

CRE - CREATIVE RELAXATION EXERCISE

CRE 41B - YOUNG & HAPPY TOO!

"Just begin to think that it is possible ..."

A COOL PROGRAM ... FOR TIMES WHEN LIFE SEEMS TOUGH

VERSION 1 - FIRST DRAFT FOR FEEDBACK - JANUARY 2014

Note: For young people who find it hard to stay "in tune" for more than 5 minutes, some wicked chat in a small group ... may be surprising. See Exhibit G.

SOURCE: Dr. Bob Boland with cool advice from: Sancos, Xavier, Miguel, Khulu, Gillie, Judith and the Team.

<http://www.bu.edu/familymed/distance/cre/introduction.htm>

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MAKE THIS A COOL EXPERIENCE

1. Take just a morning ... not solo ... but with a partner or some mates ... for interesting chat ... about tough times
2. Play along .. speaking with the audio tape Part 1 for about 30 minutes ... and just for once ... let yourself go !
2. Do the same with the cool audio Part II for 20 minutes ... check it out ... does it ring?
3. Then chat BRIEFLY ... about the GENERAL THEME of each section 1-17 of the program ... read ONLY the bits that that really concern and interest you ... all in about an hour ... make it real everything is open... you are in control ...!
4. Try the audio Part 1 again and FEEL the difference
6. Now be bold ... to record ONE of your impossible dreams and hopes ... just to see ... how it may go along
7. Challenge yourself ... to try out the tape again tonight ... alone ... just before sleeping ... for a day or so ... to get a feeling on how your ideas may move along
8. Meet again with mates again in a month ... to see what has happened ... and if you like ... let us know how it all turned out for you ...

Note: So many ideas in this little program come from :
Vik Frankl, Mike Yapko, Bob Schuller and Dave Burns whose cool books are in Exhibit E

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1. BEGINNING

GENERAL THEME - CAN I REALLY CHOOSE TO BE HAPPY? ... WITH ACHIEVING, CARING AND ENDURING? ... AND HAVE HOPE FOR THE FUTURE?

In this tough world ... we CAN help OURSELVES to be happy ...

This little program has words and audio to help us relax ... and find ... some cool answers ... about ourselves and about this tough world ... as we see it ... every day!

CHOOSE to be happy ... or MISERABLE in three ways (ACE) ... :

- A - Achieving - what we can do ... and/or
- C - Caring - what we can love ... and/or
- E - Enduring - what we can handle

WHICH ... it is SO MUCH easier with:

A DREAM to challenge us ... and a MENTOR to guide us ...
HOPE to give us CONFIDENCE in the future.
POSITIVE (not negative) EXPECTATIONS about PEOPLE and LIFE.
HUMILITY to accept HELP
POSSIBILITY THINKING
WILLINGNESS to CHANGE

so ... just ... "Begin to think it is possible" in this little program ... and see what happens ... remember ... you are in control ... all the time ...

Question:

Are you relaxed and cool now? What is the key for you? Could ACE work for you?

2. PROGRAM

GENERAL THEME - IS THERE MUCH MEANING TO MY LIFE? CAN I DO ANYTHING ABOUT IT?

We USE this little program to BEGIN:

- a. To be confidence to dream and believe in ... OUR Life and OUR World.
- b. To use ACE (Achieving, Caring and Enduring) to help us to be happy.
- c. To be "Possibility Thinkers" who find wicker alternatives.
- d. To "reframe" sadness into opportunity ... and to turn "Hurts into Haloes"
- e. To learn some useful things about ourselves ... which may help is in the future ... so many years to go

Question:

What is important for you just now ... ?

3. MISERABLE?

GENERAL THEME - SO MANY GOOD REASONS TO BE TURNED OFF?

So easy to be miserable. Yet ...without thinking about it ... we EXPECT SOME good things ... almost all the time ... like .. the chair we sit in ... will not collapse ... the hamburger will not poison us ... the beer will not give us the guts ache ... the girls/boys we like will not give us AIDS ... etc.

BUT ... it is so EASY to be MISERABLE like ...

A - Achieving:

Cash - never enough

Work - nothing interesting

Love - nothing doing

C - Caring:

Nobody cares about us

Hate - people and things

All mates gone off

E - Enduring:

Parents such a pain

Lonely so often

Victim - why me?

Question: What hits you just now?

