



COPE

Creating
Opportunities for
Personal Empowerment

A 7-Session Cognitive Behavioral Skills Building Program

Teen

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Session 1

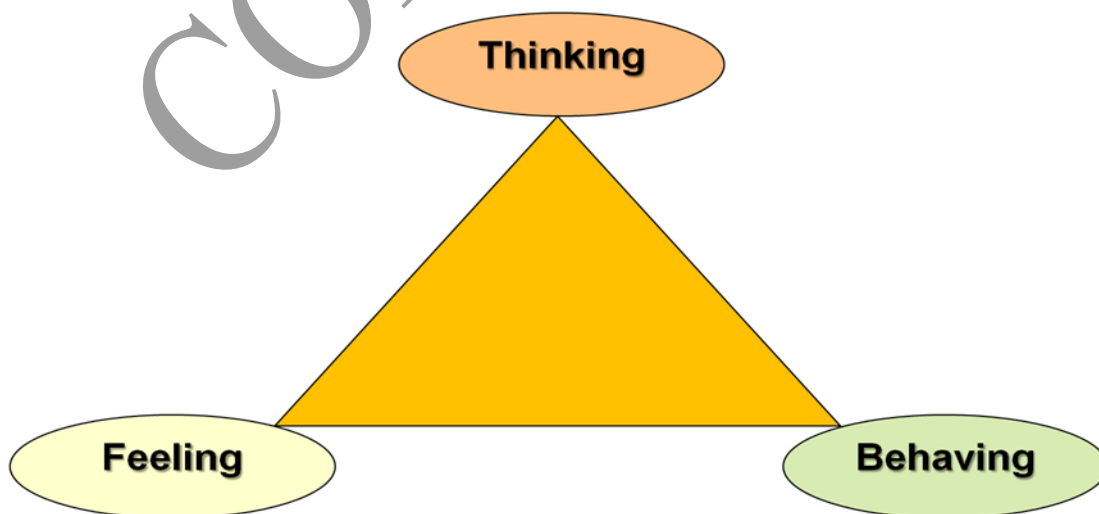
Thinking, Feeling, and Behaving: What is the connection?



Everyone has a certain amount of stress and has to deal with difficult times in their life, but making a choice to deal with these things in a positive way will help you to feel good about yourself.

When you think positively, you will be happier and have less stress. How you think affects how you feel and how you behave.

Thinking, Feeling, Behaving Triangle



Many times, there is a trigger event that starts the negative thinking.

Examples

15 year old Sara has poor self-esteem. One of her friends called her art project “weird.” Sara believes that she can’t do anything right (negative thinking). As a result, she feels depressed (negative emotion) and gives up right away if she does not accomplish something on the first try (negative behavior).

The trigger event here was that one of her friends called Sara’s art project weird. That started her believing that she can’t do anything right.



16 year old Darcy is a B student. Darcy gets a D on a science test. Darcy thinks “OK. I goofed, but I will study harder and do better next time.” Darcy feels _____.

The trigger event was the D grade on the science test.



Becoming more “aware” of how you think is important so that you can help your thinking to be more positive.



The brain is like a computer. If negative things go into it every day, it will store them and the output will be negative as well.

We need to program our brains with positive input (reading and saying positive things). We can reprogram our negative thinking like we can reprogram computers.

Although you can't change how other people think or what they say, you can choose how you react to them.

Let's talk about your week:

Think back over the last week. Share a couple of events that happened this week that led to negative thinking.

Write down a few thoughts.

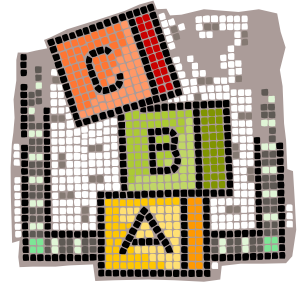
- What happened?
- What did you think?
- How did you feel?
- How did you behave?
- How could you have changed your thinking in each situation to see it more positively?

Know your ABCs:

A = the **A**ntecedent event that triggers your thinking

B = the **B**eliefs or thoughts about the event or situation

C = the **C**onsequence of your beliefs or thinking, for example, how you feel (your emotions) and how you behave



Your thoughts about certain situations may have become automatic (happen without your realizing it). This program will help you to stop those automatic negative thoughts and turn them around so that your emotions are more positive.

One way to do this is to practice POSITIVE SELF-TALK.

Positive self-talk is one way to begin to change your negative thinking. Positive self-talk helps you to focus your thought on words of encouragement, praise, and support. Examples of positive self-talk include:

- I am a good friend.
- I did that well.
- I'm not going to give up.
- I'm going to stay calm.
- This won't last forever.
- I am in control of my feelings.
- I'm going to try harder next time.

How do you feel when you say these positive self-talk statements?
