

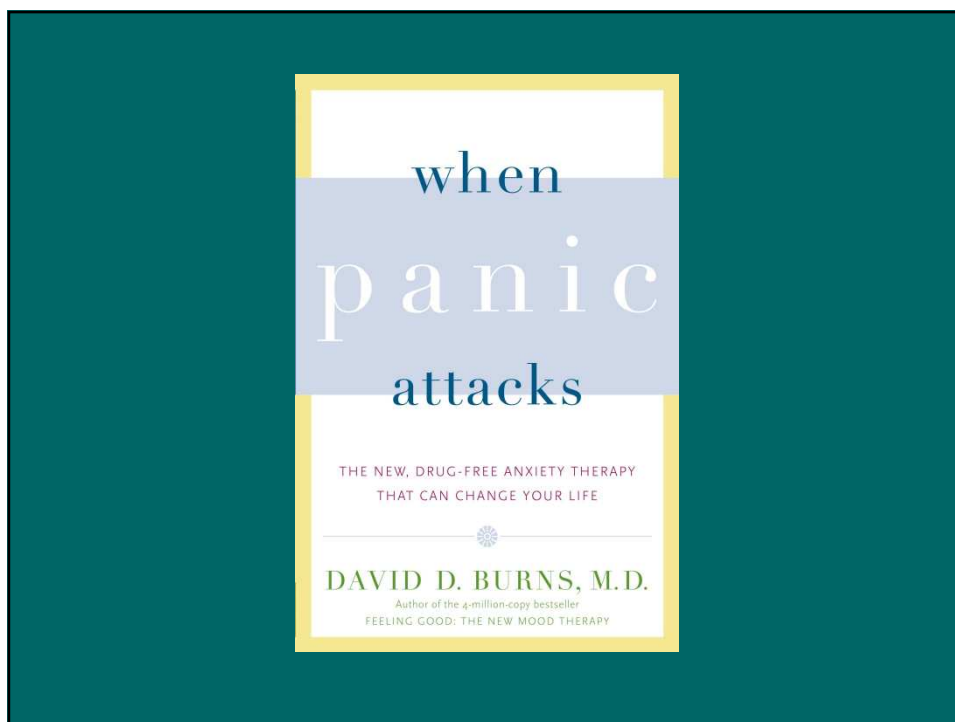
## ***T.E.A.M. Therapy—High Speed Treatment for Social Anxiety Disorder***

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## ***Therapist's Toolkit\****

**Comprehensive Assessment and  
Treatment Tools for  
the Mental Health Professional**

**Part 1: Assessment Tools  
Part 2: Treatment Tools**

**by David D. Burns, M.D.**

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Do not reproduce without the written permission of Dr. Burns.**

## What is Social Anxiety Disorder?

- Shyness
- Public Speaking Anxiety
- Performance Anxiety
- Shy Bladder Syndrome
- Test Anxiety

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## Treatment Targets

- Anxiety / shyness
- Shame
- Co-existing symptoms

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## The Cognitive Model

- Social Anxiety ALWAYS Results from Distorted Negative Thoughts

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## Common Distortions— Social Anxiety

- All-or-Nothing Thinking
- Overgeneralization
- Mental Filter
- Discounting the Positive
- Jumping to Conclusions
  - Mind-Reading
  - Fortune Telling
- Magnification and Minimization
- Emotional Reasoning
- Labeling
- Should Statements
- Self-Blame

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## **Common Self-Defeating Beliefs in Social Anxiety**

- Perfectionism
- Perceived Perfectionism
- Achievement Addiction
- Approval Addiction
- Love Addiction
- Conflict Phobia
- Spotlight Fallacy
- Brushfire Fallacy

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## **T.E.A.M. Therapy**

- **T= Testing**
- **E = Empathy**
- **A = Agenda Setting**
- **M = Methods**

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## **T.E.A.M. Therapy Example**

- Frank, a young man with severe social anxiety
- Attractive, articulate, good sense of humor
  - Avoids talking to girls
  - Avoids talking in groups
  - Tries to hide his shyness
  - Depressed, lonely, anxious, angry

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## **T = Testing**

- Use brief, accurate tests at the start and end of *every session with every patient*
  - Depression, suicidal urges, anxiety, anger
  - Shyness
  - Relationship satisfaction
  - Positive Feelings

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### Depression

Use checks (✓) to indicate how you're feeling right now.

	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Sad or down in the dumps					✓					
2. Discouraged or hopeless				✓						
3. Low self-esteem or worthlessness				✓						
4. Loss of motivation to do things				✓						
5. Loss of pleasure or satisfaction in life			✓							
Total →				15						

### Anger

Use checks (✓) to indicate how you're feeling right now.

