBACK.

That was great!

GIVE OUT "THANKS" TO THE PLAYERS.

Ana, please tell us how you felt, what one thing that you did that you liked and what one thing you would do differently.

OBTAIN FEEDBACK.

Sandy, how did you feel, what one thing did Sandy do that you liked and what would you have done differently?

OBTAIN FEEDBACK.

Observers, what one thing did Ana do that you liked and what one thing would you have done differently?

OBTAIN FEEDBACK AND DISCUSS.

Two ways to deal with sadness that we have been talking about are to do something pleasant that you will look forward to and to keep busy to distract yourself.

Here is a schedule for next week.

PASS OUT THE SCHEDULE AND PENCILS.

First, think of a pleasant activity that you want to do next week.

Write it on the day you plan to do it.

ALLOW A MINUTE TO WRITE DOWN THE PLEASANT ACTIVITY.

Now, what are two activities that you could do to distract yourself?

Sometimes working on a task is a good idea, like sewing or cleaning out a closet.

Please write down what two things you want to do to keep busy and keep your mind off feeling sad.

ALLOW A FEW MINUTES FOR WRITING DOWN THE ACTIVITIES.

Now pick out another woman in the group and share with her your schedule.

ALLOW A FEW MINUTES FOR SHARING.

For some women, keeping a weekly schedule can be helpful.

If that is an idea that appeals to you, there are some guidelines that might be of use to you.

Here are some guidelines for keeping a daily activity schedule.

Some of these guidelines are helpful in keeping a weekly schedule as well.

Let's go over them.

1. "Start with one day at a time."

Starting small helps guarantee success.

When you feel comfortable with a daily schedule, you may want to try a weekly schedule.

2. "Do one task at a time."

Don't worry about future tasks.

If there is time left over between tasks, do something fun.

3. "Do activities without trying to do them perfectly."

The point is to engage in activities, not to do them perfectly.

You will feel better from the actual doing.

4. "Be flexible."

If something unexpected happens, switch your plans.

Make adjustments.

5. "Do activities that interest you."

Activities that you can really get into are the best.

Really lose yourself in the task.

6. "Be somewhat specific about the activity."

Don't be too specific or too general.

Try for something in between.

For example, don't say "I'll do household jobs."

Instead say, "I'll clean the living room."

What reactions do you have to using a schedule to help deal with sadness?

OBTAIN REACTIONS. LIST OBSTACLES AND DISCUSS WAYS TO DEAL WITH THEM.

Exercise 7: Ending the Session
(15 minutes)

[The purposes of this exercise are to build group solidarity, increase self-esteem and self-efficacy, and create a forward momentum. A lottery, mantra, free time, between session goals, and group appreciation are used.]

We are at the end of the session.

One of our ending activities is to do another lottery.

Write your first name on lottery ticket and put it in the cup.

Here is the lottery prize.

HOLD UP THE WRAPPED PRIZE. HAVE WOMEN WRITE THEIR NAMES ON THE LOTTERY TICKETS, PUT THEM IN A CUP, MIX THEM UP, DRAW A WINNER AND GIVE OUT THE PRIZE.

I would like you to decide on a goal that you plan to meet between the sessions.

Try to make the goal related to something we did today.

Goals should be reasonable, clear, not too much or too little and easy to tell if you did it.

Here are some examples:

I will write an anger letter to someone.

I will talk to an empty chair about feeling angry.

I will keep a list of my negative thoughts for one day.

I will make a schedule for the next week.

I will do one pleasant activity next week.

Think a moment about what you plan to do.

ALLOW A MINUTE TO DECIDE ON A GOAL.

Now let's go around the room and tell us what your goal is.

HAVE EACH WOMAN SHARE WHAT HER BETWEEN-SESSIONS GOAL IS. COACH IF THE GOAL SEEMS NOT FIT THE CRITERIA (REASONABLE, CLEAR, NOT TOO MUCH OR TOO LITTLE, AND EASY TO SEE IF COMPLETED).

It is now free time to share any comments or ask the group questions.

What is on your mind?

ALLOW 10 MINUTES FOR SHARING.

We are ready to end today's session.

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

PUT UP THE POSTER AND HAVE THEM REPEAT THE WORDS.

"I CAN HANDLE TOUGH SITUATIONS. I AM A STRONG AND LOVABLE PERSON."