4. HAPPY?

GENERAL THEME - SO MANY GOOD REASONS TO BE TURNED ON ... EVERY DAY?

And yet we CAN make every day wicked with:

A - Achieving

Still alive and kicking
Cash, food and a place to kip!
No AIDS or TB (yet)

C - Caring

Mates
Love & sex
Family

E - Enduring

Not infecting others with depression - even if they deserve it?
Surviving
Ignoring pain

Question: How would you react to suddenly becoming blind or completely paralysed? How would you face AIDS or a REALLY tough time? Could you handle it?

5. FIXED IDEAS?

GENERAL THEME - DOES GETTING OLDER MAKE ME WISER?

Are YOU STUCK ... with some crazy IDEAS?

A - Achieving:

Cash and Sex are my real needs

I KNOW myself pretty welll

My problems are special to me

C - Caring:

My love will last

My parents will always be the same

Nobody really cares about anything

E - Enduring:

I don't need a dream or a challenge

I can change when I want to ... NOT before ...

Nobody can really help me

Question: Which three things are RIGHT about you?

6. MONEY MONEY MONEY

GENERAL THEME - PERHAPS MONEY IS THE ANSWER?

When we win a MILLION dollars on the LOTO we will be RICH and happy for EVER!! CRAP!!!

Most MONEY-RICH people spend all their time protecting it. Drugs and drink may be CHEAP but money can't stop us getting AIDS!!!

The really "RICH" people of the world have STRENGTHS (like Mother Teresa) ... to face up to ALL problems of life ... money, health, psycho ... with COOL CONFIDENCE ...

TO be REALLY rich ... we need HOPE and CONFIDENCE ... to meet the challenges of EVERY day ... Perhaps with a COOL daily poem either to our MIND (or to God) ... may help ... in a some strange way:

"Good morning MIND (or God). What are you up to today?... Can I be part of it please? ... Give me STRENGTH for the day and HOPE for the future May I be a "window" for your light to shine through ... I am, I can, I will, I believe ... Thank you MIND (or God)!!"

Questions: Do you feel RICH? Do have a DREAM, a challenge and a Mentor to encourage you? Do you know rich kids who are never really happy? Why?

7. WHO AM I?

GENERAL THEME - DO I KNOW MYSELF PRETTY WELL?

Remember, YOU always take YOURSELF with you ... wherever you go. Do you have a miserable face? Do people think of you as a miserable little bugger? Do you care? Is your depression is infectious. Should you care? Test yourself with Exhibit B.

Now, think of THREE TOUGH MEMORIES? REFRAME them ... find something good in each one ... for YOU or someone else? Turn your "Hurts into Haloes". Then ... put those TOUGH memories into a "MIND BOX" ... and leave them in a cupboard. Leave them in the PAST and live for the FUTURE!!!

Now think back to THREE GOOD memories ... Love? Studies? Sport? Friends? Success? Good times in the family? These are your TREASURES to keep THOSE in mind EVERY day.

Question: Who has had a tougher life than you, and yet survived? How did he/she do it? Perhaps you can learn?

8. WICKED DECISION

GENERAL THEME - COULD I JUST DECIDE ... TO BE HAPPY?

Make that DECISION to be (and look) YOUNG AND HAPPY and then the problem is 50% :ICKED ... all we need to know is - HOW TO DO IT?

Now HERE is the first thing to LEARN ... When you REALLY want something ... what must you do?

ANSWER: OPEN YOUR EYES!!! PERHAPS THE ANSWER IS JUST THERE OF YOU IN FRONT OF YOU ... AND YOU SIMPLY CANNOT NOT ... OR WILL NOT ... SEE IT!!

HERE is the SECOND thing to LEARN:

Don't mix "peanuts" from "coconuts". Coconuts are the really important things in YOUR life. Peanuts are the SILLY little things ... that REALLY UPSET YOU ... annoy you, even enrage you!!! So what must you do?

ANSWER: CONCENTRATE ON THE COCONUTS ... AND LEAVE THE PEANUTS ... TO THE MONKEYS!!!

Question: Happy? Food to eat? Clothes to wear? Somewhere to sleep tonight? A friend or a pet? Anyone need you? Anyone or anything you care about? How do these things matter? What peanuts are you getting UPSET about today?

9.

TOUGH LIFE!!

GENERAL THEME - WHY DOES LIFE SEEM WORSE ALL THE TIME?