	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Frustrated				✓						
2. Annoyed				✓						
3. Resentful				✓						
4. Angry			✓							
5. Irritated				✓						
Total →				14						

<b>Shyness</b>						
		0 – Not at all true	1 – Slightly true	2 – Moderately true	3 – Very True	4 – Completely true
1.	I often feel nervous, self-conscious or embarrassed in social situations.				✓	
2.	I often feel uncomfortable or insecure around other people.					✓
3.	I often feel shy or anxious in social situations.				✓	
4.	I worry that people might notice how anxious or embarrassed I feel.					✓
5.	I avoid social situations because I feel so awkward or anxious.					✓
<b>Total Score →</b>					<b>18</b>	

	<b>Before Session</b>				<b>After Session</b>					
	0 - Very dissatisfied	1 - Somewhat dissatisfied	2 - Neutral	3 - Somewhat satisfied	4 - Very satisfied	0 - Very dissatisfied	1 - Somewhat dissatisfied	2 - Neutral	3 - Somewhat satisfied	4 - Very satisfied
1. I feel worthwhile.		✓								
2. I feel good about myself.	✓									
3. I feel close to people.	✓									
4. I feel I am accomplishing something.		✓								
5. I feel motivated to do things.		✓								
6. I feel calm and relaxed.				✓						
7. I feel a spiritual connection to others.		✓								
8. I feel hopeful.		✓								
9. I feel encouraged and optimistic.				✓						
10. My life is satisfying.				✓						
<b>Total →</b>					<b>11</b>					
					<b>Total →</b>					



## **Before-Session Testing**

- Frank is
  - Severely depressed
  - Not suicidal
  - Very angry
  - Extremely anxious, shy
  - Almost no positive feelings
- Will assess again at the end of the session

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## **T.E.A.M. Therapy**

- T= Testing
- **E = Empathy**
- A = Agenda Setting
- M = Methods

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## **E = Empathy**

- Necessary but not sufficient for effective treatment
- Provide warmth, understanding, support
- Do NOT try to
  - Help
  - Rescue
  - Reassure
  - Normalize

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## **Five Secrets of Effective Communication**

- **The Disarming Technique.** Find the truth in the criticism.
- **Empathy.**
  - **Thought Empathy.** Paraphrase the other person's words.
  - **Feeling Empathy.** Acknowledge his or her feelings.
- **Inquiry.** Ask gentle, probing questions.
- **"I Feel" Statements.** Express your feelings openly, directly, and tactfully using "I feel X."
- **Stroking.** Convey liking or respect.

## **E = Empathy**

- Can use Daily Mood Log (DML) to gather accurate data
  - About the patient's negative thoughts, feelings and beliefs at one moment in time

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## **Five Steps in the Daily Mood Log**

1. Describe a specific moment when you felt upset
2. Record your negative emotions
3. Record your negative thoughts
4. Identify the distortions (later in session)
5. Substitute more positive and realistic thoughts (later in session)

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**Daily Mood Log**

**Upsetting Situation:**

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, down, depressed				Embarrassed, foolish, humiliated			
Anxious, worried, panicky, nervous				Hopeless, discouraged			
Guilty, ashamed				Frustrated, stuck, thwarted			
Inadequate, defective, incompetent				Mad, resentful, annoyed, irritated			

NT	% Before	% After	Dist	PT	% Belief
1.					
2.					
3.					

**Frank's Daily Mood Log**

**Upsetting Situation:** Standing in line at the supermarket.

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, down, depressed				Embarrassed, foolish, humiliated			
Anxious, worried, panicky, nervous				Hopeless, discouraged			
Guilty, ashamed				Frustrated, stuck, thwarted			
Inadequate, defective, incompetent				Mad, resentful, annoyed, irritated			

NT	% Before	% After	Dist	PT	% Belief
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Guilty, ashamed				Frustrated, stuck, thwarted			
Inadequate, defective, incompetent				Mad, resentful, annoyed, irritated			

NT	%	%	Dist	PT	%
	Before	After			Belief
1.					
2.					
3.					

**Frank's Daily Mood Log**

**Upsetting Situation:** Standing in line at the supermarket.

Emotions	%	%	%	Emotions	%	%	%
	Before	Goal	After		Before	Goal	After
Sad, down, depressed	50%			Embarrassed, foolish, humiliated			
Anxious, worried, panicky, nervous				Hopeless, discouraged			
Guilty, ashamed				Frustrated, stuck, thwarted			
Inadequate, defective, incompetent				Mad, resentful, annoyed, irritated			

NT	%	%	Dist	PT	%
	Before	After			Belief
1.					
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	Before	After			Belief
1.					
2.					
3.					

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Emotions	%	%	%	Emotions	%	%	%
	Before	Goal	After		Before	Goal	After
Sad, down, depressed	50%			Embarrassed, foolish, humiliated	80%		
Anxious, worried, panicky, nervous	100%			Hopeless, discouraged	90%		
Guilty, ashamed	100%			Frustrated, stuck, thwarted	100%		
Inadequate, defective, incompetent	95%			Mad, resentful, annoyed, irritated	80%		

NT	%	%	Dist	PT	%
	Before	After			Belief
1.					
2.					
3.					

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Guilty, ashamed	100%			Frustrated, stuck, thwarted	100%		
Inadequate, defective, incompetent	95%			Mad, resentful, annoyed, irritated	80%		

NT	% Before	% After	Dist	PT	% Belief
1. I don't have anything interesting to say.					
2.					
3.					