To close let's show appreciation to each other.

ENCOURAGE GIVING OUT "THANKS" AND VERBAL PRAISE TO EACH OTHER. MAKE SURE EVERYONE IS INCLUDED.

Thanks a lot for your participation today.

You are a great group, and I look forward to seeing you next time.

THE END OF SESSION 4

MOOD INDIGO

ANITA: I feel really out of it.

ELLEN: You don't feel good?

ANITA: I'm tired all the time. I don't feel like eating. I don't feel like doing anything.

ELLEN: Maybe that's part of the disease.

ANITA: No, I checked. My blood counts are pretty good.

ELLEN: So, what is it?

ANITA: Ever since I found out I had AIDS, I just can't get with it. I keep asking myself "What's the use?" Then I start crying.

ELLEN: I went through that when they told me I had it.

ANITA: Why try? Why not just give up?

ELLEN: If I went around saying to myself "What's the use?" all day, I'd feel depressed too.

ANITA: You are stronger than me.

ELLEN: That's not true. I know my kids need me. That keeps me going.

THE END

FEELING THERMOMETER FOR SADNESS

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

SITUATION

FEELING

TEMPERATURE
LEVEL

1. You look at yourself in the mirror and see how much weight you have lost.

2. Your child cries and says, "I don't want you to leave me, Mommy."

RELAXATION: THE SEA GULL

Make sure you have enough room to spread out your arms.

Please settle yourself in comfortably and close your eyes.

Just observe your breath for a minute. LONG PAUSE

Now breathe in PAUSE and out PAUSE

Breathe in PAUSE and out PAUSE

Breathe in PAUSE and out PAUSE

As you breathe out, feel the warm air rushing through your arms and out your finger tips. PAUSE Through your finger tips. PAUSE

Now as you breathe out, feel the air rushing through your legs and out your toes. PAUSE Out your toes. PAUSE

Can you feel your legs becoming lighter? PAUSE

And your arms becoming lighter? PAUSE

Lighter and lighter.

Have you seen a sea gull floating in the air? PAUSE

Imagine you are a sea gull floating in the air.

Stretch your arms out like the wings of a sea gull. PAUSE

Float through the air. PAUSE

Let your right arm go up and now you float to the left. LONG PAUSE

Let your left arm go up and now you float to the right. LONG PAUSE

Let your head go up and now you climb upward through the skies. LONG PAUSE

Let your head come down and now you glide downward. LONG PAUSE

Let yourself peacefully glide through the sky anyway you want to. LONG PAUSE

How free you are. PAUSE

Now let yourself glide down to earth. PAUSE

Yawn and stretch.

August 1995

THINKING MAKES IT SO

CARMEN: How many kids have you got?

ROSA: Two. One is 15 and the other 8.

CARMEN: Those are the same ages of my kids. Do you live alone?

ROSA: Yes.

CARMEN: Me, too.

ROSA: It's really rough.

CARMEN: Sure is.

ROSA: I lie in bed in the morning thinking about my kids. Thinking I'm never going to see them again. I feel so sad. I don't think I can get up.

CARMEN: What do you do?

ROSA: Pull the covers over my head. I know I should get up and help them. I wish I were a better mother. Don't you feel sad?

CARMEN: Sure. Many a night I cry myself to sleep. But I figure that whatever I can do now to help my kids is worth it. What's done is done. I can't change that. All I can do is try to make things better now.

ROSA: I wish I could be like you.

THE END

CARD 1 FRONT

EVENT

MY CHILD CURSED
AT ME TODAY.

THOUGHT

I'M NO GOOD UNHAPPY
AS A MOTHER.

FEELING

TALK BACK

CARD 2 FRONT

EVENT

HAD TROUBLE
CLIMBING THE
STAIRS THIS
MORNING.

THOUGHT

I CAN'T FIND
A NEW
APARTMENT. I
WON'T BE ABLE
TO GET UP
HERE AGAIN.

FEELING

UPSET
DISCOURAGED

TALK BACK

August 1995

CARD 1 BACK

ONE CURSE DOESN'T MAKE A FAILURE AS A MOTHER. WHAT ABOUT THE GOOD WAYS MY CHILD ACTS TOWARD ME AND THE POSITIVE THINGS I DO AS A MOTHER?

