

FEELINGS		
Packet	Contents	Description of Contents
F2e: 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)	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
F3e: 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

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
F4e: 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
F5e: 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)
F7e: 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
F68e: Depression #1 (Sadness)	Depression #1 Sadness	Identifies client symptoms and sources of sadness. Links sadness to dependencies.
	Worksheets	Sadness and depression #3 - here and now Dealing with tough feelings #3 Brief self-check - sadness and depression scale Worksheet- Situational confidence for depression
F8e: 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.

SD4e: 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 - One thing you'd do FFT - Too far gone Worksheet - Family life scales (grief/loss issues) Worksheet - Changes in relationships Worksheet - Family issues and losses