**Frank's Daily Mood Log**

**Upsetting Situation:** Standing in line at the supermarket.

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
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Anxious, worried, panicky, nervous	100%			Hopeless, discouraged	90%		
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2.					
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Anxious, worried, panicky, nervous	100%			Hopeless, discouraged	90%		
Guilty, ashamed	100%			Frustrated, stuck, thwarted	100%		
Inadequate, defective, incompetent	95%			Mad, resentful, annoyed, irritated	80%		

NT	% Before	% After	Dist	PT	% Belief
1. I don't have anything interesting to say.	100%				
2. I never succeed with the good-looking girls.	100%				
3. I wouldn't have time to deal with a relationship right now, even if I did have a good relationship with her..	85%				

**Daily Mood Log (cont'd)**

NT	%	Dist	PT	%
4. I better just keep my mouth shut, since I might say something stupid, so	100			
5. People will think I'm a self-centered jerk if I try to flirt with her.	100			
6. I <i>shouldn't</i> be so loud and obnoxious. If I'm humble and quiet, they'll like me more.	100			
7. I have no personality.	100			



**Daily Mood Log (cont'd)**

NT	%	Dist	PT	%
8. I must be a terrible person because I'm so concerned with superficial things like success and looks.	100			
9. If I tried to flirt with her, I'd probably get shot down.	100			
10. That would show that what a loser I am.	100			
11. Even if I do get a date with her, she'll eventually find out what a loser I am.	100			

## T.E.A.M. Therapy

- T= Testing
- E = Empathy
- **A = Agenda Setting**
- M = Methods

## **A = Paradoxical Agenda Setting (PAS)**

- What does the patient want help with?
- What will she or he bring to the table if you agree to work with them?

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## **Paradoxical Agenda Setting (PAS)**

- Outcome Resistance
- Process Resistance

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## **Outcome Resistance—Anxiety Disorders**

- Most patients are ambivalent about recovery
- Few therapists take this into account
  - Cause of nearly all therapeutic failure

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## **Outcome Resistance—Anxiety Disorders**

- Magical Thinking
  - “Something terrible will happen if I give up my anxiety.”

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## **Magical Thinking—Social Anxiety**

- Shyness
  - I'll make a fool of myself if I interact with others.
- Public Speaking Anxiety
  - I'll really blow it! It's not worth the risk.
- Test Anxiety
  - If I stop worrying, I'll flunk the test.
- Performance Anxiety
  - My worrying is the price I have to pay to do really great work.

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## **Process Resistance—Anxiety Disorders**

- Exposure, exposure, exposure

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## **Types of Exposure**

- Classical
- Cognitive
- Interpersonal

## **Interpersonal Exposure Techniques**

- Self-Disclosure
- Smile and Hello Practice
- David Letterman Technique
- Feared Fantasy
- Flirting Training
- Rejection Practice
- Shame Attacking Exercises

## **Beware of Reverse Hypnosis!**

- Do your patients put you in a trance?

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## **Three Forms of Reverse Hypnosis**

- Depressive Hypnosis
  - I really AM defective and hopeless.
- Anxiety Hypnosis
  - I am too fragile (or not ready) to confront my fears.
- Relationship Problem Hypnosis
  - It's not my fault. I am the victim.

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## **Melting Away Outcome Resistance**

- **Miracle Cure Question**
  - If a miracle happened during today's session, and you walked out saying it was just fantastic, what would happen? What would you be asking for?

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## **Outcome Resistance (cont'd)**

- **Magic Button**
- **Positive Reframing**
  - What do these negative thoughts and feelings show about you that's awesome and positive?

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## **Outcome Resistance (cont'd)**

- Respect for other people
- Honest about my flaws and failures
- High standards
- Anxiety protects me—I don't have to risk looking foolish or being humiliated

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## **Outcome Resistance (cont'd)**

- Care deeply about relationships
- Want meaningful relationships
- Some anger can be healthy—people can be judgmental
- Some sadness and loneliness are appropriate and may motivate me to break out of my shell

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## Outcome Resistance (cont'd)

- Magic Dial
  - How would you like to feel? What would be the ideal / optimal intensity for each negative feeling?

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### Frank's Daily Mood Log

Upsetting Situation: Standing in line at the supermarket.

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, down, depressed	50%	10%		Embarrassed, foolish, humiliated	100%	20%	
Anxious, worried, panicky, nervous	100%	30%		Hopeless, discouraged	90%	0%	
Guilty, ashamed	100%	5%		Frustrated, stuck, thwarted	100%	0%	
Inadequate, defective, incompetent	95%	10%		Mad, resentful, annoyed, irritated	80%	0%	

NT	% Before	% After	Dist	PT	% Belief
1. I don't have anything interesting to say.	100%				
2. I <i>never</i> succeed with the good-looking girls.	100%				
3. I wouldn't have time to deal with a relationship right now, even if I did have a good relationship with her..	85%				

## **Melting Away Process Resistance**

- Gentle Ultimatum
- Sitting with Open Hands

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## **M = Methods**

- The Daily Mood Log (DML)
  - Which Negative Thought (NT) do you want to work on first?