CARD 2 BACK

SOMETIMES THE STAIRS ARE HARD, AND SOMETIMES THEY ARE EASY. DON'T READ TOO MUCH INTO A DIFFICULT MORNING.

August 1995

CARD 3 FRONT

EVENT

THOUGHT

FEELING

TALK BACK

THIS WEEK'S BLOOD WORK SHOWED A DECLINE IN MY IMMUNE SYSTEM.

THIS IS THE END. I DON'T HAVE MUCH TIME LEFT.

VERY DOWN

CARD 4 FRONT

EVENT

THOUGHT

FEELING

TALK BACK

A FRIEND WHO OFTEN CALLS DID NOT CALL TONIGHT.

MY FRIEND IS SAD DROPPING ME LIKE ALL THE REST.

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CARD 3 BACK

I HAVE HAD NOT SO GOOD BLOOD LEVELS BEFORE AND SURVIVED. DON'T EXAGGERATE AND MAKE A MOUNTAIN OUT OF A MOLE HILL. EVEN IT TURNS OUT TO BE A DOWNWARD TREND, I HAVE A LOT OF LIVING TO DO.

CARD 4 BACK

THERE ARE HUNDREDS OF REASONS WHY IT MIGHT NOT HAVE BEEN A GOOD NIGHT FOR MY FRIEND TO CALL. SHE HAS BEEN STEADY BEFORE. WHAT DO I BENEFIT BY DOUBTING HER?

August 1995

CARD 5 FRONT

<u>EVENT</u>	<u>THOUGHT</u>	<u>FEELING</u>	<u>TALK BACK</u>
YOUR CHILD SAYS, "MOM, I CAN'T STAND THE THOUGHT OF YOUR DYING."	I'LL NEVER SEE MY CHILDREN AGAIN.	AWFUL DEPRESSED	

CARD 6 FRONT

<u>EVENT</u>	<u>THOUGHT</u>	<u>FEELING</u>	<u>TALK BACK</u>
ONE OF YOUR FRIENDS FOUND OUT YOU HAVE AIDS AND STOPPED SEEING YOU.	WHO COULD LIKE OR RESPECT A PERSON WITH AIDS.	SAD HURT	

CARD 5 BACK

I DON'T KNOW WHAT HAPPENS TO ME WHEN I DIE. SO WHY NOT THINK THAT I WILL SEE MY CHILDREN, AND MY SPIRIT WILL WATCH OVER THEM. THERE IS NO REASON TO THINK THE WORST.

CARD 6 BACK

BECAUSE MY FRIEND IS PREJUDICED DOESN'T MEAN THERE IS ANYTHING WRONG WITH ME. IT'S HOW I LEAD MY LIFE THAT COUNTS AND I AM A GOOD PERSON.

August 1995

CARD 7 FRONT

<u>EVENT</u>	<u>THOUGHT</u>	<u>FEELING</u>	<u>TALK BACK</u>
SLEPT POORLY LAST NIGHT BECAUSE OF PAIN.	I CAN'T STAND THIS PAIN. I WISH I WERE DEAD.	DISCOURAGED	

CARD 8 FRONT

<u>EVENT</u>	<u>THOUGHT</u>	<u>FEELING</u>	<u>TALK BACK</u>
FAILED TEST IN SCHOOL BECAUSE I WAS SICK AND COULDN'T STUDY.	I'LL NEVER ACCOMPLISH ANYTHING WORTHWHILE IN THE REST OF MY LIFE.	HOPELESS	

August 1995

CARD 7 BACK

THE PAIN WAS UNPLEASANT, BUT I STOOD IT. I HAVE HAD BAD PAIN BEFORE AND LIVED THROUGH IT. THERE ARE THINGS I CAN DO TO REDUCE THE PAIN LIKE RELAX, DISTRACT MYSELF. I AM WORTH COPING WITH THE PAIN.

CARD 8 BACK

I'LL TAKE IT AS IT COMES. MAYBE I EXPECT TOO MUCH OF MYSELF. THERE ARE STILL REASONABLE OBJECTIVES I CAN REACH.

