

Reproducible forms\* for  
*Treating Impulsive, Addictive, and Self-Destructive Behaviors:*  
*Mindfulness and Modification Therapy*

by Peggilee Wupperman  
Guilford Publications, Inc.

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## MMT Session Chart—20 Weeks (Example)

Client: \_\_\_\_\_

7 Guided Audios

Date	Session Letter and Partial Name	Week Number
1/16	Intake	Pretreatment
1/23	Session A, First Session (90 minutes)	1*
1/30	Session B, Neutral Experiencing (BEST B)	2
2/6	Session C, Mindful Exposure, Part I	3*
2/13	Semi-Flex Session	4
2/20	Session D, Mindful Exposure, Part II	5*
2/27	Session E, Pleasant/Fulfilling Activities	6
3/6	Session F, Urge Roadblocks	7
3/13	Session I, Saying No: OFFER Mindful Refusal	8*
3/20	Session H, Goals	9
3/27	Flex Session 1	10
4/3	Session G, Freeing Self: Thoughts	11*
4/10	Session J, Mindful Assertiveness: OFFER	12
4/17	Flex Session 2	13
4/24	Session K, Freeing Self, Part I: Acceptance and Tolerance	14*
5/1	Session L, Freeing Self, Part II: Acceptance and Tolerance of Self and Others	15
5/8	Session M, Experiencing/Expressing Understanding	16
5/15	Session N, Paving the Road: Building Connections	17*
5/22	Flex Session 3	18
5/29	Session O, Integrating and Generalizing	19
6/5	Session P, Termination	20

\* = Client given link to new audio practice.

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TS-2

## MMT Session Chart—20 Weeks

Client: \_\_\_\_\_

## 7 Guided Audios

[illegible]

\* = Client given link to new audio practice.

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**First Session: Therapist Outline**

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(One 90- to 100-minute session or two 45- to 50-minute sessions)

- Greet client and interact with client as a person
  - Briefly check on target behavior in the last week
  - Explain what to expect in treatment
- Biopsychosocial conceptualization: boiling pot metaphor
  - Mindfulness lets out steam; releases pressure
  - Eventually helps turn down heat on stove; turns down intensity of urges and helps gain freedom from feeling controlled
- Review what client wants to work on; castle/destination metaphor

(Approximate halfway mark of 90-minute session or split between two sessions)

- Color Body Scan and discussion
- Coping Toolbox
- Read “Why Do I Ask You . . . ?”
- Introduce Daily Log; review assignments on Tracking Sheet
- Get commitments, devil’s advocate, troubleshoot, and wrap up

## TS-A2 Boiling Pot (Biopsychosocial) Metaphor: Therapist Bullet Points

- Some people born feeling emotions more strongly than others.
  - Not a bad thing. Often creative and/or understanding/interpersonal focused.
- Sometimes raised in adverse environment:
  - Routinely put in situations emotionally painful for *anyone*.
  - Since already feel emotions more strongly, pain feels *unbearable*.
- So they try to turn off pain. (*Makes sense* if pain feels unbearable.)
  - Sometimes tell selves, “I’m not going to feel or think.”
  - Eventually may feel they need something stronger: target behavior.
    - ◆ Works at turning off uncomfortable emotions and urges in short term.
- Problem 1: Never fully learn healthy ways to cope with emotions.
- Problem 2: “Turning off” emotions is like putting a lid on a pot of boiling water:
  - Emotions still there; just like boiling water and steam still there.
  - Feel better briefly, but steam/pressure keeps building, like urges/emotions keep building.
  - Person may almost always feel under pressure from urges.
  - Eventually pot explodes; that’s when urges and emotions feel *really* unbearable.
- So person tries harder to “turn off” urges and emotions.
  - Uses target behavior (puts lid on pot) and feels better for short time.
  - But pressure starts building again.
  - Over time, life becomes vicious cycle of target behavior . . . then pressure building . . . then urges feeling unbearable . . . then target behavior . . . and so on.
    - ◆ Might sometimes feel like someone else has remote control for emotions or urges.
  - Does this feel like it fits you?
- First few weeks of MMT, we’ll help open a steam hole in lid of the pot.
  - Let out some of the pressure and make urges and emotions easier to tolerate.
  - Some exercises might seem weird—but they help you experience what you’re feeling and let steam out of pot.
  - Also retrains your brain to value your emotions and reactions.
  - Later, we’ll work to turn down heat on the stove under the pot—turn down intensity of urges and emotions.
  - But first we have to let out some of that pressure.

## Destination Metaphor: Therapist Template

*(Acknowledge that the metaphor might sound cheesy, while also conveying that it presents an accurate explanation of treatment.)*

- Imagine the life you want—a life that feels more fulfilling and satisfying, with you generally feeling like the kind of person you want to be. Now imagine that life is represented by a destination—a house or building [or castle] or whatever you want.
- That destination is over here (*hand gesture—with right hand stretched to right side*) and you've been over here (*left hand stretched to left side*).
- You've been trying to get closer to that destination off and on—and you may have really tried your best—but the problem is that you haven't known *how* to get there. So you've been trying to get there (*show with hand gesture*), not knowing which way to go.
- We're going to put you in a car [or bus/train for people who don't drive] and get you moving toward that destination (*move left hand closer to right*).
- If you come to sessions and do the work, I'm confident that by the end of treatment [or in a few months, if applicable], you'll be much closer to that destination (*move left hand much closer to right*). You won't be *at* the destination, but you'll be much closer, and you'll *feel* like you're much closer. You'll notice a difference in yourself and your life.
- And you'll have a GPS [and/or bus/train route] that will allow you to keep moving even closer to the destination on your own, because you'll have the coping skills to keep going.
- But it won't be easy. This program is a lot of work, and the home practice can feel tedious and boring at times.
- Some weeks you'll feel like you're going 75 miles an hour. Other weeks you'll feel like you're going up a steep hill on a dirt road with the car [bus/train] overheating. You might even feel like you have to get out and push the car [bus/train].
- In other words, some weeks will feel like you're making progress, and some weeks will feel like you're putting in a lot of effort but barely moving—or not moving at all. There might even be weeks when you feel a little worse for a short time. If so, that's normal, and it's temporary. I'll work with you to keep moving until you get past that part.
- But, ultimately, as long as you come to sessions and do the work, I'm confident that by the end of treatment, your life will feel very different—and you'll look back and be really impressed by the progress you've made.
- What do you think about that?

## Color Body Scan: Therapist Script

I'd like you to gently bring your attention to my voice. Allow your eyes to close, or, if that's uncomfortable, just focus on a spot in front of you. The purpose of this exercise is not to relax or feel calm; it might happen or it might not. The purpose is to allow yourself to experience *whatever* you experience: to be *aware* of what you are experiencing. If you're like most people, your mind will wander many, many times. That's fine. When you become aware your mind is wandering, give yourself credit for noticing, and then gently bring it back to this exercise.

Now I'll count from three to one. Three: Allow yourself to be aware of the sounds around you. Know that your mind might wander to various noises . . . and that's fine. Just bring it back to the exercise. The purpose is not to go into a trance or to be hypnotized; you won't. The purpose is to allow yourself to be aware. (*Slight pause*) Two: Be aware of the sensations in your feet, legs, and body as they touch the floor or chair. (*Slight pause*) One: Be aware of the sensations in your chest and stomach as you breathe in and out. Just allow yourself to breathe naturally, without trying to control your breathing. (*Slight pause*)

Now I'd like you to allow yourself to be a little playful. Imagine that your breath is a color. When you inhale, this colored breath fills your chest and stomach—so your chest and stomach turn this color from the inside and then outward—and remain this color when you exhale. Try two or three colors and then pick one you'll keep for the rest of the exercise. (*Pause*) Allow yourself to be aware of the sensations. (*Slight pause*)

Now allow yourself to be a little playful again. Imagine that the colored breath fills up your chest and stomach . . . and then goes all the way down your legs and fills up your toes. So your toes turn the color from the inside out—and then stay that color when you exhale. Allow yourself to be aware of the sensations in your toes. Some people say their toes tickle or tingle, some say their toes feel warm or cold, others say they don't even feel their toes at all. Whatever you feel is completely fine. (*Slight pause*)

Now allow your attention to move to the sensations in the bottoms of your feet and heels. Be aware of whether you can feel the fabric or air against them. Maybe you will, maybe you won't. (*Slight pause*) Now your attention spreads up *through* your feet to the top of your feet and ankles. Be aware of any difference in sensations in the tops of your feet compared to the bottoms of your feet. The purpose isn't to try imagine what they look like; the purpose is to be aware of the sensations. (*Slight pause*) Now imagine the color fills up the lower part of your legs: the bones, the muscles, the skin. (*Slight pause*) Some people say they feel relaxed when they do this; others say they feel antsy or bored. Any feeling is fine. There've been too many times in your life when you've felt you *should* be feeling one way or another. This is a time to allow yourself to feel whatever you feel. (*Slight pause*) And now the color fills up your knees—the back of your knees, the joints, and the front of your knees—all radiate with the color. (*Slight pause*)

Now allow your attention to move to your thighs: the bones, the muscles, the skin. (*Slight pause*) Notice whether the pressure feels any different in the back of your thighs compared to the front of your thighs. (*Slight pause*) Notice whether you feel your hands or arms against your thighs. (*Slight pause*)

Now the color fills up the lower half of your trunk—from your waist down. (*Slight pause*) Allow

(continued)



## Color Body Scan: Therapist Script (page 2 of 3)

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yourself to be aware of the sensations in your lower back (*slight pause*), your bottom (*slight pause*), your front (*slight pause*). Some people feel tension in their lower back. If you come across areas of your body that feel tight or tense, just allow the color to seep through those areas and see what happens. Some people say they're able to release some of the tension when they exhale. If so, that's fine—if not, that's fine, too. Just be aware of the sensations in your lower trunk (*slight pause*), as your abdomen expands and contracts. (*Pause*)

And now, the color goes up through your spine and radiates out to fill the top half of your body: your organs, your rib cage, your muscles, your skin. (*Slight pause*) Be aware of the sensations in your upper back. (*Slight pause*) If you notice any tension, just imagine the color seeping through the muscles. Maybe some tension will leave with the exhale; maybe not. Either way is OK. (*Slight pause*) Now be aware of the sensations in your chest (*slight pause*) and upper abdomen (*slight pause*), your lungs expanding and contracting. (*Slight pause*) Allow yourself to have a sense of curiosity. This is one time there is no certain way you are *supposed* to be reacting—other than experiencing whatever you experience. (*Slight pause*)

Now imagine that when you inhale, the color goes down through your arms and fills up your hands. (*Slight pause*) Focus on the tips of your fingers. Some people say they feel tingly or tickly . . . or warm or cold . . . or even have no feeling. (*Slight pause*) Now, be aware of the feelings in your fingers and the places where your fingers touch each other. (*Slight pause*) And your palms (*slight pause*), and the backs of your hands and wrists. Just be aware of the sensations. (*Slight pause*)

Now the color fills up your lower arms and elbows. Your mind has probably wandered dozens of times during this exercise—if not more. When you notice it happening, give yourself credit for noticing, and gently bring your mind back to your sensations. (*Slight pause*)

And allow your attention to move to your upper arms. You may feel your arms touching your body—or the floor or furniture. Or maybe not. Whatever you're feeling is fine. (*Slight pause*)

And now, the color fills up your shoulders and neck. (*Slight pause*) If you carry any tension in your shoulders or the back of your neck, just imagine the color seeping through the area. (*Slight pause*) Just be aware of the experience: your shoulders (*slight pause*), the back of your neck (*slight pause*), your throat (*slight pause*), the front of your neck. (*Slight pause*) And the color moves up to fill up your face, from behind the face through the skin. (*The following is said slowly, with many very short pauses.*) Your jaw . . . your lips . . . your mouth—maybe you can feel your tongue touching the roof of your mouth or your teeth . . . your nose and the area around your nose . . . your cheekbones . . . your eyes and the area behind and around your eyes . . . your eyelids . . . your eyebrows and brow line . . . your forehead. (*Slight pause*)

And now the color spreads back to include the sides of your head (*slight pause*) and your ears (*slight pause*). And then it spreads through your head to include the top of your head (*slight pause*) and the back of your head (*slight pause*). If there's any tightness, just allow the color to seep through so the area is filled with the color. (*Slight pause*) Be aware of the sensations as your entire head is filled with the color (*Pause*). The top portion of your head almost glows with this color. (*Slight pause*) Be aware of the sensations. (*Slight pause*)

Now allow yourself to be a little playful again. Imagine that as you inhale, the colored breath fills up your head and then puffs out the top of your head through the pores—to make little color cloud puffs above your head. And as you exhale, it comes back through your pores and goes all the way through

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### Color Body Scan: Therapist Script (page 3 of 3)

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your body and puffs out your toes. And then as you inhale again, it comes back in through your toes and all the way through your body and out your head again. (*Slight pause*) So every time you inhale or exhale, the color comes in, goes all the way through your body, and then goes out again. Just allow yourself to be aware of what that feels like: the sensations in your body as the breath goes through. And allow yourself to be curious. (*Slight pause*) There's nothing that you are *supposed* to feel or supposed to be. You're just *you*. And you're experiencing whatever you experience. (*Pause*)

Now, gently allow your attention to come back into the room. One: As the breath turns back to the normal color, focus on the sensations in your chest and stomach as you inhale and exhale. (*Slight pause*) Two: Be aware of the feelings of your back, legs, and feet against the floor or chair. (*Slight pause*) Three: Be aware of the various sounds in and around the room. (*Slight pause*) And whenever you're ready, allow your eyes to open. And you might want to stretch a little. . . . (*Therapist stretches before turning chair around to face client.*)

What was that like for you?