Sometimes we SEE LIFE is so easy ... and sometimes ... so tough! Perception!... All we SEE is just a REFLECTION of ourselves?

Peanut life problems: ... waking up, getting up (oh dear!!!), dressing, eating, cleaning, doing jobs etc ...

Coconut life problems: ... future job, family, location, cash, exams, health ...
How can we be happy?

Well, BE CAREFUL ... when we have a problem we CANNOT resolve ... and we say SO CONFIDENTLY ... to ourselves:

"That is just the sort of person I am ... so NOBODY can help me!!"

PRIDE!!! Just RECOGNIZE the pride we have taken resisting CHANGE
... and almost ... PRIDE in our failure to be happy!!

Better be COOL and welcome à little HELP ... ! If WE believe we are a VICTIM of Fate or God ...then WE ARE RIGHT!!!! ... and we can so EASILY infect OTHERS with our misery! Well, they deserve it ... or do they?

SO THIRD THING TO LEARN: With a really tough (coconut) problem what must we do?

ANSWER: SEEK AND FIND ... SEVEN ALTERNATIVES ... AND THEN DECIDE TO CHANGE ... YOURSELF ... AS NEEDED ...

Question: The world changes every day, are you ready?

10. TOOLS TO BE HAPPY

GENERAL THEME - WHAT WILL WORK FOR ME?

Mother Teresa's great concept of being happy ... was to do what you want to help people ... and even if they reject you ... do it anyway ... !

Yoga, Thai-chi, Christianity, Moslem faith etc can all give you strength to be happy.

Rev. Robert Schuller of the Crystal Cathedral (see web site or CNBC or Limelight TV every Sunday at 07.00.hrs) suggests: Stop feeling a victim. Set a dream about the future. Reframe negatives into positives. Be a possibility thinker ... Believe in yourself that God loves you

Scientology (see web site) has a fine record of helping so many unhappy and drug addicted people, to find happiness and a new purpose in life.

Self Hypnosis and Cognitive Therapy (see Dr David Burns web site) are wonderfully effective for change, when your emotional motivation is positive.

Logotherapy with Dr. Viktor Frankl in which you search for and find, MEANING in your life and you feel RESPONSIBLE for it.

Question: Can you change? How?

11. PROBLEMS

GENERAL THEME - WHAT ABOUT ME ... WITH SO MANY THINGS GOING WRONG?

Young people do have SPECIAL mind/body problems, not really understood by most older buggers ... such as

School - so boring - unhappy

Failure - exams and education too much

Depression - finding no meaning in Life

Jealousy - Life is just not fair

Hate - unable to forgive people for past harm

Victim - of fate

Family & friend disasters\

AIDS - fear and shame

Grudges - unable to allow others to be happy

Pride - unable to change

God - unable to believe - except to blame

Solitude - which becomes a preferred state etc . etc.

Each one is à "CROSS" to CARRY on OUR BACK. So STOP carrying it ... put it DOWN!!

Question: What CROSS are you carrying about today? Why do you punish yourself? What can you do about it?

12. MIND/SPIRIT/BODY CARE

GENERAL THEME - WHAT CAN I DO ... TO TAKE CARE OF ME ... EVERY DAY?

The power of MIND over BODY is a mystery. Mind controls body in so many ways. When the mind is positive - body has a CHANCE to be healthy and happy! And OUR SPIRIT inspires our Mind with ENERGY!

Some simple things to do for mind/spirit/body care:

- a. Mind - 2 minutes - DHI (Appendix A) every day
- b. Spirit - 2 minutes - a poem to Mind or to God
- c. Weight - don't be a fat slob ... do something about it!
- d. Drugs - when we are happy - who needs them?
- e. Drinking - water as the best medication. A litre a day can work miracles for you. Alcohol and smoking in limits are great. Excess is not cool ... why lose control?
- f. Body exercise daily to put down that "CROSS" for only eight minutes morning and evening ... it works wonders ... in the way that suits you best.

Even handicapped people can do some Thai-Chi exercise with the hands very slowly. Find out what YOU can do. Exercise brings you LUCK in HEALTH!

Question: What mind, spirit and body exercise will suit you? What did Gary Player the famous golfer, say about LUCK?

Answer: "The more I EXERCISE the more LUCK I seem to get!!"

