

HOMEWORK ASSIGNMENT 1: CREATIVE HOPELESSNESS

Instructions: Between now and the next session, I would like you to spend time noticing that you are stuck. Think back to our session and the space that we got to just before you left the session. Notice how long the struggle has been there for you and reflect on the feeling of being in this struggle. Write a paragraph on your experience of being stuck in the struggle.

Reflect on the costs that you have experienced as a result of being stuck in the struggle. Describe some of those costs and how you have felt as a result. Throughout the week, take time to monitor your negative experiences such as bad moods or negative thoughts, especially as they relate to your PTSD or trauma. When these experiences are present, notice what it is that you try to do to deal with these experiences. Take notes regarding these efforts. However, don't try to change anything at this time. If nothing happens on a particular day of the week, leave the boxes blank.

Day of the week	Situation	Experience (negative thoughts or emotions)	What you did to try to deal with the experience and what was the cost, if any?
<i>Example</i>	<i>I got in an argument with my partner.</i>	<i>I felt angry and thought that I was wrong/bad for yelling and fighting.</i>	<i>I drank alcohol in order to decrease my anger and mellow out.</i>
Sunday			
Monday			
Tuesday			

Wednesday			
Thursday			
Friday			
Saturday			

Please write out some of the costs that you experienced as a result of trying to “fix” negative emotions.