**H-A1**

## Tracking Sheet, Week A

Please write the day and what you did each day in the appropriate column. You can use the "Comments" section to write about anything that occurs during practice so you can remember to talk about it in session.

<b>Day</b>	<b>Audio Practice: At least five times</b>	<b>Coping Toolbox: At least 2 days What skill?</b>	<b>Comments (Optional)</b>
Wed.	Yes	Worked out	Attention wandered many times during audio, and I noticed myself having judgments. But I stuck with it.

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***Riding out urges without doing something that gets in the way of moving toward the life you want***

Do your best to utilize your full awareness when you engage in each activity. Be aware of the physical sensations, sounds, sights, tastes, and/or whatever you choose for your area of focus.

1. Listen to the Color Body Scan or other audio.
  2. Say a reminder phrase to yourself. (Ex: *It's difficult, but it will pass.* OR *Just until the next session.*)
- 
3. Do something creative (draw, take pictures, paint, knit, create a graphic, build something, sew).
  4. Write in a journal.
  5. Call someone. (Who? Name: \_\_\_\_\_; Name: \_\_\_\_\_)
  6. Do something to contribute to others. (Call someone lonely; say "hi" to a cashier; volunteer.)
  7. Say a prayer to a higher power or the universe. Ask for strength to bear this moment.
  8. Focus on sensations. (Take a hot shower or bath. Or take a cold shower or bath.)
  9. Engage in physical activity. (Run, sit-ups, push-ups, yoga [DVD or Internet], dance, bike, walk at a brisk pace, or other workout.)
  10. Take a walk. Notice shapes or colors around you. Or notice sensations in your feet.
  11. Practice mindfulness of *any* activity. (a) Drink coffee, tea, or juice. Drink slowly, focusing on the sensations of taste, smell, and temperature. (b) Put on a comfy sweatshirt or wrap up in your favorite blanket. (c) Pet your cat/dog. Be aware of the feeling of the fur and warmth. (d) Burn incense and be aware of the smell. (e) Play music you like and *really listen*. (f) Sit still and focus on your breathing. (g) Spend time in nature. (h) Etc.
  12. Sing along with your favorite songs. (Find them on YouTube if you don't own them.)
  13. Cook or bake (for yourself or as a gift for someone else).<sup>a</sup>
  14. Play a computer game.<sup>a</sup>
  15. Visit someone who doesn't engage in the behavior, or go to a support group meeting.
  16. Get on a bus and just ride around the city. Really look at the scenery.
  17. Take a moment to imagine how you would feel tomorrow if you act on the urges.
  18. Think about moving toward a life that fits your values and who you want to be.
  19. \_\_\_\_\_
  20. \_\_\_\_\_

<sup>a</sup>Only if this activity is not related to the target behavior.

## Why Do I Ask You to Do Your Best to Stop the Target Behavior for the Next \_\_\_\_ Weeks?

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Many people have learned to cope with uncomfortable emotions and urges by trying to turn them off—or at least trying to numb them a little. However, that’s like putting an airtight lid on a pot of boiling water. The pressure of the steam keeps building, and the urges become more difficult to bear.

In this treatment, you’ll learn skills for coping with uncomfortable emotions and/or urges so the pressure decreases and the emotions and urges feel easier to handle. That’s like letting the steam out of the pot of boiling water. By fully learning these new skills, you can take back your power so you no longer feel controlled by urges or emotions.

It’s important that you work hard to refrain from [target behavior] as much as possible for the next \_\_\_\_ weeks, so you can fully learn the new coping skills. Even if you don’t have a problem with [target behavior], the behavior numbs your emotions at least a little—which means that you’re still putting the lid on the pot of boiling water. That means the skills are less likely to fully “sink in.” In other words, even if you make progress during treatment, there’s a higher risk of losing progress after treatment ends. I know I’m asking you to do something difficult. So I won’t judge you if you tell me you slipped up. I just ask you to do your best. That means you might be able to stop right away, or you might take a little longer to build up your emotional muscles. It is important for you to be honest about your behavior so I can help you.

*Remember:* People who do their best to stop [target behavior] during treatment are more likely to have the skills “sink in”—which means they will make more progress in treatment and have a better chance of *keeping their power* even after they’ve finished treatment.

So whether or not you have a problem, I ask you to work your hardest to stop [target behavior] during treatment. Thank you!

## Daily Log

Week date: \_\_\_\_\_ to \_\_\_\_\_

Completed each day? (Y or N): \_\_\_\_\_

Name: \_\_\_\_\_

Do your best to complete the following log each day. Enter the highest you felt the emotion or urge during the day. (For example, if you experienced anxiety at a 3 for most of the day but at an 8 for an hour, you would enter an 8.) You don't have to spend a lot of time on this.

Day	Frustrated/ Angry 0-10	Sad 0-10	Happy 0-10	Stressed/ Anxious 0-10	Bored 0-10	Lonely 0-10	Satisfied 0-10	Ashamed 0-10	Interested 0-10	Urge 0-10	Act on urge? Y/N Details?	Urge 0-10	Act on urge? Y/N Details?
Mon.													
Tues.													
Wed.													
Thurs.													
Fri.													
Sat.													
Sun.													

## Home Practice Summary: Color Body Scan and Coping Toolbox

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### 1. Practice the Color Body Scan at least five times.

Do your best to **practice the Color Body Scan with the audio at least five times** this week. Remember that there is no right or wrong way to feel when practicing. Whatever you feel is fine. Just notice it—and do your best not to judge or try to change what you are feeling. Allow yourself to be curious about whatever you are experiencing. Just keep practicing, and we'll talk about it next week. Be sure to fill in the Tracking Sheet each time you practice with the audio.

### 2. Do your best to do something from *H-A2: Coping Toolbox* at least 2 days this week.

Do your best to give the activity your full awareness. Do *at least two* activities from the toolbox even if you don't have urges this week. This will give you practice using the toolbox so you're more likely to think of it when you do have urges. Using the toolbox is *especially* important when you are having urges. Do your best to keep yourself busy with the activity, so you can ride out the urge without doing something that keeps you from moving toward the life you want. You may feel better when you're doing the activity, or you may not. You may even have to use two or more activities from the toolbox before the urge starts to fade. But as long as you can ride out the urge without using the [target behavior], you're taking back your power and using the activities effectively. Be sure to fill in the Tracking Sheet each time you do something from the toolbox.

### 3. Complete the *Tracking Sheet (H-A1)* and the *Daily Log* each day.

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling through the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Program Commitments

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1. I commit to *doing my best* to attend session *every week* for \_\_\_\_ weeks.
2. I commit to *doing my best* to be on time every week.
3. I commit to *doing my best* to do the home practice every week.
4. I commit to *doing my best* to be fully honest on everything I report, even though it might be difficult.
5. I commit to *doing my best* to refrain from [target behavior] for the next \_\_\_\_ weeks.
6. Although these steps will be difficult, I realize that they will help me move closer to being the kind of person I want to be and living the kind of life that fits my values.

Name \_\_\_\_\_ Date \_\_\_\_\_



## BEST B Neutral: Therapist Script

*(Tell the client that this will take longer than the standard 2–3 minutes.)* The first **B** is for **breath**. Allow yourself to be aware of the physical sensations in your chest and stomach as you inhale and exhale.

*(Pause)* You'll focus on about three breaths when you do this on your own. *(Pause long enough for 3–4 breaths)*

We've done **B** for *breath*, now **E** for **emotions and urges**. Gently bring your attention to your emotions and urges. Purposely experience what you're feeling. *(Pause about 3 seconds)* Allow yourself to be open to *all* of your emotions and urges—without trying to control them. *(Pause about 3 seconds)* Mentally label the emotions and urges: "That's stress or anxiety. That's boredom. That's an urge." [Note: You can suggest a few emotions you think the client might be experiencing. "Perhaps you're feeling some irritation? Maybe some sadness? If so, just label the emotions."] You don't have to label every emotion you might be experiencing. Just be aware of the first few that come to mind. *(Pause about 2 seconds)* And allow yourself to be curious about what the emotions and urges feel like—including any related physical sensations. *(Pause about 3 seconds)* Emotions and urges won't make your head explode, even if they feel like they will. Urges don't predict the future. You can have emotions and urges without acting on them. You can ride them out—even though it's hard. *(Pause about 3 seconds)* This is your chance to take back some power by purposely experiencing your emotions and urges, and riding them out. *(Pause for about 5 seconds)*

We've done **B** for *breath*, and **E** for *emotions and urges*—now **S** for **sensations**. Gently shift your attention to focus *primarily* on physical sensations. *(Pause)* Do a quick mental scan of your body. If any area of your body feels tight or tense, imagine that your breath goes to that area when you inhale—and then surrounds and fills the area. When you exhale, some of the tightness may or may not leave with the breath. There is no right or wrong way. *(Pause for about 5 seconds)*

We've done **B** for *breath*, **E** for *emotions and urges*, and **S** for *sensations*. Now **T** for **thoughts**. Gently shift your awareness to the thoughts that pass through your mind. Most of the time we act on thoughts as if they were facts, but actually our brains generate thoughts based on what we were taught to believe in the past. *(Pause about 2 seconds)* Thoughts don't necessarily equal facts. You can have a thought without acting on it. *(Pause about 2 seconds)* Notice the thoughts going through your mind, and then label each thought by telling yourself, "That's a *thought*." *(Slight pause.)* Thoughts may be anything: Even thinking "I can't think of any thoughts" is a thought. If you think, "I can't take it any more"—tell yourself, "That's a thought." You might notice thoughts like, "I don't think I'm doing this right," or "I'll stop the behavior next week." Just tell yourself, "Those are thoughts." You may even notice unrelated thoughts like wondering whether it's raining or worrying about the future. Those are all just thoughts. It doesn't matter what thoughts you have, as long as you observe them and label them as thoughts. You're training your brain to respond to your thoughts in a different way. *(Pause about 3 seconds)* Notice your thoughts passing through your mind like clouds floating through the sky. Clouds come and go, but the sky remains the sky—just like thoughts come and go, but your mind remains your mind. *(Pause for about 2 seconds)* Now I'm going to be quiet a few seconds, and just notice the thoughts that pass through your mind. *(Pause for about 5 seconds)*

*(continued)*

## **BEST B Neutral: Therapist Script** *(page 2 of 2)*

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Now we've done *B*, *E*, *S*, and *T*, so we're up to the last **B**—which is **breath** again. Gently bring your attention back to your breath for a few breaths. Allow yourself to be aware of the sensations in your chest and stomach as you breathe in and breathe out. *(Pause for about 3 breaths)* Remind yourself of your commitment to work to be the kind of person you want to be. *(Slight pause)* Now, if you choose to do so, make a commitment—right now to yourself—to do your best to act in a way that fits that kind of person. *(Slight pause)* And be aware of what that feels like. *(Pause for about 3 seconds)* Really be aware of what it feels like to make that commitment to yourself. *(Pause for about 3 seconds.)* Now, whenever you're ready, allow your eyes to open. *(The therapist turns chair around and faces the client.)* What was that like for you?

## Urges and Uncomfortable Emotions

Urges and uncomfortable emotions can be cued by things around you (people, places, events) or inside you (emotions, thoughts, sensations).

In the past, you've probably tried to avoid thinking about urges and uncomfortable emotions. The thing is, *when you try to avoid urges and emotions, they get stronger over time (like the steam and pressure in the pot of boiling water)*. There's more! When you try to avoid urges and emotions, they can affect your behavior almost before you're aware of what's happening. Some people say that they feel almost like someone else has a remote control for their behavior. They might not plan to act on the urges, but then they feel an uncomfortable emotion or an unexpected spike in urges—and suddenly they start [engaging in target behavior] without even thinking about it. And then they often feel worse and regret their behavior afterward.

