

Self-Coaching

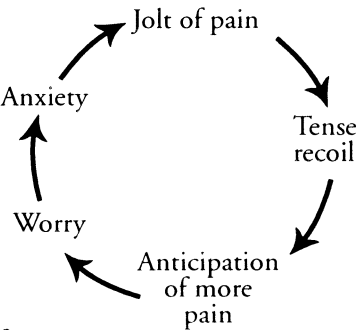
*The Powerful Program to Beat
Anxiety and Depression*

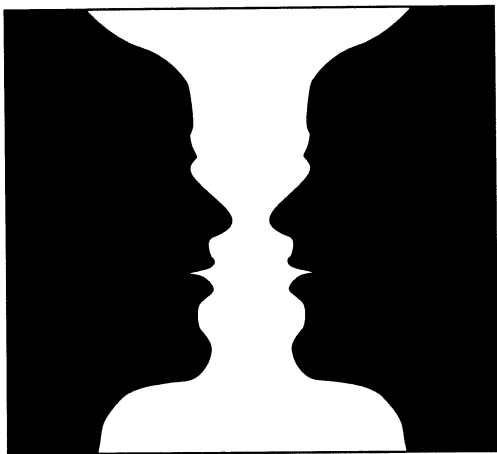
Completely Revised and Updated Second Edition

Joseph J. Luciani, Ph.D.



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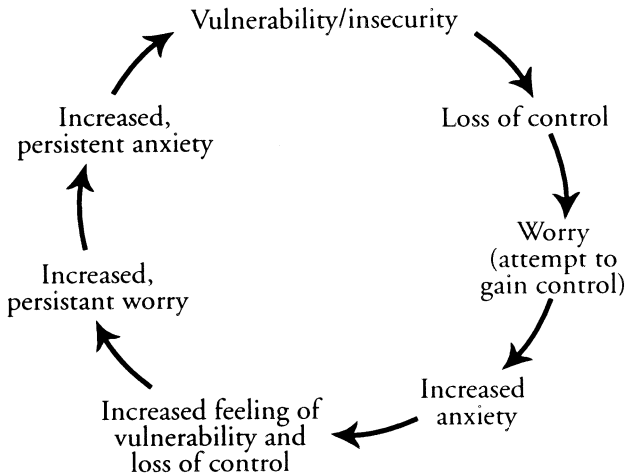
Describe Troublesome Behavior or Thinking	Depression	Anxiety	Anxiety and Depression
1. I found myself sulking all day. Why did she treat me that way?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I couldn't get to sleep last night. Maybe he really doesn't love me. What will I do? I'm such a loser.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. I can't believe I actually said that to him! What's wrong with me? What if he thinks I was serious? What if he's told everyone . . . ?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



- ☐ I feel depressed, sad, and/or irritated most of the day, nearly every day.
- ☐ Things that once gave me pleasure don't interest me any longer.
- ☐ I've noticed a decrease or increase in my appetite, with a change in my weight.
- ☐ I sleep either too much or too little.
- ☐ I'm fatigued and drained all the time.
- ☐ I feel worthless or have intense guilt most of the time.
- ☐ I can't concentrate like I used to, and I find it difficult to make decisions.
- ☐ I feel restless, agitated, or slowed down physically.
- ☐ I think of death often. I've thought of or tried to commit suicide.

Depression: A Severity Scale

1	2	3	4	5	6	7	8	9	10
Mild			Moderate				Severe		
Depressed mood, apathy, lethargy, decreased performance, decline in interest or hobbies, reduced spontaneity, "blah" feeling, occasional depression, functioning may be strained but remains mostly unimpaired			Intensification of all mild symptoms, occasional bouts of crying or tearfulness, worry, mildly impaired general functioning, fatigue, anxiety, social difficulties, some appetite disturbances possible, disturbed or excessive sleep, difficulty with concentration and memory likely, diminished interest in sex, depressed most of the time with occasional periods of distraction, susceptibility to illness, low frustration tolerance, feelings of hopelessness				Intensification of all mild and moderate symptoms; functioning is minimal or completely shut down; thoughts of suicide; depressed all the time		



Destructive Anxieties

1. Intense fear of talking to the opposite sex
 2. Heart palpitations, sweating, or panic while caught in traffic
 3. Inability to fall asleep, worrying about whether you are going to succeed
-

Natural Anxieties

1. Feeling a bit anxious about getting your wisdom teeth pulled
 2. Nervousness when a man walks up to your car asking for money
 3. Worry about your loved one's illness
-



Loss of Control Experience

Reaction

9:40 A.M. Driving to work.
Caught in turnpike traffic.