13. HYP/COG TOOLS

GENERAL THEME - DOES HYP/COG REALLY WORK? PERHAPS I ALREADY DO It ...
IN MY OWN WAY? COULD I DO BETTER?

a. SELF-HYPNOSIS - SH

SH is such a powerful NATURAL tool for control of pain, stress and depression. It gets the Deeper Mind to cooperate better with the Conscious Mind.

SH is simple efficient and effective with practice and needs no drugs. You are actually doing some SH now in this program and yet you are in complete control all the time!. Simple books available including Michael Yapko (See Exhibit E).

Question: Could you get SH to work for you?

b. COGNITIVE THERAPY - CT

The keys to cognitive therapy are: recognising Cognitive Distortions (see Exhibit C), REFRAMING negatives into positives, self-control, understanding-self, prevention not cure.

The books of Dr. David Burns on "Feeling good" are often as cool - they encourage people to help themselves.

Question: Could you get CT to work for you?

14. CHANGING

GENERAL THEME: WITH TOUGH PROBLEMS ... WHAT IS THE FIRST CHANGE I NEED TO MAKE?

Be a "Possibility Thinker". Seek at LEAST seven alternatives for every very personal problem of "Young people and Happy too". If you are not happy ... then start to CHANGE ... and amaze yourself ... tell yourself that YOU are in CONTROL!!

Here is "THE 25 PLUS ALTERNATIVE APPROACH" in finding ways for change. Only YOU can decide what fits YOU best.

1. Start today. Change some LITTLE THINGS FIRST - to prove that you can do it. Sit in a different place today. Change some small routine. Talk with someone new.
2. Change - the place where you study and thus change your mind and your body.
3. Change à personal habit - sleeping, eating, clothes, friends, social life
- 4.. Find someone or some thing NEW to care for.
 5. Try yourself with SH and Cognitive Therapy with Dr. Burns and correct some distortions (Exhibit C).
 6. Take 10 minutes to talk with some child and older person to find out how they feel.
 7. Try to find God and ask for help.
 - 8., Learn some new skill and practice it.

9. Learn a new language and become a different personality. See à movie in that language.
10. Try à little smoking and alcohol to test your reactions.
11. View some sexy movies or books to test your reactions.
12. Stop feeling like a victim and feel in CONTROL of your life. it is not what happens to you in Life that matters, but rather how you DECIDE to SEE it!
13. Change your hair and clothes and appearance - feel different... infect others with a happy face ...!
14. Read some books about people who survived Dachau and Auschwitz and compare their experience with yours (Exhibit E).
15. Keep a diary to make a plan for the future rather than wasting time on the past. Record good news and how you react to the plus and minus.
16. Find mates who are happy - it is infectious!
17. Avoid depressed miserable buggers who infect you with their misery (like an AIDS virus!) - unless YOU can help THEM!
18. Get a cat or a dog or a parrot to look after every day.
19. Stop hating anything or anyone - you only harm yourself!
20. Buy a laptop computer and explore the web.
21. Invite a mate for a meal.
22. Learn to do crossword puzzles, dance and play cards.

23. Change the furniture in your room,around completely ... to help YOU to get away from the bad habits of the past!

24. Do something differenttoday - MAKE a new future - don't cling to the past.

25. Help someone else to be ... young people an happy ...

Question: How will you start TODAY... in some small easy way?

15. REFRAMING

GENERAL THEME: REFRAME? IS THERE REALLY SOMETHING GOOD ... IN EVERY BAD EXPERIENCE? DOES IT GIVE SOME MEANING TO LIFE?

Now practice helping someone else!. Study each case ... decide what to do ... help them to REFRAME negative events into positive opportunities? ...

Write down your ideas ... and THEN ... then look at ours (Exhibit D). RECORD what YOU learn about each case ... and about yourself.

1. Auschwitz - A Jewish psychiatrist from Vienna spent three years in this concentration camp and survived, by finding some purpose in living. How?
2. Money - Teenager 15 years. Friends have so much more cash for clothes, sports gear and social life
3. Berlin - In 1942 a 16 year old Jewish girl arrived home from school, to find her parents had been taken to a concentration camp and no friends would help her. How to survive?
4. Failed - Student 20 years old, failed exams twice - faces exclusion from the Collge.
5. Fired - Teenager 18 years. Fired from the job. No funds. No prospects.
6. School - Boy 16 years old. Unhappy at school. No friends. Poor results. Too difficult to learn.
7. Parents impossible - Girl 17 years old. Complaining all the time about night life until 3.00 a..m.. Pregnant!
8. Ski accident - Boy 17 years old. Broken leg. Depressed.