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**Daily Mood Log (cont'd)**

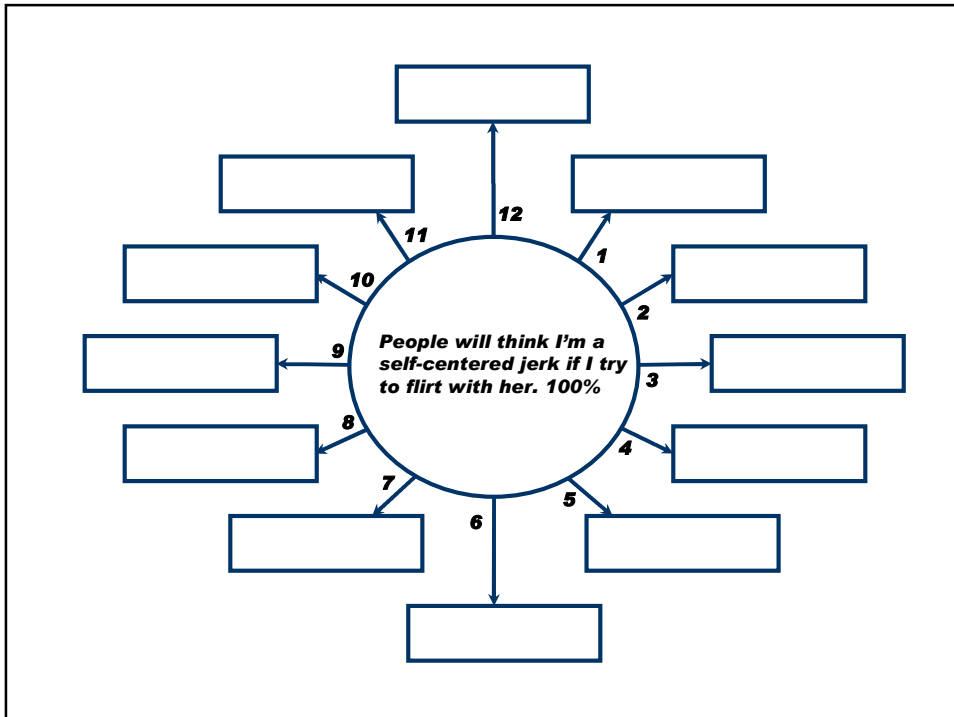
NT	%	Dist	PT	%
5. People will think I'm a self-centered jerk if I try to flirt with her.	100			

## 10 Cognitive Distortions

- All-or-Nothing Thinking
- Overgeneralization
- Mental Filter
- Discounting the Positive
- Jumping to Conclusions
- Magnification and Minimization
- Emotional Reasoning
- Labeling
- Should Statements
- Self-Blame and Other-Blame

**Daily Mood Log (cont'd)**

NT	%	Dist	PT	%
5. People will think I'm a self-centered jerk if I try to flirt with her.	100	AON, OG, MR, FT, SH, MAG, LAB, ER, SB		



## Recovery Circle

- Select at least 15 -20 techniques for challenging the Negative Thought (NT)
- Fail as Fast as You Can

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## Four Types of Methods on the Recovery Circle

- Motivational Techniques
  - Melt away resistance
- Cognitive Techniques
  - Modify distorted thoughts
- Behavioral / Exposure Techniques
  - Confront the monster
- The Hidden Emotion Technique
  - Bring hidden conflicts and feelings to conscious awareness

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## **Recovery Circle (cont'd)**

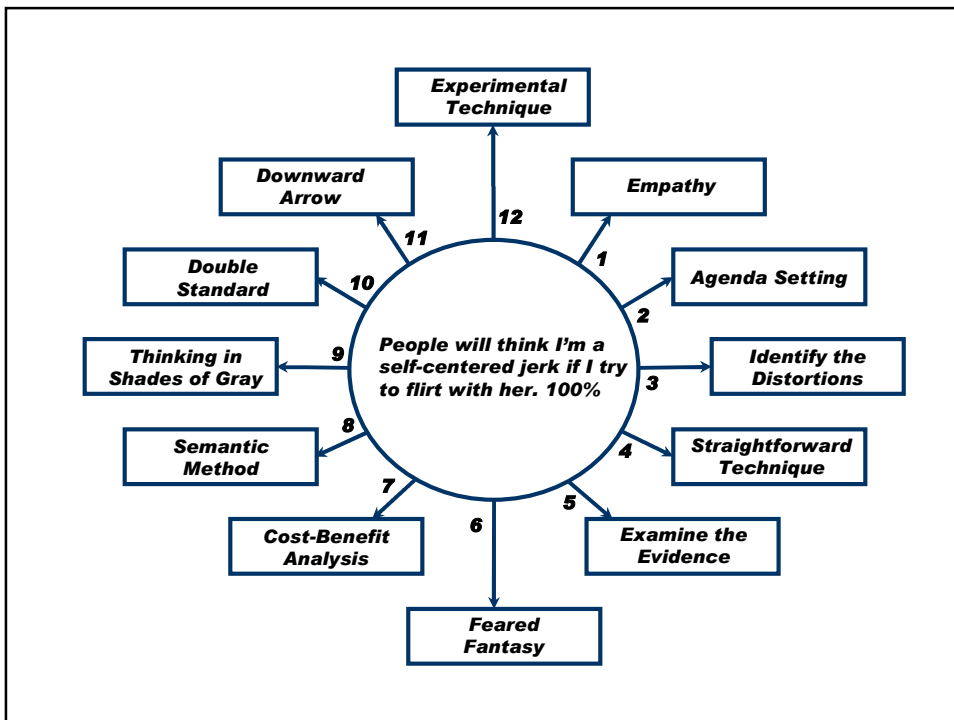
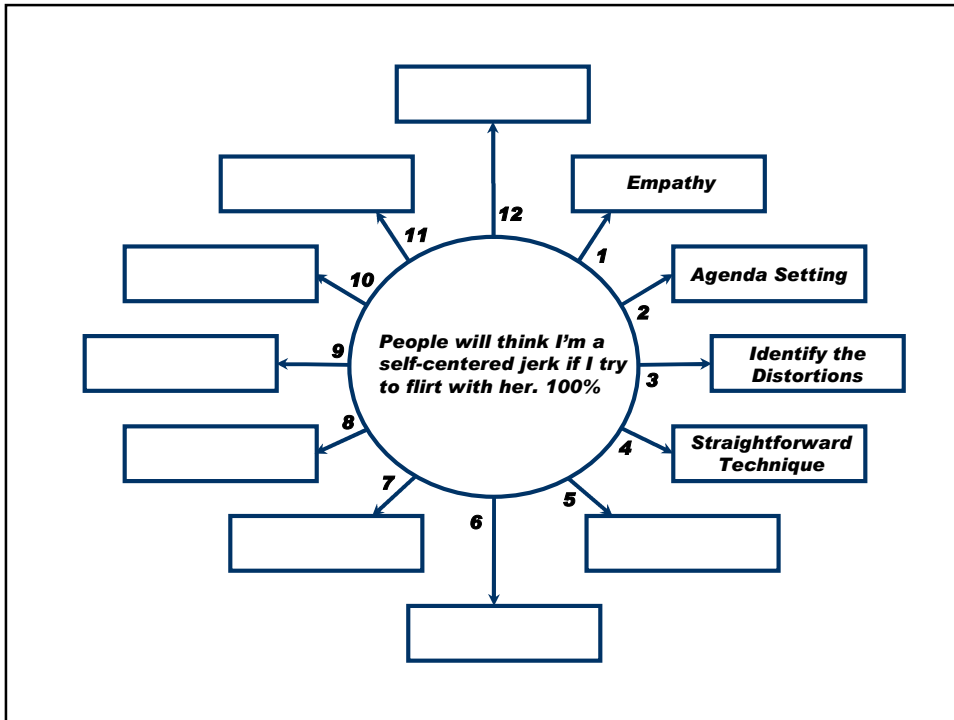
- Help Patient Develop Effective Positive Thoughts (PTs)
- Recovery Circle is the “Engine” of the DML