Intense anger, frustration, feeling
fidgety and nervous, started
pounding steering wheel.

3:00 P.M. Boss told me to
redo my report.

Strong panic feeling—I screwed
up! My boss won't tolerate this
behavior for long. What will I do?

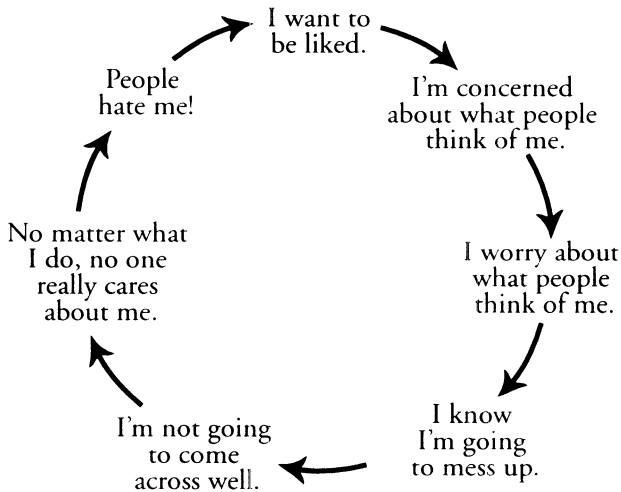
7:00 P.M. Sister-in-law called
wanting to borrow money.

Wanted to say no, but couldn't.
Felt bullied, out of control, and
panicked. I really can't afford to give
her the money!



Thinking Traps	Occurrences and Examples
Should statements	
What-iffing	
Tunnel vision	
Mind reading	
Have-tos	
Black-and-white thinking	
Name-calling	
Miscellaneous personal traps	





Insecurity



Reflexive
Thinking



Erosion
of trust



Anxiety and
depression



Expressions of Control	Normal	Insecurity-Driven
1. I'm always avoiding germs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. I like to please my husband.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. I have to please my friends.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. I can't stand it if one hair is out of place.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. I'm a penny-pincher.	<input type="checkbox"/>	<input checked="" type="checkbox"/>

For the sake of clarity, let me show you how the preceeding expressions can switch polarities:

Expressions of Control	Normal	Insecurity-Driven
1. I don't want to catch her germs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. I have to please my husband all the time.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. I enjoy pleasing my friends.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. I like my hair to look nice.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. I try to avoid wasting money.	<input checked="" type="checkbox"/>	<input type="checkbox"/>



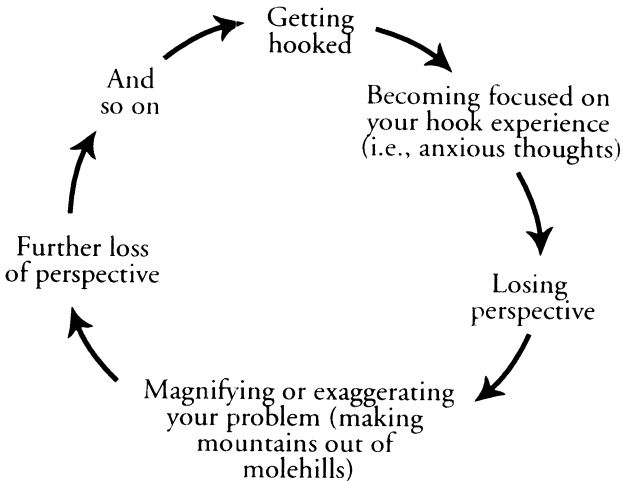
Undirected Neutral Thinking	Undirected (Reflexive) Insecure Thoughts	Directed Self-Talk
1. Guess it's time to call it a day; I'm tired.	1. It's too hard. I can't do it.	1. No, I'm not going to give up. I've worked too long and too hard.
2. What a beautiful sunset.	2. Why does he want to see me? What did I do? This is terrible.	2. There's nothing to be afraid of; it's just a simple cough.
3. What do I feel like eating? Guess I'm not that hungry.	3. My hair looks awful; I can't go to the dance. I want to die.	3. Enough is enough. It's time to get to work.