*MMT exercises can help you become aware of what leads to these urges and emotions—so you're not taken by surprise and you can choose how you want to react.* In other words, you won't feel like someone else has the remote control.

*The first step is to become aware of urges/emotions.* To be *unaware* makes it easier to go on autopilot and do things that can cause you pain in the long run. Awareness gives you the freedom to make your own choice about how you want to act.

*The second step is to get through the urges without acting on them.* Many people think that once an urge/emotion begins, it will keep getting stronger until the person acts on it. Instead, urges/emotions are like waves. They rise to a peak, and then if you ride them out without acting on them, they naturally decrease. Urges and emotions can rise and fall many times a day. They can be uncomfortable or painful to experience. However:

- The more you can get through the peaks of urges/emotions without acting on the urges, the weaker the peaks will become over time.
- Every time you get through a peak without acting on the urges, you build your “emotional muscles,” so you will gradually build more strength to cope with the urges.
- Over time, your emotional muscles will become stronger, and the urges will feel weaker and weaker. So urges will feel less overwhelming and much easier to bear.
- But the only way to get to that point is to get through the urges *without acting on them*.

*Only take about 2 or 3 minutes when you do this on your own.*

- Breath** Focus on your breath for about three breaths; allow yourself to be aware of the physical sensations in your chest and stomach as you breathe in and breathe out.
- Emotions/urges** Gently bring your attention to your emotions and urges. Be aware of what you're feeling. Label the emotions and urges. ("That's stress or anxiety. That's boredom. That's an urge.") Allow yourself to be curious about what the emotions feel like, including any related physical sensations. Emotions and urges won't make your head explode. You can have an urge without acting on it.
- Sensations** Gently shift your attention to focus *primarily* on physical sensations. Do a brief scan of your body, and if any area feels tight or tense, imagine that your breath goes to that area and seeps through it. When you breathe out, some of the tightness may or may not leave with the breath. There is no right or wrong way to feel.
- Thoughts** Allow yourself to be aware of your thoughts. Then label the first few thoughts that come into your head as "just thoughts." Your brain generates thoughts based on what it has been trained to believe in the past, but you can have a thought without acting on it. (Thoughts may be anything: "I can't think of anything" or "I'm not doing this right" or "I can't take it any more" or "I'll stop the target behavior tomorrow" or *anything*.)
- Breath** Bring your attention back to your breath. Allow yourself to be aware of the sensations as you breathe in and breathe out. Now, if you choose to do so, gently commit to yourself to act in a way that fits the kind of person you want to be. Really make that commitment. And be aware of what that feels like.

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*Remember:*

*This is your chance to take back some of your power by choosing to purposely experience your emotions, urges, sensations, and thoughts.*

*Emotions and urges won't make your head explode, even if they feel like they will. Urges don't predict the future. You can have an urge and ride it out without acting on it.*

*Most of the time we act on thoughts as if they were facts, but your brain generates thoughts based on what you were taught to believe in the past. Thoughts don't necessarily equal facts. Thoughts don't predict the future. You can have a thought without acting on it.*

*An emotion is just an emotion; an urge is just an urge; a sensation is just a sensation; and a thought is just a thought.*

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## Tracking Sheet, Week B

Please write the day and what you did each day in the appropriate column.

Day	Audio: At least five times	BEST B: Once Daily Where? When?	Comments (Optional)
Wed.	Yes	Bathroom, morning	Noticed getting sleepy in the BEST B. I find it relaxing.

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## Home Practice Summary: Color Body Scan and Best B

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**1. Practice the Color Body Scan at least five times.**

Do your best to **practice the Color Body Scan with the audio at least five times** before our next meeting. Remember that there is no right or wrong way to feel when practicing. Whatever you feel is fine. Just notice it—and do your best not to judge or try to change what you are feeling. Allow yourself to be curious about whatever you are experiencing. Just keep practicing, and we'll talk about it next week. Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (See H-B2: BEST B.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

*A final script cannot be provided, since the visualization should (obviously) be specific to the client's situation. Instead, a (fairly muddled) script template appears below. Direct instructions to the therapist are in parentheses and italic. The underlined portions should be customized to fit the client. The portions that are not underlined can be said largely verbatim (if you choose). Please become familiar enough with the template that you can customize it as you lead the visualization. Start by asking clients to rate their urges to engage in the target behavior on a scale of 0–100. Also ask for levels of discomfort or distress (0–100). Then segue to the template.*

Allow your eyes to close if you haven't already. I'm going to count from three to one to help you focus. Three, be aware of the various sounds in and around the room. (*Slight pause*) Two, be aware of the feelings of your feet against the floor and your body against the chair. (*Slight pause*) One, be aware of the physical sensations in your chest and stomach as you breathe in and breathe out. (*Slight pause*) Now, imagine that you're in the situation you just told me about. (*Provide a few details about the situation.*) Really visualize yourself in the situation. Do your best to really picture your surroundings. (*Pause*) (***Skip the rest of this paragraph if the client is alone in the chosen situation.***) Picture the person [people] who is [are] with you. Do your best to see that person [those people] in your mind. Imagine what they are saying to you. Really hear what they are saying—and then imagine how you respond.

Be aware of what you are doing—whether you are sitting or standing, and what is actually happening in the situation. (*Pause*) Tell me what's going on in the situation right now. (*Pause for answer. Reflect what the client said and lead the client a little further in imagining what is being said and/or done. Give cues based on what you know. Then continue.*) What are you feeling as this happens? (*Pause for answer*) So you're feeling (*list relevant emotion*) and (*list relevant emotion*). Maybe you're also feeling (*list potentially relevant emotions*)? (*Reflect response*) Also be aware of your thoughts. You might be thinking things like (*provide potentially relevant thoughts, such as "I'll feel better after [target behavior]" or "Just this one more time"*). What are you thinking? (*Pause*) So you're having thoughts like (*list relevant thoughts*). What else are you thinking? (*Pause for answer*) OK, so you're feeling (*relevant emotion*) and (*relevant emotion*), and you're thinking (*relevant thought*) and (*relevant thought*).

What are your physical sensations? Do you feel tight or tense anywhere? Or perhaps any heaviness or burning? Or maybe pressure or emptiness? (*Pause for answer*) OK, what other sensations are you feeling? So you're feeling (*relevant emotion*), you're having thoughts that (*relevant thoughts*), and you're feeling (*relevant sensations*). (*If there is another person involved, ask what the other person does and how the client responds during all of this time.*) Now be aware of your urges. Be aware of urges to [target behavior]. Some people say that the urges feel almost like a magnet pulling them to act. What do the urges feel like for you? (*Pause*) What sort of thoughts are you having about the urges? (*Pause*) What sort of emotions and physical sensations are you having? (*Pause*) So your urges feel (*reflect the client's description*), and you're having thoughts that (*reflect thoughts*), and you're feeling (*reflect emotions*). Where are your urges right now on a scale of 0–100? (*Pause*) OK. Where is your discomfort or distress on a scale of 0–100? (*Pause*) OK. Now I'm going to be quiet a few moments to let you continue imagining

(continued)



## Exposure Visualization and BEST B: Therapist Script Template (page 2 of 4)

yourself in the situation. Really imagine what's going on: what you do; what you feel; what it's like to feel the urges rising. If your mind starts to wander, just bring it back to the situation. *(Pause for about 15 seconds—with a prompt reminding the client to focus on the situation sometime in the middle. Then continue.)*

So you're *(describe the situation)*. What emotions are you feeling now? *(Pause)* *(Repeat the emotions the client reports.)* What sensations are you feeling? *(Pause)* You're feeling *(list emotions)*, and you're having physical sensations of *(list sensations)*. In fact, these emotions and sensations might be growing even more intense. You're also having urges. Where are your urges now on a scale of 0 to 100? *(Pause)* You're in this situation, and you're having urges at *(number)*, and you keep thinking about [target behavior]. *(Pause a few seconds)* What are you thinking now? *(Pause)* So you're feeling *(list emotions)* and you're thinking *(list thoughts)*. *(Pause)* Now I'm going to be quiet again. Continue picturing yourself in the situation and being aware of what's happening. Really imagine what you're doing, what you're feeling, and what the urges are like. *(Pause for about 15 seconds, with a reminder prompt in the middle.)*

### EXTENDED BEST B

*(Calm voice)* Continue being aware of the situation and your urges. *(If the client is alone in the situation, skip to the next paragraph.)* Now, I'd like you to imagine finding a way to leave the situation for a moment. Maybe you say that you need to step out to answer a text or return a call. Maybe you say that you need to go to the bathroom. Maybe you find another reason to leave. Whatever the reason, picture yourself leaving the situation for a moment to get some privacy. *(Pause)*

*(Skip to this paragraph if the client is alone.)* Now, instead of acting on autopilot and letting the urges control you, imagine taking a moment to do the BEST B. Picture where you are, and then picture yourself deciding to do a BEST B before making any decision about what to do. *(If the client is alone, ask him or her to move to another room or another part of the room if possible.)* I'm going to guide you through a long BEST B now. Do your best to picture yourself doing the BEST B in the situation—while also being aware of what you're experiencing now as you picture yourself. Does that make sense? *(If the client says no, talk through what you are asking.)* Remember: The purpose is not to try to change your emotions or urges. They may change, they may not. The purpose is just to experience whatever you experience—and to practice riding out the urges so you can stop feeling controlled by them.

First, B for the breath. Focus on your breathing for a few breaths; allow yourself to be aware of the physical sensations in your chest and stomach as you breathe in and breathe out. *(Pause for about 4 breaths)*

Next, E—emotions and urges. Gently bring your attention to your emotions and urges. Purposely experience what you're feeling. *(Pause about 3 seconds)* Allow yourself to be open to all of your emotions—without trying to control them. *(Pause about 2 seconds)* Mentally label the emotions and urges. *(Suggest emotions the client has mentioned.)* That is *(relevant emotion)*. That is *(relevant emotion)*. That is *(relevant emotion)*. That's an urge. *(Pause)* You don't have to label every emotion you might be experiencing. Just be aware of the first few that come to mind. *(Pause about 3 seconds)* Allow yourself to be curious about what the emotions and urges feel like—including any related sensations in your body. *(Pause about 3–5 seconds)*

*(continued)*



## Exposure Visualization and BEST B: Therapist Script Template (page 3 of 4)

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This is your chance to experience your emotions and urges on purpose. Emotions and urges won't make your head explode, even if they feel like they will. Urges don't predict the future. You can have emotions and urges without acting on them. You can ride them out—even though it's hard. (*Pause about 3 seconds*) This is your chance to step outside of automatic pilot and choose to experience whatever it is that you are experiencing. You might notice your emotions changing a little bit now that you're purposely aware of them—or you might not. (*Pause*) Be aware of what it's like to take your power back by purposely experiencing your emotions and urges—and riding them out. (*Pause for 5–7 seconds. Give one prompt to bring the client's mind back to emotions and urges.*)

Now S for sensations. Gently shift your attention to focus primarily on your physical sensations. (*Slight pause*) Do a quick mental scan of your body. If any area of your body feels tight or tense or heavy, imagine that your breath goes to that area when you inhale—and then surrounds and fills the area. When you exhale, some of the tightness may or may not leave with the breath. There is no right or wrong way to feel. (*Pause about 5 seconds*) If you notice your mind wandering, just give yourself credit for noticing, and bring it back to your breath. When you inhale, again imagine the breath going to any area that feels tight, tense, or heavy. And when you exhale, some of that tightness may or may not leave with the breath. Either way is fine. (*Pause about 3–5 seconds*)

Now allow yourself to be aware of T—your thoughts. Most of the time we act on thoughts as if they were facts, but your brain generates thoughts based on what you somehow learned to believe in the past. Thoughts don't necessarily equal facts. Thoughts don't predict the future. You can have a thought and let it pass without acting on it. (*Slight pause*) Gently shift your awareness to the thoughts that pass through your mind as you visualize yourself doing the BEST B. Then label each thought as “That's just a thought.” You said you were having thoughts like (*list one relevant thought that the client reported*). Remind yourself: “That's just a thought.” Thoughts don't predict the future. (*Slight pause*) You might be thinking (*another relevant thought*). Label it: “That's just a thought.” (*Slight pause*) Maybe you're thinking, “I need to [target behavior] to get through this situation.” That's just a thought. (*Pause about 3 seconds*) Notice your thoughts passing through your mind like clouds passing across the sky. Clouds come and go, but the sky remains the sky—just like thoughts come and go, but your mind remains your mind. (*Pause for about 3 seconds*) I'm going to be quiet a moment, as you just notice the thoughts that pass in and out of your mind. Just observe them . . . and notice that they're thoughts. (*Pause for about 5–7 seconds. Give one prompt to bring the client's mind back to thoughts.*)