August 1995

CARD 9 FRONT

<u>EVENT</u>	<u>THOUGHT</u>	<u>FEELING</u>	<u>TALK BACK</u>
THE CAKE I MADE FOR MY DAUGHTER'S BIRTHDAY DID NOT COME OUT AS I WANTED IT.	I CAN'T DO ANYTHING RIGHT ANY MORE.	AWFUL DISCOURAGED	

CARD 10 FRONT

<u>EVENT</u>	<u>THOUGHT</u>	<u>FEELING</u>	<u>TALK BACK</u>
I LOOKED IN THE MIRROR AND SAW THAT MY BREASTS HUNG DOWN AND THAT I WAS SCRAWNY.	I AM UGLY AND DISGUSTING. NO ONE COULD WANT ME.	USELESS AWFUL	

August 1995

CARD 9 BACK

OTHER THINGS HAVE COME OUT OK. THE CAKE WASN'T THE GREATEST BUT IT DIDN'T TASTE TERRIBLE. ONE POOR CAKE ISN'T THE END OF THE WORLD. I DO OTHER THINGS AROUND THE HOUSE PRETTY GOOD.

CARD 10 BACK

SO I AM NO LONGER A RAVING BEAUTY. I AM A LOT OF FUN, AND MY SOUL IS BEAUTIFUL. SOMEONE WHO CAN'T SEE BEYOND MY FIGURE ISN'T WORTH HAVING. LOTS OF PEOPLE LOVE ME.

August 1995

TALK BACK FORM

EVENT

THOUGHTS

FEELINGS

TALK-BACK

1.

2.

3.

RELAXATION SEQUENCE: GETTING THE KINKS OUT

Take a deep breath in and when you let the air out make a noise that you can hear, like you were blowing air out or humming.

Let's try it three times.

Ahhhhhhhhhh.

Ahhhhhhhhhh.

Ahhhhhhhhhh.

Let your breath go - naturally and freely.

Now tighten your face up as hard as you can.

Hold it PAUSE and let it go.

Let all the tension drain out of it.

Tighten your neck. Hold it. PAUSE

And let it go.

Tighten your shoulders as hard as you can.

Hold it PAUSE and let it go.

Feel all the tension draining away.

Tighten your chest.

Hold it PAUSE and let it go.

Tighten up your arms as hard as you can.

Hold it PAUSE and let it go.

Tighten your fists - really tight.

Hold it PAUSE and let the tension go.

Tighten your stomach.

Hold it PAUSE and let it go.

Tighten your back.

August 1995

Hold it PAUSE and let it go.

Tighten your rear end.

Hold it PAUSE and let the tension go.

Tighten your thighs.

Feel the tightness, PAUSE and let it go.

Tight your calves.

Hold it PAUSE and let it go.

Tighten your ankles.

Hold it PAUSE and let it go.

Tighten your feet.

Hold it PAUSE and let it go.

Now let your head drop forward and your whole body hang loose. PAUSE

Looser yet. PAUSE

Feel every last bit of tension from your upper body drain out of your finger tips. PAUSE

Feel all the tension from your lower body draining out of your toes. PAUSE

Say, "Peace."

Say, "Peace" again.

Yawn and stretch.

Do it again and more stretch this time.

Yawn and stretch.

SANDY'S INSTRUCTIONS

You are a mother living with AIDS. Here is what you say to yourself:

"I am very sad that I can no longer do all the things I used to do around the house. I used to clean the house every week, bake cookies, and take my kids to the park. I just don't have the energy to do all those things now."

"I don't like feeling sad all the time. What can I do?"

MYRA'S INSTRUCTIONS

You are a mother living with AIDS. Here is how you are thinking.

"I am very sad about leaving my children forever. They are good children, and I love them very much. I am so sad that I cannot get myself to do what I should for them. I hate the idea of making plans for their future, so I keep putting it off."

"How can I change my mood?"

WEEKLY ACTIVITY SCHEDULE

MONDAY DATE: / / /

MORNING _____

AFTERNOON _____

EVENING _____

TUESDAY DATE: / / /

MORNING _____

AFTERNOON _____

EVENING _____

WEDNESDAY DATE: / / /

MORNING _____

AFTERNOON _____

EVENING _____

THURSDAY DATE: / / /

MORNING _____

AFTERNOON _____

EVENING _____

FRIDAY DATE: / / /

MORNING _____

AFTERNOON _____

EVENING _____

SATURDAY DATE: / / /

MORNING _____

AFTERNOON _____

EVENING _____

SUNDAY DATE: / / /

MORNING _____

AFTERNOON _____

EVENING _____