Self-Talk Training Log

Describe any anxious or depressed incidents	Step 1 Were you able to determine whether your thoughts were facts or fictions?	Step 2 Were you able to stop listening to Reflexive Thinking?	Step 3 Were you able to let go of your reflexive thoughts and move on?
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No





of advice: *look, but don't dwell*. If you can't readily backtrack your thoughts and expose the trends/hooks of your Child Reflex or make any historical connections, move on. You'll be able to catch the little buggers next time, or the next. The last thing you want to do is become frustrated, causing more anxiety.



TRAINING SUGGESTION

Each day, be on the lookout for any conflict, struggle, or experience of psychological friction. (Remember that conflict and struggle are opportunities to catch clues and build psychological muscle.) Use a chart similar to the following one to record your responses. (These data will be an important part of your training log, which you will learn to set up in the next chapter.)

Exercise 1: Child-Reflex Expressions of Control

Look for any thoughts that contaminate your life. Example: "I'm obsessed with my looks." _____

Exercise 2: Relevant Historical Connections

Look for any relevant historical connections that shed light on your current struggles. Example: "I was tormented and teased as a child because I was overweight." _____

Exercise 3: Trend/Hook Analysis

If you experience exaggerated, "mountain-out-of-molehill" reactions, look for your hooks (such as traffic jams, things that make you defensive, fears). It's a good idea to become familiar with this list and not let your Child-Reflex surprise you. The same holds true for patterns (trends) of behavior (for example, defensiveness,

perfectionism, shyness). Example: “My trend is never to feel okay,” or “Whenever I see someone with a nice body, I immediately get hooked with depression.” _____

Exercise 4: Proactive versus Passive Follow-Through

Look for any passivity in your Self-Coaching approach. Remember, passive thinking is often victim thinking. Any thinking that leaves you feeling powerless, hopeless, or doubtful is usually in need of a proactive shift. Example: “Enough with all this superficiality and insecurity! From now on I’m going to count the number of times I look in the mirror each day.” _____

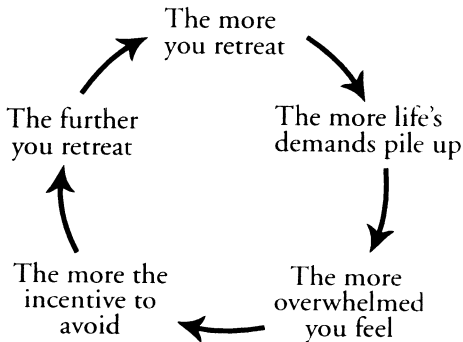
Exercise 5: Catching Clues

Shift your perspective. Recognize that in every struggle there’s an opportunity for learning. Example: Instead of sitting on the beach trying to hide, I’m going to be daring and venture out into the water. I intend to listen very carefully to the ridiculousness of my Child. I suspect I might get an earful.” _____



Worry Thought	Child-Reflex Elaborations (Fictions)	Directed Self-Talk (Facts)
I don't want my daughter to go on that class trip.	I know something will happen to her. What if she gets lost? No one will watch her the way I do.	I'm not going to let my Child-Reflex ruin this for my daughter. If I'm that uncomfortable, I'll call the school and discuss my concerns.
I don't want to get sick.	I haven't been sick for months. I know I'm due! My worst fear is throwing up. Now I've done it. You know what they say about jinxing yourself. Now for sure I'm going to wind up with a stomach flu!	No one likes to get sick—especially me. It does me absolutely no good to ruminate about such “what-ifs.” I refuse to allow myself to think that by worrying, I can control my fate.