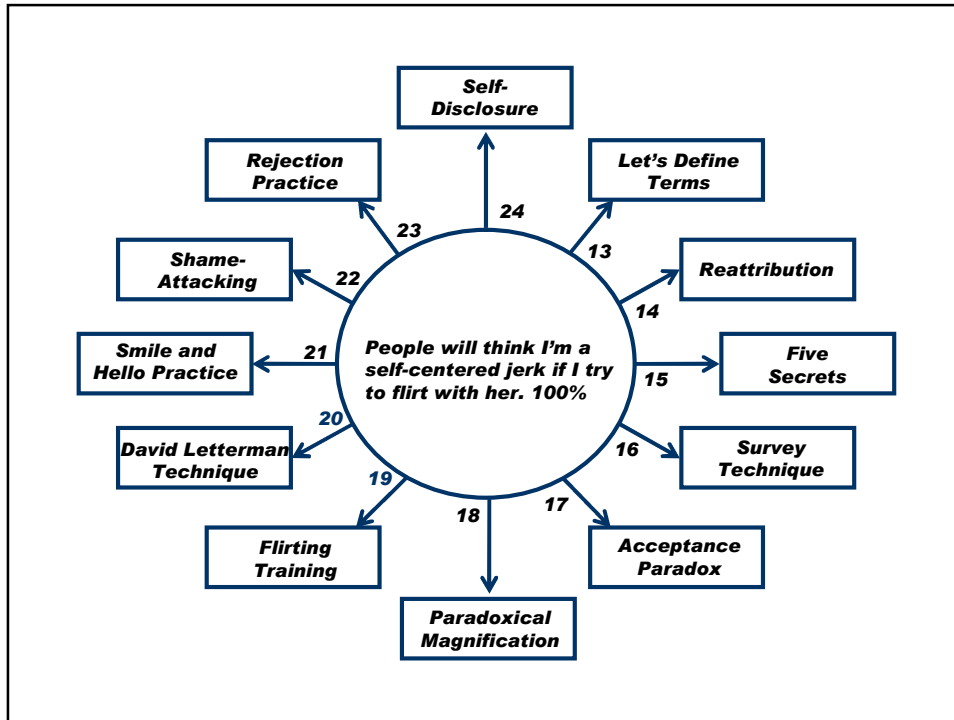
59

## **Philosophy Behind Recovery Circle**

- Highly Individualized Treatment
- Methods drawn from many schools of therapy

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## Requirements for an Effective PT

- Must be 100% true, or nearly 100%
  - Necessary but not sufficient condition for emotional change
- Must drastically reduce the belief in the NT
  - Sufficient condition



## **Many Techniques Will NOT Be Effective**

- “People will think I’m a self-centered jerk if I try to flirt with her.”
- Using the Straightforward Technique, you might say:
  - “Frank, can you think of another way to look at it? What could you tell yourself instead?”

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## **Frank Came Up with this Positive Thought**

- “If people look down on me for flirting with her, it's probably because they're jealous and have unfulfilled desires to be more flirtatious and outgoing.”