9. Vietnam - Colonel Doe was on his last mission over Vietnam and was due to go back to the USA in a week, when he was shot down and spent 2037 days in a Viet prison torture camp. One day sick, depressed and desperate he heard the noise of a "cricket" in his cell and found someone communicating with a wire through the wall. What message did he get that ensured his survival? Reframing?
- 10.. In Germany, a few years after World War II a doctor examined a Jewish woman who wore a bracelet of baby teeth mounted in gold. "A beautiful bracelet" remarked the doctor. "Yes" said the woman gently: "This one is Miriam, this one is Esther and ... " ... giving the names of all of her nine children. She added ... "and all of them were taken to the gas chambers." Shocked the doctor asked: "How can you live with such a bracelet?".

Now think carefully for five minutes ... and try to guess what the Jewish woman replied

16. FIVE GOLDEN RULES

GENERAL THEME: WHAT ARE MY GOLDEN RULES? DO THEY MEAN MUCH ... FOR ME? DO THEY WORK ... FOR ME?

1. Expect some good news every day ... laugh ... to let your face be happy ...
2. As a POSSIBILITY THINKER, reframe negatives into a positives.
3. Like Mother Teresa ... when you have the chance to help someone ... do it anyway ... !
4. Be happy without effort by: achieving, caring and enduring.
5. Have a DREAM and a MENTOR to help you on your way

So be PATIENT as the deeper MEANINGS of your LIFE ... become available to you ... in good time as ... you become ready to feel responsible and to ... "Begin to think that it is possible ..."

17. CONCLUSIONS

GENERAL THEME: PERHAPS I REALLY CAN ... PUT SOME OF THIS CHAT ... INTO ACTION ... FOR ME?

1. Being young and happy has **NOTHING** to do with reality. **YOU DECIDE** how **YOU** see the world. So do a little DHI (Exhibit A) twice a day and **FEEL** the difference.
2. Relax and see your world in a positive not negative way, ... and be **SURE** to find seven alternatives ... for every tough problem ...
3. Reframe ... bad into good ... and surprise yourself
4. Use a daily little poem ... changing it to fit your ... needs ...

"Good morning **MIND** (or *God*). What are you up to today?... Can I be part of it please? ... Give me strength for the day and hope for the future May I be a window for your light to shine through ... I am, I can, I will, I believe ... Thank you **MIND** (or *God*)!!

5. Concentrate on the "coconuts" and leave the "peanuts" to the monkeys! Record some tough feelings and learn about yourself.
6. Make the "Key Decision" and then plan on "How" to do it ... and be sure that your face ... expresses the message
7. Expect some good news every day .. from **A** ... or from **C** ... or from **E** ... which vary in importance all the time ...
8. And one day ... when you feel old enough ... **READ** a wonderful book: "Man's Search for the Meaning of Life" by Dr. Viktor \ Emil Frankl (Pocket Books - New York) which has sold 90 million copies in 40 languages ... and may finally help you to ... "Begin to think that it is possible ..."

EXHIBIT A DHI - DAILY HEALTH IMPROVEMENT

EVERY DAY, TAKE 5 MINUTES, FOR YOUR HEALTH, USING VERY GENTLE SELF-HYPNOSIS FOR RELAXATION.

TO GO INTO RELAXATION:

1. Tell yourself that you are going to do your self-hypnosis.
2. Make yourself comfortable. Begin to breathe very deeply.
3. Close your eyes and pretend that you cannot open them for five minutes.
4. Relax your whole body ... smiling at each part carefully ... from head to toes ...
5. Begin slowly and mentally ... to count down from 10 to 0.
6. Imagine a beautiful white healing light ... coming from above your head ... relaxing and healing every part of you ... as it passes through your whole body ... and out of your toes.
7. Imagine a beautiful soothing golden fluid ... coming in from your toes ... to soothe and heal every part of your body ... right up to the top of your head...
8. Then make simple POSITIVE suggestions to yourself ... to feel well in MIND & BODY ... so that you ... help yourself ... to feel better ... day by day ...

TO WAKE UP FROM THE RELAXATION:

Tell yourself that when you wake up you will feel very well, very happy and full of energy to achieve what you need. Slowly and mentally count up from 0 to 5 and at 4 ... open your eyes. Stretch the arms and neck. Relax.