Now that you've focused your attention on your emotions and urges, your sensations, and your thoughts, gently bring your attention back to your breath. Allow yourself to be aware of the sensations in your chest and stomach as you breathe in and breathe out. (*Pause*) Remind yourself of your commitment to work to be the kind of person you want to be. (*Slight pause*) Make a commitment to yourself to do whatever it takes to ride out the urges without acting on them—so that you keep moving toward that destination—a life that's more like the kind of life you want where you're more like the kind of person you want to be. Really picture yourself making that commitment—and be aware of what that feels like. (*Pause about 5 seconds*) Now, your urges and emotions may or may not have changed during the BEST B. Where are your urges now on a scale of 0–100? (*Pause, then continue matter of factly.*) That's fine. And where is your discomfort or distress? (*Pause*) That's fine, too. Now focus on a couple more breaths: the physical sensations as you breathe in and out. (*Pause*)

(continued)

## Exposure Visualization and BEST B: Therapist Script Template *(page 4 of 4)*

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And now, imagine that you're still in that situation, and you've finished the BEST B. Instead of acting on the urge, instead of letting the urges and the emotions control you, you decide to act in a way that fits the kind of person you want to be. Make a decision about what you will do instead of acting on the urges. Maybe you'll leave the situation. Maybe you'll do something from the Coping Toolbox. Maybe you'll get rid of any high-risk cues. *(Feel free to customize based on what you know about the client.)* Maybe you'll choose something else. But whatever you do, make sure it's something that keeps you moving toward the life that you want—toward the destination. *(Slight pause)* Do you have a plan? *(If not, provide suggestions.)* Now picture yourself taking that action. It's really hard at first to change your reactions. But do your best to fully imagine yourself making a choice about how you react—so you're not controlled by urges or emotions or other people. Really picture yourself taking that action. *(Pause for about 3 seconds)* And be aware of what it feels like as you do it. *(Pause)* Really be aware about how you feel about yourself. *(Pause)*

Have you pictured yourself taking action? *(Pause)* Good. This is hard mental work. I appreciate your doing this. *(Slight pause)* Now, start to bring your attention back into the room. One: Be aware of your breath as you inhale and exhale. *(Slight pause)* Two: Be aware of the feelings of your body against the chair and your feet against the floor. *(Slight pause)* Three: Be aware of the various sounds in and around the room. *(Slight pause)* And whenever you're ready, allow your eyes to open. And you might want to stretch a little. *(Pause and turn toward the client.)* What was that like for you?

## H-C1

### High-Risk Situations That May Cue Urges (Example)

Day	Situation	Physical Sensations	Emotions	Thoughts	BEST B? Y/N	How Did You Respond?	Positive Consequences	Negative Consequences
Wed.	Had argument with friend.	Tightness in stomach, racing heart.	Anger, anxiety, urges.	I can't stand her. I'll show her: I'll do <u>[target behavior]</u> .	Yes	Left the situation and took a walk. Sang to my favorite music.	I felt happy that I didn't let urges control me.	Took a while for the anger to decrease.
Thurs.	Someone criticized me.	Emptiness in chest and stomach, heaviness.	Shame, hopelessness, urges.	I never do anything right. I can't stand this feeling.	Yes	Called a friend and talked. Then did home practice.	Felt good about myself afterward.	It was tough for a while, but no real negative consequence.
Fri.	Dinner with family.	Tightness in chest.	Bored, guilt, frustration.	I'm bored. I feel guilty that I want to leave. I need something to kill time.	Yes	Told family I needed to leave after dinner. Went to support group afterward.	Got through dinner with family without doing anything to feel guilty about.	Dinner was a little boring.
Sat.	At home alone all evening.	Tired.	Bored, lonely.	The time is crawling. I deserve to have some fun.	Yes	Did stuff from the Coping Toolbox (worked out, played with my dog) and then went to bed early.	When I woke up the next day, I was so happy I hadn't <u>[done the target behavior]</u> .	I was bored for a while.
Tue.	Person I met said he/she didn't want to go out with me.	Tightness, lump in throat.	Shame, anger, sadness, hopelessness.	Nobody will ever want me. There's something wrong with me. I need to get rid of this feeling.	No	Did an audio practice and took a hot shower.	Saved myself from feeling even worse later.	Had to feel my sadness in the short term.
Wed.	Got some good news.	Nothing big.	Happy. A little restless.	I want to celebrate. I deserve to have fun.	Yes	Texted the news to a friend. Met for coffee.	Felt grateful and proud that I acted in a way that fit my values.	Felt a little disappointed I couldn't let loose.

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## High-Risk Situations That May Cue Urges: Worksheet

Complete this sheet when you notice yourself starting to feel increased urges. Do your best to complete it as soon as you notice yourself experiencing the urges. However, if you can't complete it at that time, then please complete it afterward—no matter how you respond to the urges.

Day	Situation	Physical Sensations	Emotions	Thoughts	BEST B? Y/N	How Did You Respond?	Positive Consequences	Negative Consequences

## Tracking Sheet, Week C

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Comments (Optional)
Wed.	Color Body Scan	1. While waiting for coffee, kitchen 2. On couch, evening	I felt a little nervous about doing the BEST B, but I think I'm starting to get used to it.

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## Home Practice Summary: High-Risk Situations

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**1. Practice the audio at least five times.**

Do your best to **practice the audio at least five times** before our next meeting. Remember that there is no right or wrong way to feel when practicing. Whatever you feel is fine. Just notice it—and do your best not to judge or try to change what you are feeling. Allow yourself to be curious about whatever you are experiencing. Just keep practicing, and we'll talk about it next week. Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (See H-B2: *BEST B*.) You're also encouraged to do a second BEST B each day while doing other activities.**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Complete *H-C2: High-Risk Situations Worksheet* when experiencing increased urges.**

**4. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged in any way about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Exposure Visualization and BEST B: Therapist Script Template

*A final script cannot be provided, since the visualization should (obviously) be specific to the client's situation. Instead, a (fairly muddled) script template appears below. Direct instructions to the therapist are in parentheses and italic. The underlined portions should be customized to fit the client. The portions that are not underlined can be said largely verbatim (if you choose). Please become familiar enough with the template that you can customize it as you lead the visualization. Start by asking clients to rate their urges to engage in the target behavior on a scale of 0–100. Also ask for levels of discomfort or distress (0–100). Then segue to the template.*

Allow your eyes to close if you haven't already. I'm going to count from three to one to help you focus. Three, be aware of the various sounds in and around the room. (*Slight pause*) Two, be aware of the feelings of your feet against the floor and your body against the chair. (*Slight pause*) One, be aware of the physical sensations in your chest and stomach as you breathe in and breathe out. (*Slight pause*) Now, imagine that you're in the situation you just told me about. (*Provide a few details about the situation.*) Really visualize yourself in the situation. Do your best to really picture your surroundings. (*Pause*) (***Skip the rest of this paragraph if the client is alone in the chosen situation.***) Picture the person [people] who is [are] with you. Do your best to see that person [those people] in your mind. Imagine what they are saying to you. Really hear what they are saying—and then imagine how you respond.

Be aware of what you are doing—whether you are sitting or standing, and what is actually happening in the situation. (*Pause*) Tell me what's going on in the situation right now. (*Pause for answer. Reflect what the client said and lead the client a little further in imagining what is being said and/or done. Give cues based on what you know. Then continue.*) What are you feeling as this happens? (*Pause for answer*) So you're feeling (*list relevant emotion*) and (*list relevant emotion*). Maybe you're also feeling (*list potentially relevant emotions*)? (*Reflect response*) Also be aware of your thoughts. You might be thinking things like (*provide potentially relevant thoughts, such as "I'll feel better after [target behavior]" or "Just this one more time"*). What are you thinking? (*Pause*) So you're having thoughts like (*list relevant thoughts*). What else are you thinking? (*Pause for answer*) OK, so you're feeling (*relevant emotion*) and (*relevant emotion*), and you're thinking (*relevant thought*) and (*relevant thought*).

What are your physical sensations? Do you feel tight or tense anywhere? Or perhaps any heaviness or burning? Or maybe pressure or emptiness? (*Pause for answer*) OK, what other sensations are you feeling? So you're feeling (*relevant emotion*), you're having thoughts that (*relevant thoughts*), and you're feeling (*relevant sensations*). (*If there is another person involved, ask what the other person does and how the client responds during all of this time.*) Now be aware of your urges. Be aware of urges to [target behavior]. Some people say that the urges feel almost like a magnet pulling them to act. What do the urges feel like for you? (*Pause*) What sort of thoughts are you having about the urges? (*Pause*) What sort of emotions and physical sensations are you having? (*Pause*) So your urges feel (*reflect the client's description*), and you're having thoughts that (*reflect thoughts*), and you're feeling (*reflect emotions*). Where are your urges right now on a scale of 0–100? (*Pause*) OK. Where is your discomfort or distress on a scale of 0–100? (*Pause*) OK. Now I'm going to be quiet a few moments to let you continue imagining

(continued)



## Exposure Visualization and BEST B: Therapist Script Template (page 2 of 4)

yourself in the situation. Really imagine what's going on: what you do; what you feel; what it's like to feel the urges rising. If your mind starts to wander, just bring it back to the situation. *(Pause for about 15 seconds—with a prompt reminding the client to focus on the situation sometime in the middle. Then continue.)*

So you're *(describe the situation)*. What emotions are you feeling now? *(Pause)* *(Repeat the emotions the client reports.)* What sensations are you feeling? *(Pause)* You're feeling *(list emotions)*, and you're having physical sensations of *(list sensations)*. In fact, these emotions and sensations might be growing even more intense. You're also having urges. Where are your urges now on a scale of 0 to 100? *(Pause)* You're in this situation, and you're having urges at *(number)*, and you keep thinking about [target behavior]. *(Pause a few seconds)* What are you thinking now? *(Pause)* So you're feeling *(list emotions)* and you're thinking *(list thoughts)*. *(Pause)* Now I'm going to be quiet again. Continue picturing yourself in the situation and being aware of what's happening. Really imagine what you're doing, what you're feeling, and what the urges are like. *(Pause for about 15 seconds, with a reminder prompt in the middle.)*

### EXTENDED BEST B

*(Calm voice)* Continue being aware of the situation and your urges. *(If the client is alone in the situation, skip to the next paragraph.)* Now, I'd like you to imagine finding a way to leave the situation for a moment. Maybe you say that you need to step out to answer a text or return a call. Maybe you say that you need to go to the bathroom. Maybe you find another reason to leave. Whatever the reason, picture yourself leaving the situation for a moment to get some privacy. *(Pause)*

*(Skip to this paragraph if the client is alone.)* Now, instead of acting on autopilot and letting the urges control you, imagine taking a moment to do the BEST B. Picture where you are, and then picture yourself deciding to do a BEST B before making any decision about what to do. *(If the client is alone, ask him or her to move to another room or another part of the room if possible.)* I'm going to guide you through a long BEST B now. Do your best to picture yourself doing the BEST B in the situation—while also being aware of what you're experiencing now as you picture yourself. Does that make sense? *(If the client says no, talk through what you are asking.)* Remember: The purpose is not to try to change your emotions or urges. They may change, they may not. The purpose is just to experience whatever you experience—and to practice riding out the urges so you can stop feeling controlled by them.