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## **Was Frank's Positive Thought Effective?**

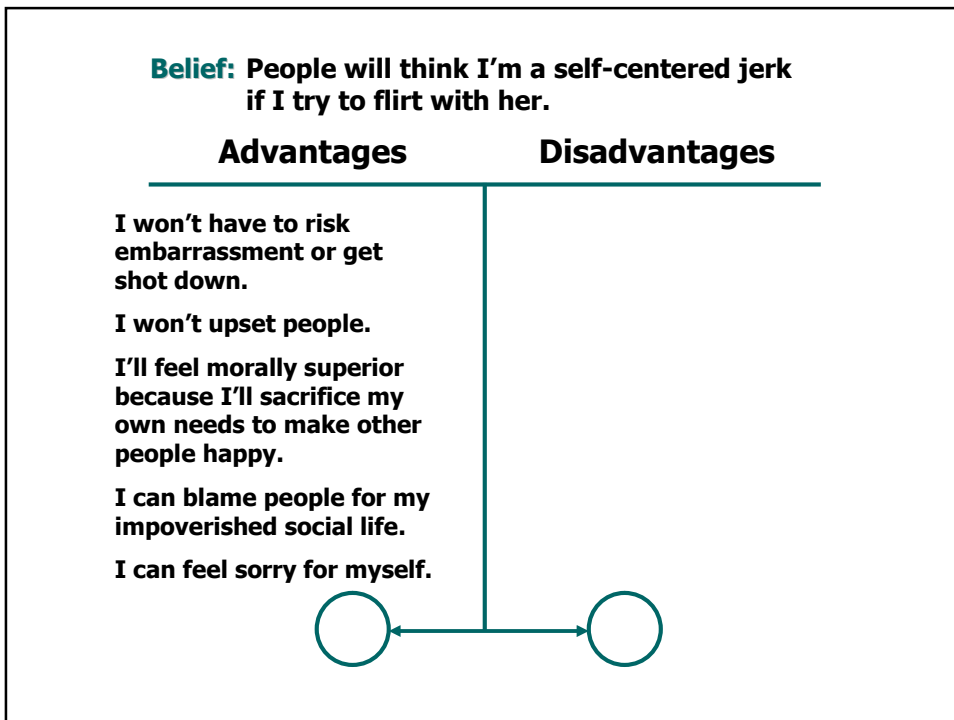
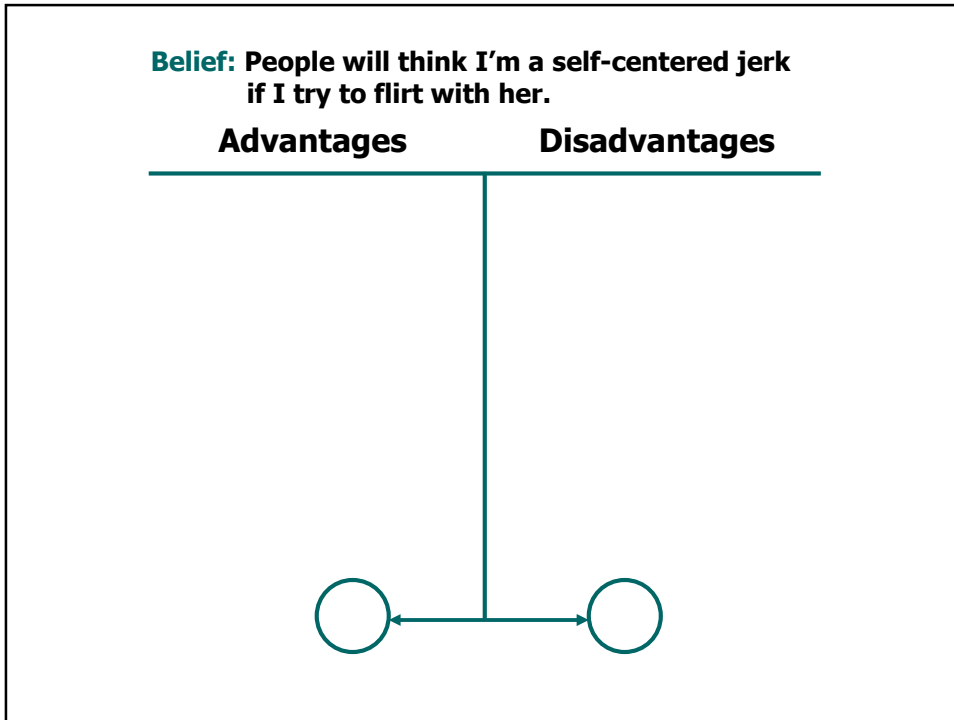
- Did it fulfill the necessary and sufficient conditions for emotional change?
- What does it tell us about Frank?
- What will you do when a technique fails?

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## **Paradoxical Cost-Benefit Analysis**


- What are some advantages of feeling anxious and ashamed and giving yourself these messages?

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**Belief:** People will think I'm a self-centered jerk if I try to flirt with her.

Advantages	Disadvantages
<p>I won't have to risk embarrassment or get shot down.</p> <p>I won't upset people.</p> <p>I'll feel morally superior because I'll sacrifice my own needs to make other people happy.</p> <p>I can blame people for my impoverished social life.</p> <p>I can feel sorry for myself.</p>	<p>I won't do what I want.</p> <p>I won't grow because I'll be so afraid of rejection.</p> <p>If I do try to talk to her, I'll get really uptight because I'll think everyone is mad at me.</p> <p>I'll be angry and blame other people for my inhibitions.</p> <p>I'll end up alone.</p>



**Belief:** People will think I'm a self-centered jerk if I try to flirt with her.

Advantages	Disadvantages
<p>I won't have to risk embarrassment or get shot down.</p> <p>I won't upset people.</p> <p>I'll feel morally superior because I'll sacrifice my own needs to make other people happy.</p> <p>I can blame people for my impoverished social life.</p> <p>I can feel sorry for myself.</p>	<p>I won't do what I want.</p> <p>I won't grow because I'll be so afraid of rejection.</p> <p>If I do try to talk to her, I'll get really uptight because I'll think everyone is mad at me.</p> <p>I'll be angry and blame other people for my inhibitions.</p> <p>I'll end up alone.</p>



## **What to Say— Individual Downward Arrow**

- “If that were true, what would it mean to you?  
Why would it be upsetting to you?”

