

## **MODULE 1A**

# **LIFE SKILLS SUPPORT GROUP**

## **THE RIGHT FRAME OF MIND**

### **ATTITUDE**

**GOAL:** This module is designed to help participants overcome barriers in thinking that prevent them from moving forward. Participants will learn to identify and correct negative views that lead to unproductive behavior.

**OBJECTIVES:** Participants will be able to:

- recognize negative thinking patterns
- understand how thinking is related to behavior
- have more control over negative behavior

**MATERIALS:** Handouts: Attitude is Key, Examples of Negative Thoughts

\*This module selection (attitude) requires an LMHA Staff to conduct group

**ATTITUDE IS KEY!  
AS A MAN THINKETH SO IS HE**

In order to gain more control over our emotions and behavior, we can become more aware of the negative destructive thoughts that enter our minds almost habitually. These negative thoughts have the power to control how we feel and how we process information in deciding how to behave.

The good news is that while we typically cannot control the way we feel about a person or a matter, we can control our thoughts! This becomes significant when we need to change the way we respond to certain situations.

The behaviors and feelings that we most often want to change are the ones that have negative consequences tied to them. High intensity feelings like rage, envy, sadness, and guilt can be debilitating, particularly if experienced often.

Let's look at an example where our feelings can change in response to a change in our thinking pattern.

**EXAMPLE:** A neighborhood fire breaks out and three family homes are burned down. There was no loss of life, but one woman who lost her home grieved so much she ended up in the hospital for stress-related illness.

What happened to the other homeowners? How did they manage to survive the fire without needing medical care?

In this narration, the other fire victims were relieved that there was no loss of life and that everyone in their family was safe. While they had normal feelings of grief and loss they managed to look toward building their lives again.

## EXAMPLES OF NEGATIVE THOUGHTS AND HOW THEY MAKE YOU FEEL AND ACT

**Please add examples of negative thoughts and their consequences:**

Negative thoughts/attitude	Feelings	Behavior
1. I am stupid	Sadness	Avoid learning
2. I can't do anything right	Overwhelmed	Won't try
3. I must be perfect	Tense/No Joy	Limiting
4. I can't trust people	Suspicious	Avoid others
5. I am afraid	Fear	Won't live life
6.		
7.		
8.		
9.		
10.		