NOTES

Practice: For the first ten days practice twice a day. On awakening in the morning, (to plan for the day) and just before sleeping at night (to hand over one key problem to your subconscious mind). When you practice before going to sleep, do not awaken with a count of 0 to 5, simply tell yourself that it will turn into natural sleep from which you will awaken in your own time in the morning.

Suggestions: Determine what you want. Make only those suggestions that are simple and positive. Repeat them several times. Always be clear on how you want to think, feel and behave. Never suggest anything you DO NOT want!

Refer to: Self Hypnosis - Complete Guide - Brian Alman (Brunner/Mazel - New York)

EXHIBIT B - SELF ANALYSIS

(Adapted from Dr Burns - see reading list)

For questions 1-15 select a score (0-3) to reflect your feelings this week.

| | | | |
|------|------|-------|--------|
| 0 | 1 | 2 | 3 |
| none | some | often | always |

1. Sadness: Do you often feel sad?
2. Discouraged: Does the future look hopeless?
3. Low self-esteem: Do you feel worthless?

4. Inferiority: Do you feel inadequate or inferior?
5. Guilt: Do you often blame yourself?
6. Uncertainty: Is it hard to make decisions?

7. Irritability: Do you feel angry and resentful
8. Interest in life: Have you lost interest in your jobs, home, hobbies, family or friends?
9. Motivation: Do you have to push hard to do things?

10. Self-image: Do you feel old and ugly?
11. Appetite: Lost your appetite?
Do you over-eat compulsively?
12. Sleep: Is it hard to get a good night's sleep? Are you tired and sleeping too much?

13. Sex: Have you lost interest?
14. Health concern: Do you worry about your health all the time?
15. Is life worth living?

Calculate your total score (0-3 for each question) and then see our reactions.

EXHIBIT B - CONTINUED - SCORING & REACTIONS

| Total Score | Degree of Age Depression |
|-------------|---------------------------------|
| 0 - 4 | none |
| 5 - 10 | normal |
| 11 - 20 | mild |
| 21 - 30 | moderate |
| 31 - 45 | severe (may need a little help) |

Questions:

How do you feel about that?

Are you a bit surprised?

Do you believe it?

What can you do about it?

Alone?

With a little help?

EXHIBIT C - COGNITIVE DISTORTIONS

1. All or Nothing: Will I be a "Black or white" thinker today, whereby anything that is less than perfect is a total failure?
2. Generalisation: Will I see a single result as a pattern of inevitable never-ending defeat?
3. Filter: Will I allow only negatives to darken my reality today, as I (very carefully) filter out almost all of the positive things?
4. Positive disqualification: Will I reject positive experiences today, by telling myself that they "don't really count"?
5. Conclusion jumping: Will I jump to negative assumptions about the future, of a project, without any definite supporting facts, by simply "fortune telling" on the situation and the people?
6. Catastrophizing: Will I perceive disaster in everything today, by exaggerating the bad things and minimising the good ones?
7. Emotional reasoning: Will I convince myself that if, for just a moment, I feel something, then it is almost certainly true?
8. Obligations: Will I allow myself to feel frustration, anger or even guilt today, by adopting some of those false personal motivators like: "I really must" or "I ought to" etc.?
9. Labelling: Will I indulge myself in extreme over-generalisation, by attaching negative labels like "A real pain!" to things, to others or even to myself?
10. Responsibility: Will I perceive myself as responsible for everything that may go wrong today?

EXHIBIT D - REFRAMING ANSWERS

Reframing negative events into positive opportunities?

1. Auschwitz - suffering to achievement and endurance

- Survive to finish and publish my research work
- Survive to tell the world about the concentration camps
- Find something to laugh about every day
- Have a dream and challenge to achieve in the future.

2. Money - Teenager 15 years. Friends have so much more cash for clothes, sports gear and social life

- Decide: coconuts or peanuts?
- Possibility thinking - seven alternatives?
- Review: achievements, caring and enduring
- Working for cash or enduring?
- Laugh!
- Dreams - plan for future?

3. Berlin - disaster into achievement

- Rejected by all non-Jewish friends.
- Helped by teacher at school to take a new identity.
- Achievement to survive the war.

4. Failed - Student 20 years old, failed exams twice - faces exclusion from college.

-
- Seven causes of failure?
- What have others done in this situation?
- Possibility thinking - seven alternatives?
- Other colleges work or study? Years to live
- Review achievement, caring and enduring

- Plan for future?