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## **Downward Arrow Technique**

**People will think I’m a self-centered  
jerk if I try to flirt with her.**



**If that were true, what would it mean to  
you? Why would it be upsetting to you?**

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## **Downward Arrow (cont'd)**

**That would mean I was a terrible person.**



**If that were true, what would it mean to you? Why would it be upsetting to you?**

75

## **Downward Arrow (cont'd)**

**That would mean that I might be punished and go to Hell.**



**If that were true, what would it mean to you? Why would it be upsetting to you?**

76

## **Downward Arrow (cont'd)**

**That would mean I'd be miserable for all eternity.**

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## **What are Frank's Self-Defeating Beliefs (SDBs)?**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

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## **Frank's Self-Defeating Beliefs**

1. Perfectionism
2. Perceived Perfectionism
3. Approval Addiction
4. Spotlight Fallacy
5. Brushfire Fallacy

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## **Examine the Evidence**

- “How did you come to the conclusion that people would look down on you if you tried to flirt with someone you were attracted to?”
- “Do you look down on people who are outgoing?”

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## Thinking in Shades of Gray

- “Is there a more modest goal you could set for yourself, aside from flirting with her in some clever way and sweeping her off her feet?”

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## Survey Technique

- Could you ask friends if
  - They look down on people who flirt with strangers?
  - They admire your quietness, humility and self-sacrifice?
  - They ever had to struggle with feelings of shyness or fears of rejection when they were dating?

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## **Double Standard Technique**

- What would you say to a dear friend who was in a similar situation?

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## **Reattribution**

- “If I try to flirt with her and get shot down, that will show that I’m a total loser.”

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## Feared Fantasy Technique / Acceptance Paradox

- Frank is desperately afraid that the people in line would look down on him if they say him flirting, or if he made a fool out of himself.

85

NT	% Before	% After	Dist	PT	% Belief
5 People will think I'm a self-centered jerk if I try to talk to her.	100		AON, OG, MR, FT, SH, MAG, LAB, ER, SB	<p>I don't know for a fact that this is true. I don't look down on other people who are friendly and outgoing. In fact, I admire them.</p> <p>Most people probably don't care that much about what I do.</p> <p>People don't all react in the same way.</p> <p>Flirting or talking with strangers isn't terribly unusual.</p>	

<b>NT</b>	<b>% Before</b>	<b>% After</b>	<b>Dist</b>	<b>PT</b>	<b>% Belief</b>
5 People will think I'm a self-centered jerk if I try to talk to her.	100		AON, OG, MR, FT, SH, MAG, LAB, ER, SB	I don't know for a fact that this is true. I don't look down on other people who are friendly and outgoing. In fact, I admire them.	70
				Most people probably don't care that much about what I do.	100
				People don't all react in the same way.	100
				Flirting or talking with strangers isn't terribly unusual.	100

<b>NT</b>	<b>% Before</b>	<b>% After</b>	<b>Dist</b>	<b>PT</b>	<b>% Belief</b>
5 People will think I'm a self-centered jerk if I try to talk to her.	100	30	AON, OG, MR, FT, SH, MAG, LAB, ER, SB	I don't know for a fact that this is true. I don't look down on other people who are friendly and outgoing. In fact, I admire them.	70
				Most people probably don't care that much about what I do.	100
				People don't all react in the same way.	100
				Flirting or talking with strangers isn't terribly unusual.	100

<b>NT</b>	<b>% Before</b>	<b>% After</b>	<b>Dist</b>	<b>PT</b>	<b>% Belief</b>
6 I shouldn't be so loud and obnoxious. If I'm humble and quiet, they'll like me more.	100	15	AON, MR, FT, SH, MAG, LAB, ER, SB	I don't especially like people who are overly quiet and humble.	100
				There's no evidence that people in grocery store lines will like me if I'm quiet and humble.	100
				You can flirt without being loud and obnoxious. But would it be the end of the world if I got shot down or made a fool of myself?	100

<b>NT</b>	<b>% Before</b>	<b>% After</b>	<b>Dist</b>	<b>PT</b>	<b>% Belief</b>
1. I don't have anything interesting to say.	100	25	AON; MR; DP; SH; SB	I probably don't need to say anything terribly clever or interesting.	70
				I could just start by smiling and saying hello, and that would be a good first step	100

**Frank's Daily Mood Log**

**Upsetting Situation:** Standing in line at the supermarket.

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, down, depressed	50%	10%	0%	Embarrassed, foolish, humiliated	100%	20%	10%
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Guilty, ashamed	100%	5%	0%	Frustrated, stuck, thwarted	100%	0%	0%
Inadequate, defective, incompetent	95%	10%	0%	Mad, resentful, annoyed, irritated	80%	0%	0%

NT	% Before	% After	Dist	PT	% Belief
1. I don't have anything interesting to say.	100	25	AON; MR; DP; SH; SB	1. I probably don't need to say anything terribly clever or interesting.  I could just start by smiling and saying hello, and that would be a good first step	70  100

## Arm Chair Work Will Not Be Enough

- Interpersonal Exposure
  - Smile and Hello Practice
  - David Letterman Technique
  - Flirting Training
  - Rejection Practice
  - Self-Disclosure
  - Shame-Attacking Exercises

## Examples of Interpersonal Exposure

- Shame-Attacking Exercises
  - Dinner with the Ellis group
- Self-Disclosure
  - David at neighbor's house

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### Depression

Use checks (✓) to indicate how you're feeling right now.

