

Building Remoralization & Resiliency

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1. What is my current relationship like with my psychological distress (depression/anxiety/selfiinjury/etc.)?

2. What would I like my relationship with psychological distress (depression/anxiety/selfinjury/etc.) to look like in the future?

3. Thoughts: What thoughts get in the way of me being able to create this idealized relationship?

a. What validation statements can I use to help manage my demoralizing thoughts?

b. Control vs. Influence Thoughts – What can I control about my psychological distress? What can't I control? What do I have influence over? What do I not have influence over?

c. How can I practice NJS to help manage these thoughts?

d. What values do I want to remind myself to work towards? How do these thoughts lead me to engage in actions that conflict with my values?

4. Behaviors: What actions can I take to help make my psychological distress and experience more tolerable?

a. What can I do to increase fun, calm, relaxation, or even neutrality?

b. What can I do to help increase a sense of control, capability, competency, or confidence?

c. What can I do to keep positive or neutral moods, emotions, states, and attitudes going?

d. What are ways I can connect with others and the world around me? (Think physical/psychological/social/spiritual connection)

e. Now, think JNC! Identify one area you would like to see change or improvement in & break it into small steps. Think SMART behaviors! (Specific, Measurable, Attainable, Realistic, Time-bound)

Remember the dialectic: Things may be hard right now, and I have done hard things in the past.