-

5. Fired - Teenager 18 years old. Fired From the job. No Funds. No prospects.

- Seven causes of failure?
- What have others done in this situation?
- Possibility thinking - seven alternatives?
- Other work in different places?
- Study?
- Contacts??
- Review achievement, caring and enduring
- Plan for future?

6. School - Boy 16 years old. Unhappy at school. No friends. Poor results. Too difficult to learn.

- Seven causes of failure?
- What have others done in this situation?
- Possibility thinking - seven alternatives?
- Other colleges work or study?
- Review achievement, caring and enduring
- Plan for future?

7. Parents impossible - Girl 17 years old. Complaining all the time about night life until 3.00 a.m.. Pregnant

- Decide: coconuts or peanuts?
- Pregnancy - validity - seven alternatives?
- Studies - possibility thinking - seven alternatives?
- Review: achievements, caring and enduring
- Dreams - plan for future?

8. Ski accident - Boy 17 years old. Broken leg. Depressed.

- Decide: coconuts or peanuts? Time to heal?
- Possibility thinking - seven alternatives?
- Study alternatives?
- Sports alternatives?
- Review: achievements, caring and enduring
- Dreams - plan for future?

9. Vietnam - suffering to endurance

- Don't be a Victim.
- Share a laugh every day!
- Take back control feelings and reactions.
- Trust that God wants you to learn something.
- Control mind.
- Survive to tell the tale.

10. Quietly the Jewish woman replied: "I am now in charge of an orphanage in Israel."

EXHIBIT E - COOL READING

Feeling Good - The New Mood Therapy
Dr. David D. Burns (Avon Books - New York)

Self Hypnosis - Complete Guide
Brian Alman (Brunner/Mazel - New York)

Man's Search for the Meaning of Life
Dr. Viktor Emil Frankl (Pocket Books - New York)

Turning Hurts into Haloes
Rev. Robert Schuller (Crystal Cathedral - Cal. USA)

When the Living Hurts
Dr. Michael D. Yapko (Brunner/Mazel New York)

Man's Search for Ultimate Meaning
Dr. Viktor Emil Frankl (Pocket Books - New York)

The Hiding Place
Corrie ten Boom - (Christian Literature Crus. - London)

EXHIBIT F - MENTOR SUGGESTIONS

1. For those who find it hard to stay "in tune" for more than 5 minutes, some help and creativity may be needed in working gently in a small group environment.
2. Set up a quiet private environment for a group of 3-5 people to meet together 45 minutes twice a week for three or more weeks.
3. Gently present the objectives of the program. Play the audio tape (Part 1 CRE). Gently present Section 1 - Introduction. Discuss the questions arising.
4. For the following session play the audio tape (Part 2 - Learning Reinforcement). Gently present Section 2 - Objectives. Discuss the questions arising.
5. Plan other sessions as appropriate using the audio tape (Part 1 or Part 2) frequently as a learning reinforcement.
6. Give us feedback and new ideas please ... for making the program more and more effective in helping people in different cultural environments.

EXHIBIT G - FINAL WORD - FROM DESIDERATA

CHALLENGE: PERHAPS YOU CAN LEARN IT BY HEART ...?

Go placidly amid the noise & haste of Life. Remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Hate no-one! Speak your mind quietly & clearly and listen to others, for even the dull & ignorant, have their story. But, avoid loud and aggressive persons, who are vexations to the spirit. If you compare yourself with others, you may become vain & bitter, for always there will be greater & lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own job or hobby, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your money affairs for the world is full of trickery. But let this not blind you to what virtue there is. So many persons strive for high ideals and everywhere, Life is full of heroism.

Be yourself and especially, do not pretend love or affection. And do not be cynical about Love and Caring, for in the face of pain & sadness, Love and Caring are as perennial as the grass. Take kindly the counsel of your years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginations. So many fears are born of fatigue & loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees & the stars. You have the right to be here. And, whether or not it is clear to you, there is no doubt that the universe is unfolding as it should.

Therefore be at peace with yourself and with God, whatever you conceive him to be, and whatever your labours & hopes. In the noisy confusion of Life, keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a Beautiful World. Be careful. Strive to be happy ... and to help someone else to be happy ... as you see beauty ... in the sun ... and the sky ... and as you decide ... to expect some good news ... every day!