First, B for the breath. Focus on your breathing for a few breaths; allow yourself to be aware of the physical sensations in your chest and stomach as you breathe in and breathe out. *(Pause for about 4 breaths)*

Next, E—emotions and urges. Gently bring your attention to your emotions and urges. Purposely experience what you're feeling. *(Pause about 3 seconds)* Allow yourself to be open to all of your emotions—without trying to control them. *(Pause about 2 seconds)* Mentally label the emotions and urges. *(Suggest emotions the client has mentioned.)* That is *(relevant emotion)*. That is *(relevant emotion)*. That is *(relevant emotion)*. That's an urge. *(Pause)* You don't have to label every emotion you might be experiencing. Just be aware of the first few that come to mind. *(Pause about 3 seconds)* Allow yourself to be curious about what the emotions and urges feel like—including any related sensations in your body. *(Pause about 3–5 seconds)*

*(continued)*



## Exposure Visualization and BEST B: Therapist Script Template (page 3 of 4)

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This is your chance to experience your emotions and urges on purpose. Emotions and urges won't make your head explode, even if they feel like they will. Urges don't predict the future. You can have emotions and urges without acting on them. You can ride them out—even though it's hard. (*Pause about 3 seconds*) This is your chance to step outside of automatic pilot and choose to experience whatever it is that you are experiencing. You might notice your emotions changing a little bit now that you're purposely aware of them—or you might not. (*Pause*) Be aware of what it's like to take your power back by purposely experiencing your emotions and urges—and riding them out. (*Pause for 5–7 seconds. Give one prompt to bring the client's mind back to emotions and urges.*)

Now S for sensations. Gently shift your attention to focus primarily on your physical sensations. (*Slight pause*) Do a quick mental scan of your body. If any area of your body feels tight or tense or heavy, imagine that your breath goes to that area when you inhale—and then surrounds and fills the area. When you exhale, some of the tightness may or may not leave with the breath. There is no right or wrong way to feel. (*Pause about 5 seconds*) If you notice your mind wandering, just give yourself credit for noticing, and bring it back to your breath. When you inhale, again imagine the breath going to any area that feels tight, tense, or heavy. And when you exhale, some of that tightness may or may not leave with the breath. Either way is fine. (*Pause about 3–5 seconds*)

Now allow yourself to be aware of T—your thoughts. Most of the time we act on thoughts as if they were facts, but your brain generates thoughts based on what you somehow learned to believe in the past. Thoughts don't necessarily equal facts. Thoughts don't predict the future. You can have a thought and let it pass without acting on it. (*Slight pause*) Gently shift your awareness to the thoughts that pass through your mind as you visualize yourself doing the BEST B. Then label each thought as “That's just a thought.” You said you were having thoughts like (*list one relevant thought that the client reported*). Remind yourself: “That's just a thought.” Thoughts don't predict the future. (*Slight pause*) You might be thinking (*another relevant thought*). Label it: “That's just a thought.” (*Slight pause*) Maybe you're thinking, “I need to [target behavior] to get through this situation.” That's just a thought. (*Pause about 3 seconds*) Notice your thoughts passing through your mind like clouds passing across the sky. Clouds come and go, but the sky remains the sky—just like thoughts come and go, but your mind remains your mind. (*Pause for about 3 seconds*) I'm going to be quiet a moment, as you just notice the thoughts that pass in and out of your mind. Just observe them . . . and notice that they're thoughts. (*Pause for about 5–7 seconds. Give one prompt to bring the client's mind back to thoughts.*)

Now that you've focused your attention on your emotions and urges, your sensations, and your thoughts, gently bring your attention back to your breath. Allow yourself to be aware of the sensations in your chest and stomach as you breathe in and breathe out. (*Pause*) Remind yourself of your commitment to work to be the kind of person you want to be. (*Slight pause*) Make a commitment to yourself to do whatever it takes to ride out the urges without acting on them—so that you keep moving toward that destination—a life that's more like the kind of life you want where you're more like the kind of person you want to be. Really picture yourself making that commitment—and be aware of what that feels like. (*Pause about 5 seconds*) Now, your urges and emotions may or may not have changed during the BEST B. Where are your urges now on a scale of 0–100? (*Pause, then continue matter of factly.*) That's fine. And where is your discomfort or distress? (*Pause*) That's fine, too. Now focus on a couple more breaths: the physical sensations as you breathe in and out. (*Pause*)

(continued)

## Exposure Visualization and BEST B: Therapist Script Template *(page 4 of 4)*

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And now, imagine that you're still in that situation, and you've finished the BEST B. Instead of acting on the urge, instead of letting the urges and the emotions control you, you decide to act in a way that fits the kind of person you want to be. Make a decision about what you will do instead of acting on the urges. Maybe you'll leave the situation. Maybe you'll do something from the Coping Toolbox. Maybe you'll get rid of any high-risk cues. *(Feel free to customize based on what you know about the client.)* Maybe you'll choose something else. But whatever you do, make sure it's something that keeps you moving toward the life that you want—toward the destination. *(Slight pause)* Do you have a plan? *(If not, provide suggestions.)* Now picture yourself taking that action. It's really hard at first to change your reactions. But do your best to fully imagine yourself making a choice about how you react—so you're not controlled by urges or emotions or other people. Really picture yourself taking that action. *(Pause for about 3 seconds)* And be aware of what it feels like as you do it. *(Pause)* Really be aware about how you feel about yourself. *(Pause)*

Have you pictured yourself taking action? *(Pause)* Good. This is hard mental work. I appreciate your doing this. *(Slight pause)* Now, start to bring your attention back into the room. One: Be aware of your breath as you inhale and exhale. *(Slight pause)* Two: Be aware of the feelings of your body against the chair and your feet against the floor. *(Slight pause)* Three: Be aware of the various sounds in and around the room. *(Slight pause)* And whenever you're ready, allow your eyes to open. And you might want to stretch a little. *(Pause and turn toward the client.)* What was that like for you?

## High-Risk Situations That May Cue Urges: Worksheet

Complete this sheet when you notice yourself starting to feel increased urges. Do your best to complete it as soon as you notice yourself experiencing the urges. However, if you can't complete it at that time, then please complete it afterward—no matter how you respond to the urges.

Day	Situation	Physical Sensations	Emotions	Thoughts	BEST B? Y/N	How Did You Respond?	Positive Consequences	Negative Consequences

## Tracking Sheet, Week D

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: Once Daily Where? When?	Comments (Optional)
Wed.	Color Body Scan	1. While waiting for coffee, kitchen 2. On couch, evening	I'm starting to get used to doing a BEST B when I notice urges.

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## Home Practice Summary: High-Risk Situations

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**1. Practice the audio at least five times.**

Do your best to **practice the audio at least five times** before our next meeting. Remember that there is no right or wrong way to feel when practicing. Whatever you feel is fine. Just notice it—and do your best not to judge or try to change what you are feeling. Allow yourself to be curious about whatever you are experiencing. Just keep practicing, and we'll talk about it next week. Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (See H-B2: *BEST B*.) You're also encouraged to do a second BEST B each day while doing other activities.**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Complete H-D1: *High-Risk Situations Worksheet* when experiencing increased urges.**

**4. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged in any way about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Mirror Exercise: Therapist Script Template

*A final script cannot be provided, since the visualization is (obviously) specific to the client's situation. Instead, a (muddled) script template appears below. Direct instructions to the therapist are in parentheses and italic. The underlined portions should be customized to fit the client. The portions that are not underlined or in parentheses can be said largely verbatim (if you choose). Please become familiar enough with the template that you can customize it as you lead the visualization. Alternatively, you can download it from the publisher's website (see the box at the end of the table of contents) and modify it before reading it to the client (which is recommended, at least the first one or two times you conduct the exercise for a client).*

*For clients with eating or body issues, you can stress that the mirror is a small mirror that only shows the face. If the client expresses difficulty with even imagining looking into a small mirror, you can say that the client is standing in front of her/his sink getting ready in the morning—and just leave out the mirror reference. Stay consistent throughout the script.*

Allow your eyes to close if you haven't already. I'm going to count from three to one to help you focus. Three: Be aware of the various sounds. (*Slight pause*) Two: Be aware of the feelings of your body against whatever it is touching. (*Slight pause*) One: Focus on your breathing as you breathe in and breathe out. (*Slight pause*) During this exercise, your mind will wander, and that's fine. When you get distracted, just notice it and then bring your attention back to the visualization.

Imagine that you're standing in front of your bathroom mirror or whatever mirror you stand in front of to get ready in the morning. You're getting ready for your day, and it's 6 months from now. (*Note: Tailor the timeframe to fit the length of the program, if applicable.*)

You're no longer in this treatment program [or] You're still in treatment, but you're no longer working on decreasing [target behavior]. As you stand in front of the mirror 6 months from now, you think back on the current time.

*(For clients who always complete home practice, skip to paragraph #5. For the following paragraphs, modify the level of home practice completion based on the client.)* During your first few weeks of treatment, you may have done the home practice a little . . . but then you would start to feel unmotivated . . . or something else would get in the way. So you'd miss home practices. And maybe you'd even miss a session here and there. You did try to start doing the home practice regularly . . . but a lot of days you'd feel like you were just too busy . . . or maybe you were just not feeling motivated. And you'd think, "I'm having a rough day. I'll start doing the home practice tomorrow." Or you'd think, "I've already missed a few days of practice this week, so I'll wait until next week so I can get a fresh start." So you'd put it off a few more days. And then a few days later, you'd think, "Just this one more day without the practice won't hurt. I'll have more time tomorrow." (*Pause*) And that just kept happening. Day after day. (*Pause*) You always thought in the back of your mind you'd get yourself to start doing the practice at some point. But little by little, weeks started going by without your ever doing the practice regularly or really getting involved in the treatment. And even though you may have been able to decrease the

(continued)

## Mirror Exercise: Therapist Script Template (page 2 of 4)

[target behavior] a little at first, you never fully learned ways to cope that were necessary to deal with your urges and move closer to the life you want.

(**PARAGRAPH #5:** *For clients not engaging in their target behavior, skip to paragraph #6.*) You did really work to stop [target behavior] . . . and you may have had times when you went a while without [target behavior] now and then. But sooner or later, you'd have at least 1 day when you felt bored, or bad about yourself, or out of sorts. And you'd have high urges. And you'd think, "I'm having a rough day. Just this once won't hurt. I'll stop [target behavior] tomorrow." Or maybe you'd think, "I'll do the [target behavior] for the rest of this week to get it out of my system—and start working on it next week when I feel more motivated." And then the next week, you'd think, "Just this once more time won't hurt. I'll stop [target behavior] tomorrow or next week." (Pause) And that just kept happening. Week after week. (Pause)

(**PARAGRAPH #6:** *Pick whichever is a possibility.*) And eventually you got discouraged about not making enough progress, and you just quit therapy [or] you got discouraged about not making enough progress, and you and your therapist decided to quit working on [target behavior] [or] you finished the treatment program without ever really doing the practice and getting the benefits of the treatment.

So you're standing in front of a mirror 6 months from now. Six months have gone by, and [target behavior] has returned [if applicable] and is not much better than it was when you started treatment. (For clients pressured into treatment, focus on consequences of continuing the behavior. The client may have been fired from a job, dumped by a partner, had probation extended, sent to jail, dropped out of school, etc.)

Just be aware, when you look in the mirror, of how you feel about yourself—knowing that you're still controlled by your urges and the target behavior. (Modify next sentence to fit things important to the client. Pause briefly between every item.) Be aware of how you feel about your life . . . about your future. (Pause) What is your health like? What about your relationships? (Perhaps mention relationships with children and/or other specific important people.) How is your career/school? (Pause) Really be aware of how you feel about what's going on with your life. As you stand in front of the mirror, think back to 6 months before, when you were still telling yourself that you'd start regularly doing the home practice or that you'd stop the [target behavior] the next day or next week. (Slight pause) Really be aware of how you feel about yourself as you realize that 6 months have gone by. (Longer pause)

And now I'd like you to imagine that you're standing in front of the mirror a year from now. A whole year has gone by. You're no longer in this treatment, but every once in a while, you've tried to stop or decrease [target behavior]. But it's so much effort, especially when you're feeling stressed and you're no longer in treatment to help you. So you've never been able to stick with it. A lot of things are similar to the way they were before starting the program: the [target behavior], feeling hopeless about being able to change, the feeling of being controlled by urges and emotions. As you get ready to start your day, be aware of realizing that a whole year has gone by, and you're just as controlled by [target behavior] as you were before you started treatment. (Pause) We don't know what all will be happening in your life, but be aware of some of the potential consequences of continuing to engage in [target behavior] for another whole year. (Customize. Slight pause after every question.) How do you feel about your life? (Slight pause) What are your relationships like? (Slight pause) How does [target behavior] affect your

(continued)



### Mirror Exercise: Therapist Script Template (page 3 of 4)

relationships? (*Slight pause; mention specific relationships if applicable.*) What is your health like? (*Slight pause*) What about your career/school? (*Slight pause*) As you stand in front of the mirror getting ready for your day, how do you feel—knowing that you’re going to have to get through yet another day of the same ol’, same ol’? How do you feel about the future? (*Slight pause*) How do you feel about yourself? (*Longer pause*)

And now imagine that 5 years have gone by. You’re 5 years older; 5 more years of your life have passed. (*If the client has children or close family members, remind her/him that these family members are 5 years older as well.*) You’re standing in front of a mirror in the morning after 5 more years of [target behavior]. There have been various times you’ve tried to stop [target behavior], but then it’s always been, “Well, something stressful is going on, so I’m really going to stop [target behavior] tomorrow . . . or in a week or two.” Then later you’ve tried to stop again for a while, but there were always high urges, and you’d think, “I’ll get started working on this in another couple of weeks.” And somehow 5 whole years have gone by. (*Slight pause*) You’re still doing [target behavior] as much as before you started this treatment—probably even more by this time. (*Slight pause*) As you get ready for your day, be aware of what your life is like. (*Pause now and after each topic.*) Be aware of what your relationships are like. (*Slight pause*) (*If the person has a child, focus her/his relationship with the child.*) Your child/children is/are 5 years older. How do you feel about each other? (*Slight pause*) What kind of child/children is/are she/he/they? (*Slight pause*) How is the child’s emotional functioning? (*Slight pause*) What does your child think of you now that they understand how controlled you are by the [target behavior]? (*Slight pause*) What is your health like? (*Slight pause*) How are your finances? What is your career like? [or] Were you able to finish school, or did [target behavior] get in the way of that?