SELF-COACHING

Turtle Tendencies	Never	Occasionally			Often
Watching TV, listening to music, reading	1	2	3	4	5
Emotional withdrawal	1	2	3	4	5
Social isolation	1	2	3	4	5
Shyness	1	2	3	4	5
Internet overuse	1	2	3	4	5
Compulsive eating	1	2	3	4	5
Use of alcohol and other drugs	1	2	3	4	5
Gambling	1	2	3	4	5
Compulsive running or bodybuilding	1	2	3	4	5
Excessive or compulsive pursuit of a hobby	1	2	3	4	5
Overworking	1	2	3	4	5
Hypochondria (illness-focused withdrawal)	1	2	3	4	5
Miscellaneous withdrawal	1	2	3	4	5



Chameleon Frequency Scale

Never

Sometimes

Often

1

2

3

4

5

6

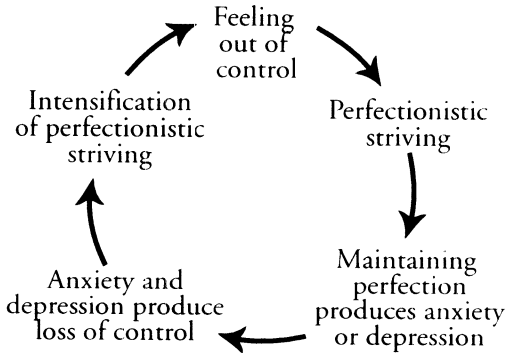
7

8

9

10





Perfectionistic Tendencies

Intensity Scale

Example:

Weak

Moderate

Strong

1. I know I'm fanatical
about my appearance. I
just can't not care!
-

1

2

3

4

5

Weak

Moderate

Strong

1.

1

2

3

4

5

2.

1

2

3

4

5

3.

1

2

3

4

5



Section 1: Self-Talk

Self-Talk Review

Self-Talk Step 1. Separate Fact from Fiction, Learn to Listen

Step 1 isn't complicated; it just takes practice to cultivate a skill for listening to your inner dialogue. Start by asking a simple question: Are the thoughts I'm reacting to facts or fictions?

Self-Talk Step 2. Stop Reflexive Thinking

When you realize that your Child-Reflex is steering your thoughts, use the visuals suggested in chapter 9 as an aid to stop listening.

Self-Talk Step 3. Letting Go

Do something by doing nothing. When it comes to Reflexive Thinking, turning away, distracting yourself, or just plain ignoring thoughts of insecurity is the ultimate goal necessary for liberating yourself from anxiety and depression.

Describe any encounters with Reflexive Thinking, including a step-by-step analysis of your Self-Talk efforts:

Section 2: Follow-Through

These expressions of control contaminate my life:

Relevant, historical connections I can make to shed light on my struggle:

Trends or hooks I notice connected to my anxiety or depression:

Proactive or passive thoughts I have been aware of lately:

Clues I was able to catch by shifting my perspective and learning from my struggle:

Section 3: Daily Observations

Insights, feelings, incidents, and observations:

[illegible]

Section 4: Exercises

Include in this section any or all of the training suggestions listed at the end of each chapter. I've divided these exercises into three categories:

1. *Daily.* Make every effort to include these exercises as part of your daily log entries.
2. *Monthly.* Use this category mainly to help you monitor your Self-Coaching progress over time. It should be periodically included in your log.
3. *As needed.* Use this category at your own discretion.

Here is a list of all the Self-Coaching exercises and assessments available. You will find these listed at the end of each chapter, as indicated.

Daily

1. Experiences where you felt a loss of control (chapter 6)
2. Thinking traps (chapter 6)
3. Charting Follow-Through efforts (chapter 10)

Monthly

1. Assessing depressive symptoms and their severity (chapter 4)
2. Assessing natural and destructive anxiety symptoms (chapter 5)
3. Assessing Turtle tendencies (chapter 14)
4. Assessing Chameleon tendencies (chapter 15)
5. Assessing Perfectionist tendencies (chapter 16)

As Needed

1. Inner–outer experience: learning to get out of your head (chapter 1)
2. Determining whether your struggles are rooted in anxiety or depression or a combination of the two (chapter 3)
3. Healthy versus insecurity-driven need for control—telling the difference (chapter 7)
4. Differentiating among directed Self-Talk, undirected thoughts driven by insecurity, and neutral undirected thoughts (chapter 8)
5. Assessing your Self-Talk reactions (chapter 9)
6. Changing channels (chapter 9)
7. Looking for hook experiences (chapter 10)
8. Working with proactive and passive thinking (chapter 10)
9. Using pep talks (chapter 11)
10. Determining how and why you worry (chapter 12)