	Before Session					After Session				
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
1. Sad or down in the dumps					✓	✓				
2. Discouraged or hopeless				✓		✓				
3. Low self-esteem or worthlessness				✓		✓				
4. Loss of motivation to do things				✓		✓				
5. Loss of pleasure or satisfaction in life			✓			✓				
Total →					15					0

### Anger

Use checks (✓) to indicate how you're feeling right now.

	Before Session					After Session				
	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely	0 - Not at all	1 - Somewhat	2 - Moderately	3 - A lot	4 - Extremely
1. Frustrated				✓		✓				
2. Annoyed				✓		✓				
3. Resentful				✓		✓				
4. Angry			✓			✓				
5. Irritated				✓		✓				
<b>Total →</b>	<b>14</b>					<b>0</b>				

### Shyness (end of session)

	0 - Not at all true	1 - Slightly true	2 - Moderately true	3 - Very True	4 - Completely true
1. I often feel nervous, self-conscious or embarrassed in social situations.		✓			
2. I often feel uncomfortable or insecure around other people.		✓			
3. I often feel shy or anxious in social situations.	✓				
4. I worry that people might notice how anxious or embarrassed I feel.	✓				
5. I avoid social situations because I feel so awkward or anxious.		✓			
<b>Total Score →</b>	<b>3</b>				



	Before Session				After Session					
	0 - Very dissatisfied	1 - Somewhat dissatisfied	2 - Neutral	3 - Somewhat satisfied	4 - Very satisfied	0 - Very dissatisfied	1 - Somewhat dissatisfied	2 - Neutral	3 - Somewhat satisfied	4 - Very satisfied
1. I feel worthwhile.		✓							✓	
2. I feel good about myself.	✓								✓	
3. I feel close to people.	✓								✓	
4. I feel I am accomplishing something.		✓					✓			
5. I feel motivated to do things.		✓					✓			
6. I feel calm and relaxed.			✓							✓
7. I feel a spiritual connection to others.		✓							✓	
8. I feel hopeful.		✓							✓	
9. I feel encouraged and optimistic.			✓						✓	
10. My life is satisfying.			✓						✓	
<b>Total →</b>	<b>11</b>				<b>30</b>					

	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
1. My therapist was warm, sympathetic, and concerned.					✓
2. My therapist seemed trustworthy.					✓
3. My therapist treated me with respect.					✓
4. My therapist did a good job of listening.					✓
5. My therapist understood how I felt inside.					✓
<b>Total Score →</b>					<b>20</b>

### Helpfulness

	0 - Not at all true	1 - Somewhat true	2 - Moderately true	3 - Very true	4 - Completely true
1. I was able to express my feelings during the session.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. I talked about the problems that are bothering me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. The techniques we used were helpful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. The approach my therapist used made sense.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. I learned some new ways to deal with my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Total Score →</b>					<b>20</b>

### Shyness (2 weeks later)

	0 - Not at all true	1 - Slightly true	2 - Moderately true	3 - Very True	4 - Completely true
1. I often feel nervous, self-conscious or embarrassed in social situations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I often feel uncomfortable or insecure around other people.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I often feel shy or anxious in social situations.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I worry that people might notice how anxious or embarrassed I feel.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I avoid social situations because I feel so awkward or anxious.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Total Score →</b>					<b>1</b>

**Positive Feelings Survey  
(two weeks later)**

	Before Session					After Session				
	0 - Very dissatisfied	1 - Somewhat dissatisfied	2 - Neutral	3 - Somewhat satisfied	4 - Very satisfied	0 - Very dissatisfied	1 - Somewhat dissatisfied	2 - Neutral	3 - Somewhat satisfied	4 - Very satisfied
1. I feel worthwhile.					✓					✓
2. I feel good about myself.					✓					✓
3. I feel close to people.					✓					✓
4. I feel I am accomplishing something.					✓					✓
5. I feel motivated to do things.					✓					✓
6. I feel calm and relaxed.					✓					✓
7. I feel a spiritual connection to others.					✓					✓
8. I feel hopeful.					✓					✓
9. I feel encouraged and optimistic.					✓					✓
10. My life is satisfying.					✓					✓
<b>Total →</b>	<b>40</b>					<b>40</b>				

## You're Invited—Join the TEAM!

- T = Testing
- E = Empathy
- A = Agenda Setting
- M = Methods

## **Additional Resources**

- David's Psychotherapy eBook
  - *Tools, Not Schools, of Therapy*

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## **Additional Resources (cont'd)**

- Unlimited free Bay Area training
  - [david@feelinggood.com](mailto:david@feelinggood.com)
  - [www.feelinggood.com](http://www.feelinggood.com)
- [www.FeelingGoodInstitute.com](http://www.FeelingGoodInstitute.com)
  - T.E.A.M. Therapy Certification Program
  - Many outstanding weekly online training groups

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## **Therapist Toolkit**

- **Treatment Tools**
  - Cognitive Behavioral Therapy (CBT)
  - Interpersonal therapy (IT)
  - Motivational Therapy
- **Tools for individual therapy, couples and family therapy, group therapy**

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## **Toolkit (cont'd)**

- **Psychometric Information**
  - Scoring keys
  - Instructions
- **License for Unlimited Reproduction**
  - Individuals, groups, institutions

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***david@feelinggood.com***