Five more years have gone by, and you’re realizing that this is probably what you can expect for the rest of your life. This is pretty much how the rest of your life will be—feeling controlled by your urges to [target behavior]. (*Pause*) How do you feel about yourself and your life? (*Pause*) How do you feel about starting your day knowing that the rest of your life is probably going to be like this? (*Pause*) Really be aware of what it feels like. (*Longer pause*)

And now, keeping your eyes closed, I’d like you to let that image go and shake out your body just a little bit. (*Pause*)

Now imagine again that you’re standing in front of the same mirror, and it’s 6 months from now. But this time, imagine that you were able to get involved with the treatment. You weren’t perfect—but on average, you did get on track with the home practice. And even though you thought your head would explode at times, you were able to stop/greatly reduce [target behavior]. You had days that felt bleh, you had days that felt stressful, and you had times of high urges. But you kept doing the home practice even when you were busy and didn’t feel like doing it, and you did whatever you had to do to get through more and more days without [target behavior]. And now you haven’t [target behavior] in a few months. You still have urges, but the urges don’t totally control you. You’re not fully where you want to be, but you notice a difference.

We don’t know all the specifics of what your life will be like in 6 months, but be aware of how you might feel knowing that you no longer feel controlled by [target behavior]. Be aware of how your relationships might be. (*Slight pause*) How your work/school/free time feels these days. (*Slight pause*) How do you feel about yourself? (*Slight pause*) Your life? (*Slight pause*) Your future? (*Pause*)

(continued)



## Mirror Exercise: Therapist Script Template (page 4 of 4)

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And now imagine that it's a year from today. You're standing in front of a mirror about to start your day. And you're still free of being controlled by [target behavior] (*say the following underlined portion only if you know it is what the clients wants*) and perhaps you're doing the [target behavior] in moderation. You still have urges sometimes, but you don't feel controlled by urges or negative emotions. You still practice some of the exercises, and you still have to be careful around some cues, but you don't lose control like you used to. You've taken back your power; your urges no longer have power over you. Be aware of how your relationships may have changed. (*Slight pause*) And what other people think of you now that you've shown you can get past [target behavior]. (*Slight pause*) Be aware of your feelings about yourself. (*Slight pause*) Your life. (*Slight pause*) Your future. (*Pause*)

And now imagine that it's 5 years from today. You still may have urges every now and then, and you still do the practice, but you have no problem with [target behavior]. You feel like your life is your life, as opposed to someone else having the remote control. Yes, you have difficult days, but you're able to get through them without doing things that leave you suffering from negative consequences. As you stand in front of the mirror, be aware of how different your relationships are now. With your loved ones . . . and perhaps new relationships. How do you feel about yourself? How do you feel about yourself as a mother/father/partner/friend/daughter/son? How do you feel about your life? (*Pause*) How do you feel about your future? (*Pause*) Be aware of knowing what it feels like to have taken back your power, and to know you're really free from being controlled by the target behavior. (*Pause*)

Now, I'd like you to really think about those two different paths you can take. Ask yourself which one you would rather live. That sounds like a rhetorical question, but it's not. The second path will take much more work and be a lot harder than the first one in the short term. Some people don't think it's worth the effort. So I'd like you to decide: Is it worth it? Knowing how hard it is to do the home practice and how difficult it will be for a while to go without the [target behavior]—is it worth it? Make a choice right now; choose which version is the life you want to live. (*Pause*) Because not making a choice—not making a commitment—is really choosing the first version—where life goes by, little by little, without any change. (*Pause*) So I'd like you to make a commitment to yourself about which life you choose. And commit to doing whatever it takes to have that life. (*Pause for about 3 seconds*) Be aware of what it feels like to make that commitment to yourself. (*Pause for about 3 seconds*) And know that either decision is hard. The first in the long term because of the things you'll have to deal with as consequences. The second in the short term because of giving up [target behavior] and doing practices that can feel burdensome. But make that commitment, regardless of the difficulty. (*Slight pause*) Know that what you're doing is very tough. It takes a lot of effort to be here and to go through these exercises, and I commend you on what you're doing. (*Pause*)

Now, start to bring your attention back to this room as I count from three to one. (*Slight pause*) Three: Be aware of your breathing. Two: Be aware of the feelings of your body against whatever it is touching. One: Be aware of the various sounds. Whenever you're ready, you can open your eyes and stretch a little bit. (*Pause. Turn chair around and face the client.*) What was that like for you? (*Pause*) Which one did you choose?

## High-Risk Situations That May Cue Urges: Worksheet

Complete this sheet when you notice yourself starting to feel increased urges. Do your best to complete it as soon as you notice yourself experiencing the urges. However, if you can't complete it at that time, then please complete it afterward—no matter how you respond to the urges.

Day	Situation	Physical Sensations	Emotions	Thoughts	BEST B? Y/N	How Did You Respond?	Positive Consequences	Negative Consequences

**H-SF2****Tracking Sheet, Semi-Flex Session**

Please write the day and what you did each day in the appropriate column.

<b>Day</b>	<b>Audio: Five Times</b>	<b>BEST B: Once Daily Where? When?</b>	<b>Comments (Optional)</b>
Wed.	Color Body Scan	1. In bed, morning 2. In park, after lunch	I sometimes get antsy during the audio, but I keep doing it anyway.

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## Home Practice Summary: High-Risk Situations

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**1. Practice the audio at least five times.**

Do your best to **practice the audio at least five times** before our next meeting. Remember that there is no right or wrong way to feel when practicing. Whatever you feel is fine. Just notice it—and do your best not to judge or try to change what you are feeling. Allow yourself to be curious about whatever you are experiencing. Just keep practicing, and we'll talk about it next week. Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (See H-B2: *BEST B*.) You're also encouraged to do a second BEST B each day while doing other activities.**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Complete *H-SF1: High-Risk Situations Worksheet* when experiencing increased urges.**

**4. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged in any way about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Mindfulness: Focus on an Object—Therapist Template

*Choose a common object (e.g., leaf, rock, coin). Give the object to the client and begin:*

Three: Be aware of sounds. (*Pause*) Two: Be aware of the feelings of your feet against the floor, body against the chair. (*Pause*) One: Be aware of your breath. (*Pause*) During this practice, I will provide some prompts and ask some questions. You do not need to answer the questions aloud.

*The following is a template. After a few breaths, lead the client through variations on the following instructions. Pause for a few seconds between each instruction/question. Allow 4–5 minutes for the exercise.*

- Focus on the sensations of holding the object in your hand. Be aware of any weight of the object. . . . Does it feel warm or cool? . . . Can you tell if it's rough or smooth?
- Open your eyes and study the object. Allow yourself to *really see* it. Notice the details you might normally miss. . . . Allow yourself to be curious. Notice the shape . . . the edges . . . the colors . . . the pattern. . . . Do your best to let go of judgments.
- Do your best to find some sort of beauty in the object.
- Now move the object around in your hands. Turn it over . . . rub the edges . . . bring it closer to your eyes or farther away.
- Notice how the light falls on the object. Does the color change at all?
- Is the object's surface rough or smooth? How does it feel to rub against your hand or fingers?
- Now I'm going to pause for a while to let you really look at the object. When you notice your mind wandering, just bring it back to your breath—and then back to the object. [*Give prompts to gently bring mind back to object every 10 seconds.*]

*A point to make afterward: The client sees that object regularly—but probably rarely really sees it. Sometimes we get so caught up in life that we forget to be curious about what's around us. We lose touch with the beauty. Encourage the client to look for the beauty in the upcoming week.*

**H-E1**

### Pleasant and/or Fulfilling Activities

Write down a few people, activities, and situations that you enjoy, that help you feel confident, and/or that help you feel like you're living according to what you value. Only pick things that don't involve behaviors you would regret later. You can pick things from the past, things from the present, or things you'd like to add to your life in the future.

Person, activity, or situation

How do you usually feel?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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## Pleasant and/or Fulfilling Activities (page 2 of 2)

### POSSIBLE ACTIVITIES

- \_\_\_ Spending more time with certain people (Who?)
- \_\_\_ Going to a park (e.g., walking a trail, sitting on a bench and reading, sitting on the grass and meditating, watching dogs play, watching people, sitting on a swing)
- \_\_\_ Creating something:
  - Photography
  - Creative writing
  - Journaling
  - Painting
  - Sewing, knitting, crotcheting, needlepoint
  - Drawing
  - Arranging flowers
  - Fixing something
  - Redecorating a room
  - Building something (with tools)
  - Building something from a kit
- \_\_\_ Joining a club, a group on Meetup ([www.meetup.com](http://www.meetup.com)), or some other organization
- \_\_\_ Taking a class (for credit or for fun)
- \_\_\_ Working out (yoga, running, aerobics, weights) on your own, at a gym, or with DVD/online class
- \_\_\_ Working to become a better (parent, sibling, friend, partner, daughter/son). What would you do?
- \_\_\_ Making a plan to eat healthier and working to stick to it (making a meal plan, buying the food, etc.)
- \_\_\_ Keeping in touch (email, phone calls, texts, and/or letters) with someone important to you
- \_\_\_ Going certain places you enjoy (What place or places?)
- \_\_\_ Doing anything from the Coping Toolbox
- \_\_\_ Volunteering (ex: serving food to the homeless for 2 hours, answering phones at a nonprofit, visiting a nursing home, walking shelter animals, sorting donations)
- \_\_\_ Going to an art gallery, another kind of gallery, or some kind of museum
- \_\_\_ Taking a walk or hike (down a street with fun stores, on a hiking trail, in quiet neighborhood)
- \_\_\_ Planting/tending a garden, doing yardwork, or adding plants to your home
- \_\_\_ Cooking or baking something (for yourself or others; only if this isn't a cue for a target behavior)
- \_\_\_ Spending time by a lake, a river, at the beach, or in the country
- \_\_\_ Playing a sport on a team or casually with friends, or practicing on your own
- \_\_\_ Going to church, synagogue, mosque, or another place of worship, or going to a meditation center
- \_\_\_ Going to a movie or streaming a movie (only if this isn't a cue for a target behavior)
- \_\_\_ Spending time with someone important to you—or making a new friend (What would you do?)
- \_\_\_ Eating a type of food you love (only if this isn't a cue for a target behavior)
- \_\_\_ Going to a library/bookstore, downloading a book you'd like read, and/or reading a book you own
- \_\_\_ Working toward getting a job or a job you like better (What would you do?)
- \_\_\_ Dancing in a class, by yourself at home, or at a club (only if this isn't a cue for target behavior)
- \_\_\_ Going to support group meetings
- \_\_\_ Listening to (and maybe singing with) your favorite songs and/or downloading or streaming a song you like
- \_\_\_ Doing something to take care of yourself (getting a haircut, massage, manicure, etc.)
- \_\_\_ Taking a day trip out of town
- \_\_\_ Driving/walking and listening to the radio, to songs you've downloaded, or to a podcast
- \_\_\_ Going to a free or ticketed concert, lecture, film, or other event
- \_\_\_ Add your own \_\_\_\_\_
- \_\_\_ Add your own \_\_\_\_\_
- \_\_\_ Add your own \_\_\_\_\_

Put a checkmark by anything you've done recently. Now read through the list again and put a checkmark by anything you might like to do. (This doesn't mean that you have to do the things.)

## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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**H-E3****Home Practice Summary: Pleasant/Fulfilling Activities**  
.....**1. Do one audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities).**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do at least one Pleasant and/or Fulfilling Activity each day. (See H-E1 for suggestions.)**

One activity should be the activity that you chose for this week. The others can be anything you want to do. Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete the Tracking Sheet and Daily Log each day.**

Fill out the Tracking Sheet and Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

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**TS-F1****Mindfulness: People through the Room—Therapist Script**

*Set a timer (or watch a clock) to conduct the practice for 4 minutes. Start with the standard MMT mindfulness setup of counting from three to one.*

Imagine you're in a long room with a door on either end. It's a bare room except for a chair or two in the middle. There's nothing threatening. You don't need to worry about what it looks like or why you're there. That's not important. As you sit or stand there, the door to the right opens, and in walks someone you like or love a lot—whom you haven't seen in a while. (*Slight pause*) Imagine that the person walks through the doorway and comes toward you. (*Slight pause*) Be aware of your reactions. (*Slight pause*) Be aware of the emotions you feel as the person walks up to you. What are your physical sensations? Do you have any impulses to do anything or move in any way? Just be aware of your reactions. (*Pause*) After a while, the person has to go. The person says “goodbye” and then walks to the other door and leaves the room. (*Slight pause*)

And then the first door opens again. This time, someone you *don't* like walks through the doorway. It might be someone whose actions have led to pain for you or people you care about—or someone you just do not like. (*Slight pause*) Be aware of your reactions as you see *that* person walking toward you. (*Slight pause*) Be aware of the emotions that you are feeling. Do you have any impulses to do anything or move in any way? Notice any physical sensations. (*Slight pause*) Just be aware of your reaction. (*Pause*) After a while, that person also walks to the other door and then leaves the room. (*Slight pause*) Now, I'm going to be quiet for a while, and I'd like you to imagine various people coming in the room, staying for a moment, and then walking out the other door. Bring in some people you feel very positive about, some people you don't really like, and some people you don't care strongly about one way or another. And just be aware of your reactions. Your emotions. Your impulses. Your physical sensations. And when you notice your mind wandering, just gently bring it back to the exercise.

