

| FEELINGS (WOMEN) | | |
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| Packet | Contents | Description of Contents |
| F2ef: Anger | Anger | Identifies client anger symptoms, issues, and triggers, links anger to dependencies. Topics include repressed anger and passive-aggressive behavior. |
| | Worksheets | FFT Anger and stress 20 Trigger events 4 Trigger events 5 Trigger events 7 |
| F15e: What Does Anger Do to You? | What does anger do to you? | A comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anger. It provides a range of tools and scales of self-assessment of symptoms (frequency, intensify, duration, current issues, consequences for poor self-management, and decisional balance tool for learning to manage this feeling better). Internal and external triggers for anger are identified and self-management is assessed through a range of rulers and scales. This resource may serve as a valuable building block for learning and mastering appropriate coping skills. |
| | Introduction to your feelings (FI) (AF) | Links troublesome feelings and symptoms with past substance abuse and relapse. Establishes context for other feelings workbooks. |
| | Worksheets | FFT Anger Trigger events 1 Trigger events 3 Worksheet: Dealing with your anger - where do you want to be? Worksheet: Anger symptoms management - FID Worksheet: Anger self-assessment Worksheet: Situational confidence - anger |
| F3ef: Anxiety and Fear! | Anxiety and Fear | Identifies client anxiety symptoms, issues, stressors, and triggers. Topics include fears, phobias, and unnecessary worries. Links anxiety to dependencies. |
| | Worksheets | FFT - Anticipation of change Worksheet: Anxiety and where you are now Worksheet: Anxiety self-assessment Worksheet -Anxiety vs. fear |

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| F14: What Does Anxiety Do to You? | What does anxiety do to you? | This resource provides a comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for anxiety. Provides a range of tools and scales for self-assessment, and self-management of symptoms and triggers for anxiety. |
| | Worksheets | Worksheet: Health and anxiety Worksheet: I lose sleep over this Dealing with tough feelings #4 Problems with your feelings #6b (anxiety - 3 parts) Worksheet - Situational confidence for anxiety Worksheet: Think of one time Worksheet - Anxiety scale Worksheet: Where do I go from here (anxiety) FFT - Serenity Worksheet: Looking back |
| F5sef: Shame (includes self-esteem) | Shame (includes self-esteem) | Identifies client shame and low self-esteem issues, including symptoms and sources of shame, and links between shame and dependencies. Identifies steps to making changes. |
| | Worksheet | Develop a healthy outlook (shame-focus) |
| W9: Your Self-Image as a Woman | For women: self-esteem and identity | Supports the developing a realistic and positive self-image as a woman. Guides the development of self-motivation for personal growth and change. |
| | GS FFTs | <ul style="list-style-type: none"> ● Identity activity ● Michelle's future ● I can do this (strengths) ● Rosie's identity ● Putdowns and self-esteem ● Some words |
| F4ef: Guilt | Guilt | Identifies client symptoms and sources of guilt. Topics include forgiveness and change. Links guilt to dependencies. |
| | Worksheets | Is it troubling you? FFT - I knew they were watching me FFT - On the day you were arrested |
| F7ef: Loneliness and Boredom | Loneliness and Boredom | Identifies symptoms and sources of loneliness. Links loneliness to past problem behaviors and dependencies. |
| | Worksheets | Dealing with tough feelings #4 (What's going on?) Dealing with loneliness and boredom - going forward Buildup of symptoms (Situational Confidence) Dealing with tough feelings #6b |

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| F6ef: Depression #1 (Sadness) | Depression #1 Sadness | Identifies client symptoms and sources of sadness. Links sadness to dependencies. |
| | | Sadness and depression #3 - here and now Dealing with tough feelings #3 Brief self-check - sadness and depression scale Worksheet- Situational confidence for depression |

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| F8ef: Depression #2 (Feeling Hurt) | Depression #2 Feeling Hurt | Identifies symptoms and sources of hurt. Links client experiences with hurt to dependencies. |
| | What does depression do to you? (F15) | This resource provides a comprehensive approach for individual participants to identify and begin to manage their symptoms and triggers for depression. Provides a range of tools and scales for self-assessment, and self-management of symptoms and triggers for depression. |

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| SD4ef: Facing Your Grief | Facing your grief | Identifies grief and loss issues and links individual losses with dependencies and other dysfunctional behaviors. Identifies helpful steps toward managing grief or loss. |
| | Worksheets | Dealing with tough feelings #5 - Things can happen (loss issues) Dealing with tough feelings #2 FFT- Institutional losses FFT - Closure FFT - Too far gone Worksheet - Family issues and losses |