[*Every 15–20 seconds, prompt the client to bring her attention back to the exercise when her mind wanders. Proceed to the following script approximately 30 seconds before you want the exercise to end.*] If there's someone in the room with you now, allow that person to leave. (*Slight pause*) Now there's time for one more person. You get to choose who you want. It can be someone who has already been in the room or someone new. That person comes into the room and walks over to you. Just allow yourself to be aware of your reactions. (*Pause 5–7 seconds*) Then that person has to leave, and the person walks over to the door—and out of the room. (*Pause*) Now, whenever you're ready, allow your attention to come back into the room. (*Slight pause*) And whenever you're ready, allow your eyes to open. What was that like for you?

**Talking Points**

- What were the client's reactions?
- Did the client notice feeling different emotions, impulses, and/or sensations for different people? (Most clients do, at least a little. For the first person, many clients report feeling positive emotions, impulses

(continued)

## **Mindfulness: People through the Room—Therapist Script** *(page 2 of 2)*

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to walk toward the person, and urges to smile. For the second, clients often report urges to turn away, ignore the person, or hide.)

- Ask the client to notice the fact that her reactions changed over such a short period of time.
- When we feel emotions and have reactions to situations, it can be easy to think that we'll feel that way forever. But the client's emotions and reactions changed over the course of a 4-minute practice—in reaction to people she was only imagining! This exercise shows how strongly our minds can affect our emotions and overall reactions.

## Setting Up Urge Roadblocks

(If Those Urges Don't Fit Your Values)

1. Ask yourself:

A. What is my urge at this moment? (Write it down.)

B. What emotion or emotions am I feeling? (Possible examples: bored, angry, stressed, sad, frustrated, empty, anxious, ashamed, lonely, numb, etc.)

C. Would acting on the urge have long-term consequences that are more positive than negative?  
 \_\_\_\_ Yes \_\_\_\_ No

D. Would acting on the urge fit my values for the kind of person I want to be? \_\_\_\_ Yes \_\_\_\_ No

**If the answers to C and D are both "Yes," then feel free to stop this exercise. Otherwise, do your best to SET UP URGE ROADBLOCKS by continuing this exercise.**

2. *Stop* and engage in a short BEST B. Make a commitment to react mindfully by continuing to complete this form instead of acting on the urge.

• Did you do the BEST B? \_\_\_\_ Yes \_\_\_\_ No

3. Set up urge roadblocks, which can be anything that makes it harder to act on the urge while it is at its peak. (See the following pages for some examples.) What are you going to do?

4. What did you end up doing?

5. Do you feel better or worse about yourself than you would have if you had acted on the urge? Explain:

6. Wait until the following day. Write the answer to number 5 again in the space below:

(continued)

## Setting Up Urge Roadblocks (page 2 of 3)

### Examples of Urge Roadblocks

*Important:* You are *not* telling yourself not to feel the emotion or urge. *You are setting up roadblocks to make it harder to act on the urge.* The urges will eventually become weaker on their own. You are just helping yourself ride out the strongest part of the urge without acting on it and without doing anything to cause yourself negative consequences later. You are helping yourself live a life that fits your values—to take back your power so that you’re no longer controlled by urges.

If the urge is to . . .

Drink alcohol/ use drugs	Do something that makes it difficult or impossible to drink or use drugs at that moment. Make plans with a non-user; call someone and ask them to come over or take you somewhere; go to an area where drugs/alcohol are not available (movie theater, museum, gym, certain parks, place of worship, etc.); call a friend; go to a 12-step meeting or other support group; get as far away from alcohol or drugs as you can. Say “no” to any invitations to parties or bars. Ask your friends in advance to never invite you to do anything that involves alcohol or drugs. Do an audio or do other home practice—especially something from the Coping Toolbox.  <i>If you have alcohol or drugs in your home, throw them away in an outside dumpster, flush them down the commode, or give them to someone who doesn’t live with you! Now!</i>
Binge eat/ overeat	Do something that makes it difficult or impossible to binge or overeat at that moment. Make plans with someone to do something that doesn’t involve food; call someone and ask them to come over or take you somewhere; go someplace where food is not easily available (a museum, gym, park, meditation center, place of worship, etc.); call a friend; throw yourself into an activity that doesn’t involve food. Avoid grocery stores or other places you often buy food for binges. Say “no” to any invitations to restaurants that are likely to cue binges (such as restaurants with free chips or bread, or restaurants with certain cues). Set an alarm for the next time you can eat a meal or snack—and work to wait until the alarm goes off to eat your next serving. Do an audio or do other home practice—especially something from the Coping Toolbox.  <i>If you have any food in your home that you often use for binges and that doesn’t belong to other people, throw it away in an outside dumpster, flush it down the commode, or give it away. Now!</i>
Attack someone verbally or physically	Do something that makes it difficult or impossible to attack the person at that moment. Get away from the person for at least a little while; leave the room or the building; end the call or stop texting. Focus on your breathing and think of the long-term <i>consequences of acting on your urge</i> . Ask yourself if you want to give the person power over you (power to get you to do something you will regret later).  Another option: After separating yourself from the person, focus on your breathing and think about the difficulties and suffering the person has in his or her life; let yourself feel pity for the person.  Do an audio or do other home practice—especially something from the Coping Toolbox.
Avoid a situation that’s important to you	Tell yourself “I will not let this situation force me off the road toward my destination. I will not avoid!” Mindfully force yourself to participate in the situation. Break the situation down into tiny steps and just do one small step of it. If applicable, text someone and ask them to go with you. Or text/email someone to confirm that you will turn in the project by a certain time or see them at the meeting/gathering/dinner. Basically, do something that leaves another person expecting you to participate in the activity or complete the project. Focus on your breathing; do your home practice. Use the Coping Toolbox.
Play computer games or surf the Internet	Do something that makes it difficult or impossible to spend time surfing the Internet or playing computer games. Go somewhere without your laptop, tablet, smartphone, or gaming console. (Consider investing in a flip phone if necessary for times when you need to be away from your

(continued)

## Setting Up Urge Roadblocks *(page 3 of 3)*

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	<p>smartphone.) For Internet surfing or games that require the Internet, temporarily disconnect your mode of accessing the Internet by giving your devices (including your smartphone if necessary) to a housemate or neighbor during high urges. Alternatively, disconnect your wifi and disconnect your other devices from your cell service, and only use the Internet when you're at a desktop computer in a room with other people. For games that have already been downloaded, consider deleting the games or giving away the DVDs (even temporarily).</p> <p><i>Slightly lower roadblock:</i> Set an alarm for the next time you can use the Internet—and work to wait until the alarm goes off before logging on. Decide in advance how long you will allow yourself to stay logged on, and set an alarm for that amount of time. (In other words, you might set one alarm for 60 minutes and one alarm for 80 minutes. The first tells you that you can use the Internet; the second tells you it's time to stop using the Internet.) Do an audio or do other home practice—especially something from the Coping Toolbox.</p>
Shop online	See above for Internet surfing. In addition, close your online accounts in stores. Close any accounts you use for online payment. Cancel or suspend credit cards. Do an audio or other home practice—especially something from the Coping Toolbox.
Shop in stores	Do something that makes it difficult or impossible to shop at the moment. Cancel or suspend credit cards. When you go out, only take enough cash for exactly what you need to buy. Avoid stores that are cues for you (such as clothing stores, department stores, or electronics stores). Do an audio or do other home practice—especially something from the Coping Toolbox.
Pornography/sex	See above for Internet surfing. In addition, cancel any accounts/subscriptions to porn sites. Make plans with someone with whom you would not watch porn. Go to an area where porn is not available (museum, gym, a park, a place of worship, a mainstream movie theater). Stay away from pickup type bars or clubs. Delete accounts to online dating/sex sites. Install parental control software. Go to a support group meeting. Do an audio or do other home practice—especially something from the Coping Toolbox.
Gambling	For online gambling, see above for Internet surfing and online shopping. In addition, close any gambling-related accounts, and close any accounts used for online payments. Also avoid casinos, poker games, or other places that provide opportunities to gamble. Make plans with someone who does not gamble. Say “no” to any invitations to casinos, poker games, or activities that could be cues. Ask your friends in advance to not ask you to do anything that involves gambling. Do an audio or do other home practice—especially something from the Coping Toolbox.
Hibernate at home/sleep all day	<p>Make yourself get up and do <i>something</i>. Take a walk or engage in some other physical activity. Go to a store, a museum, a movie, a park, a coffee shop, or other places with people around—even if it's just for a few minutes. Just get on the bus and ride for a while or just drive for a while. (You can promise yourself that you'll come home and hibernate afterward, if that will help.) Call or email someone and ask if they want to meet for lunch/coffee or just come over. Do your home practice. Use your Coping Toolbox.</p> <p><i>Note:</i> There's nothing wrong with hibernating now and then. You only need to use urge roadblocks if hibernating would be inconsistent with your values and impede your progress to the life you want.</p>
Pull hair/pick skin	<p>Put on thick gloves or mittens. Slick your hair back with hair gel (and put it in a bun if it's long enough).</p> <p><i>Slightly lower roadblocks:</i> Draw/doodle, wash dishes in the sink, knit, crochet, play with yarn, mold clay, squeeze a stress ball, or do other tasks to keep your hands busy. Do an audio or do other home practice—especially something from the Coping Toolbox.</p>
<b>Add your own:</b>	

## Tracking Sheet

.....

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## Home Practice Summary: Urge Roadblocks

.....

**1. Do one audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete *H-F1: Setting Up Urge Roadblocks* at least once.**

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

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## Mindfulness: Thoughts—Therapist Script

*Ask the client to close his or her eyes or to focus on a spot in front of him/her.*

Three: Be aware of the sounds. (*Slight pause*) Two: Be aware of the feelings of your body against the chair and your feet against the floor. (*Slight pause*) One: Be aware of your breathing—the physical sensations in your chest and stomach as you inhale and exhale. (*Slight pause*) Now, we’ve started most practices by taking a moment to be aware of the sensations of breathing. I’d you like to stay with the breath for a moment, but instead of focusing on the sensations in your chest and stomach, just allow yourself to notice *whatever aspect of the breath* you happen to notice. Maybe your attention will be drawn to the sensations in *just* your chest or *just* your stomach. (*Pause*) Maybe you’ll notice the sensations in your nostrils or in your throat as the breath passes in and out. (*Pause about 3 seconds*) Your attention may also go to the *sounds* of your breathing as you inhale and exhale. (*Slight pause*) Maybe the sounds are so soft that you can barely hear them—or perhaps you can’t hear them at all, but instead just have more of a *sense* that they’re there. (*Pause about 3 seconds*) Instead of sounds, maybe your attention will be drawn to the rhythm or pattern of your breathing. (*Pause about 3 seconds*) Just notice as various aspects of your breathing move in and out of your awareness. (*Pause about 5 seconds*) If you notice your mind wandering, just gently bring it back to your breathing. (*Pause about 10 seconds*)

Now, broaden your attention to the sounds around you. (*Pause*) Notice that some sounds may seem close (*Pause*) and some may seem further away. (*Pause for about 3 seconds*) Some sounds may seem loud (*Pause for about 3 seconds*) and some may seem much softer. (*Pause for about 3–5 seconds*)

And now, allow your awareness of sounds to fade to the background, and gently open your awareness to the thoughts passing through your mind. (*Slight pause*) You might notice thoughts about [target behavior]—or thoughts about this practice. (*Slight pause*) You might notice thoughts about the past or the future . . . or thoughts of happiness . . . or thoughts of worry. (*Pause about 3 seconds*) Just allow the thoughts to move through your mind like clouds moving through the sky. (*Pause about 3 seconds*) Thoughts come and go, but your mind remains your mind, just like the sky remains the sky. (*Pause about 5 seconds*) Allow yourself to be curious. Instead of being controlled by your thoughts, you can notice them as they move into your mind . . . stay a few moments . . . and then eventually fade. (*Pause about 10 seconds*) Now let yourself be curious about what comes next. Ask yourself, “What thought will pass through my mind next?” And then observe the answer. (*Pause about 5 seconds*) Once you’ve observed the answer, you can continue watching thoughts pass through your mind, or whenever you’re ready, you can ask yourself again, “What thought will pass through my mind next?” And observe the answer. (*Pause about 5 seconds*) When you notice your mind wandering, give yourself credit for noticing, and then gently bring your mind back to noticing your thoughts. (*Pause about 5 seconds*) Remember, you are not your thoughts. Your mind is like the sky, and the thoughts are just moving across it. You can have a thought without acting on it. (*Pause about 5 seconds*) Now, when you’re ready, allow your attention to come back into the room. And when you’re ready, allow your eyes to open.

## Common High-Risk Thoughts

### (Freeing Yourself from Being Controlled by Your Thoughts)

Your brain automatically spews out thoughts based on what it has learned to believe in the past—regardless of whether those thoughts are true in the present. The following thoughts can be cues for lapses—but *only if you automatically see them as facts and act on them*. By being aware of your thoughts and realizing that *thoughts are just thoughts*, you can choose not to act on them (even though it's really hard at first). Once you practice enough times, you can gain freedom from being controlled by your thoughts.

*Remember: Thoughts are just thoughts. Thoughts don't predict the future. You can have a thought without acting on it.*

Circle the thoughts you've had before [target behavior(s)]:

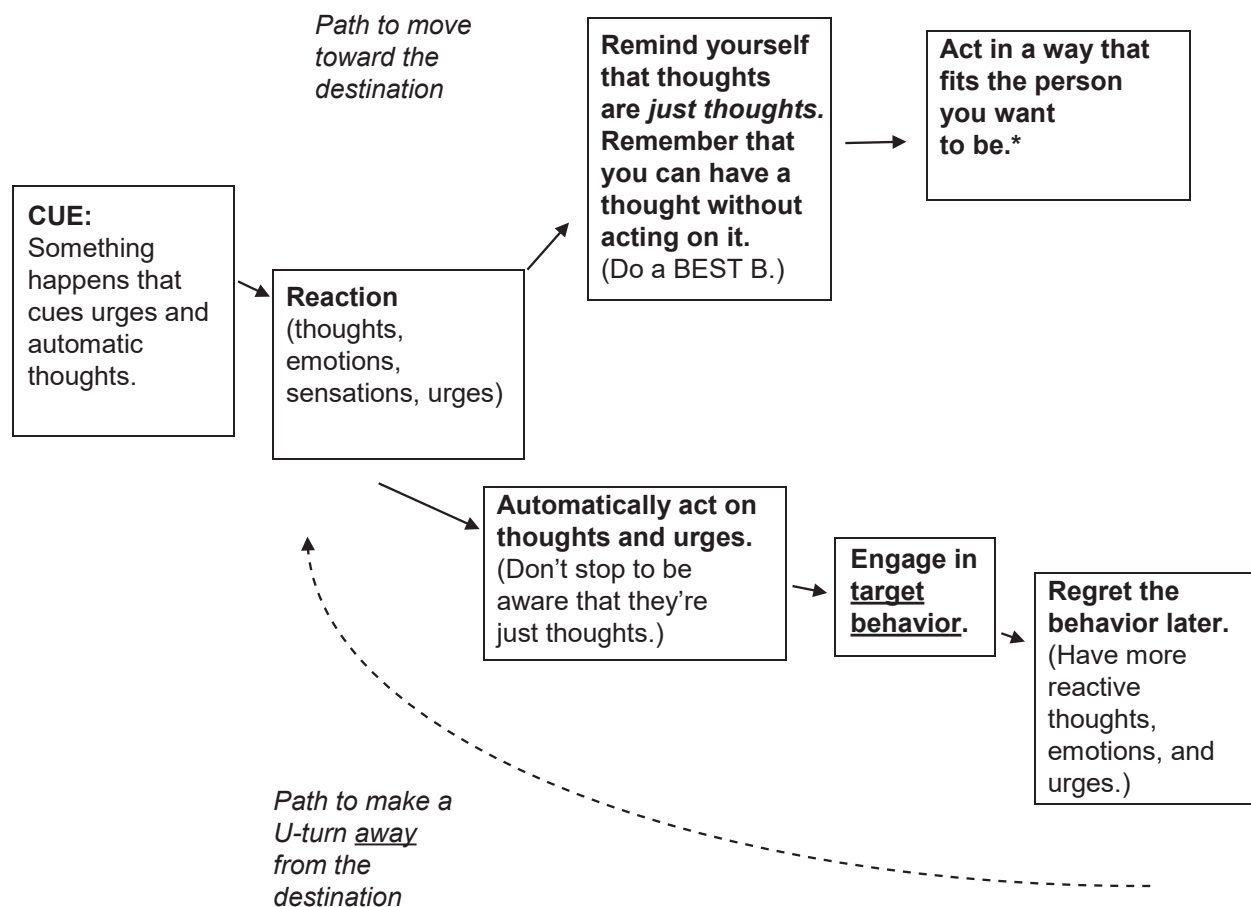
1. These feelings or urges are unbearable. I can't stand them anymore. I have to act on them.
  - a. (Variation:) I'm so bored or numb; I need to act on the urges in order to feel something.
2. The urges are so strong that I'm going to act on them sooner or later anyway—so I might as well do it now and get it over with (so I can start fresh tomorrow).
3. I deserve some fun in my life, so I *deserve* to [target behavior].
4. With everything bad that has happened to me, I deserve to [target behavior] so I can get some relief.
5. I'm just going to do it this one time (or these next few days). I'll stop tomorrow (or next week).
6. One more time won't make a difference.
7. I'm so mad! I'll show him/her—I'll just [target behavior]!
8. [Target behavior] doesn't count as much if you're with friends and they're doing it too. It's only polite to do it with them.
9. My health or life is so bad anyway that [target behavior] probably won't make it any worse.
10. Life has been unfair enough to me already. I shouldn't have to be the one to make the effort. I shouldn't have to make the effort to do the home practice.
11. It doesn't matter if I [target behavior] and then others get upset with me. I already have so many problems in my life—a little more won't make that much difference.
12. I fail at everything anyway, so I might as well just act on the urges.
13. I'm not strong enough to live without acting on my urges.
14. I'm not feeling motivated, so I'll probably have more success if I [target behavior] the rest of the day and then start fresh tomorrow when I'm motivated.
15. It doesn't count as much if nobody else knows I did it.
16. [Target behavior] is the only thing I have that's just mine. I need to do it right now.
17. I need [target behavior] to help me relax.

Add other thoughts you've had before [target behavior(s)]:

18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

## Path to Make a U-Turn versus Path toward the Person You Want to Be

Think of a past situation in which you reacted in a way that had negative consequences for you. Think about the cue, the initial thoughts that followed, and the occurrences along each step of the path you took. Now think of a possible risky situation in the future. Think about how a different response to the thoughts could change the path you follow.



\*This might include the BEST B, Coping Toolbox (maybe several things from the Toolbox), Pleasant/Fulfilling Activities, Step toward Goal, Urge Roadblocks, OFFER, Freeing Yourself from Control and Gaining Power (Acceptance Exercises), one of the audio practices, reminding yourself about your commitments, or anything else you do that keeps you from engaging in the behavior.

**H-G3**

**Thought Tracking: U-Turn versus Moving toward the Person You Want to Be**

Complete this sheet whenever you notice yourself experiencing increased urges and/or if you're experiencing high-risk thoughts. Do your best to complete it as soon as you notice yourself experiencing the urges and/or thoughts. However, if you can't complete it at that time, then please complete it afterward—no matter how you responded. Pay particular attention to your thoughts.

Day	Situation	Thoughts	Emotions	Physical Sensations	BEST B Y/N	What Did You Do?

## Tracking Sheet

.....

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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 use with individual clients (see copyright page for details).

## Home Practice Summary: Thoughts

.....

**1. Do one audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. One Pleasant/Fulfilling Activity each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete H-G3: Thought Tracking when appropriate.**

**5. Complete the Tracking Sheet and Daily Log each day.**

Fill out the Tracking Sheet and Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Mindfulness: Counting Breath—Therapist Script

.....

*Set a timer for 4 minutes. Prior to starting timer, instruct the client:*

Sit up as straight as is comfortable for you, with both hands in your lap, and allow your eyes to close. Three: Be aware of sounds. (*Slight pause*) Two: Be aware of the feelings of your feet against the floor, your body against the chair. (*Slight pause*) One: Be aware of your breath—the physical sensations as you inhale and exhale. (*Slight pause*)

For this practice, I'd like you to continue focusing your attention on the physical sensations of your breath. Then when I tell you to start counting, I'd like you to mentally count each time you inhale. In other words, inhaling the first time will be *1*, and then you'll exhale. Inhaling the second time will be *2*, and then you'll exhale. Keep counting each inhale until you get to *10*. Once you get to *10*, start over at *1*. And then keep repeating. When your mind wanders, just notice—and gently bring your attention back to the physical sensations of breathing—with the counting starting at *1* again. If you're like most people, you might have times when you suddenly notice that you've gone past *10* and are continuing to count upward. When that happens, just notice, bring your attention to the sensations of your breath, and then start counting from *1* again. If you find that you are judging yourself, just do your best to let go of the judgment and bring your attention back to your breath. (*Slight pause*) Now, whenever you're ready, start counting your inhales—being aware of the physical sensations of your breath as you do so. [*Give prompts every 45–60 seconds for the client to bring her or his attention back to the breath when noticing the mind wandering.*]

After the practice, ask the client what it was like for her or him. Normalize difficulties.

## Breaking Down Goals (Examples)

### EXAMPLE 1: Volunteer

**Choose one goal you would like to start working toward. Make sure it's feasible.**

*Overall goal: Start volunteering up to 3 hours per week.*

*First start with a one-time volunteer commitment to get used to it.*

***Break into steps toward completion.***

1. Search for volunteer centers on the Internet; write down or bookmark addresses.
2. Look through opportunities at one center (more if first center doesn't have any that fit).
3. Choose two or three opportunities that interest me. I will choose simple opportunities to start out.
4. Complete online form to apply for one of the positions.
5. Read their reply email, which will ask me for more information or tell me the position is filled.
6. Return email with additional information (if needed), or return to Step 4 for another position.
7. Confirm a time to volunteer for the position.
8. Make sure I have clean clothes ready.
9. Check directions/transportation schedule and plan route.
10. Show up for volunteer job.

### EXAMPLE 2: Clean kitchen so I can have my friends visit

**Choose one goal you would like to start working toward. Make sure it's feasible.**

*Overall goal: Clean my kitchen so I can have my friends visit.*

*It doesn't have to be perfect—just clean enough that I feel comfortable letting other people visit.*

***Break into steps toward completion.***

1. Throw out the old food in the refrigerator, and then take out the trash.
2. Wipe up the spills in the refrigerator.
3. Remove everything from the sink and wash the sink with cleaning solution.
4. Wash the dishes.
5. Put dishes away.
6. Put away anything else on the counter that doesn't belong there.
7. Clean the counters and stove with cleaning solution.
8. Vacuum or sweep kitchen floor.

**Commit to taking at least one step this week. Each step you take toward your goal counts as one of your Pleasant/Fulfilling Activities on your Tracking Sheet.**

***(Note: The person in the second example ultimately chose to take one step every other day, for a total of four steps in the first week. But there is no pressure to commit to that many.)***

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**H-H2**

## Breaking Down Goals

**Choose one goal you can begin taking steps toward immediately. Make sure it's feasible.**

***Break into steps toward completion.***

[illegible]

Commit to taking at least one step this week. Each step you take toward your goal counts as one of your Pleasant/Fulfilling Activities on your Tracking Sheet.

## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## Home Practice Summary: Goals

.....

**1. Do an audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity or take one step toward a goal each day. (See H-H2.)**

From now on, any step toward a goal can be counted as your daily Pleasant/Fulfilling Activity. Be sure to fill in the Tracking Sheet to record your practice.

**4. Do your best to do at least one step toward the goal you chose in session.**

Record it under Pleasant/Fulfilling Activity.

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Saying No: OFFER (Example)

### Mindful Refusal Skills

Beforehand:

1. Choose a reason you are willing to give the other person for saying “no.”
2. Also think about what the other person is going through at that moment—and why the other person might want you to engage in the behavior (in a nonjudgmental way).

1. **O = OTHER** (Express what the other person might be feeling or going through.)

*I understand that it's more fun to drink when a drinking buddy is with you, and I know we always have a good time when we go out.*

[Or]

*I know that you've put a lot of work into making that cake, and I can understand how you'd want to share it.*

2. **F = FACTS** (Tell the facts of the situation—not opinions or judgments.)

*But I've made a commitment to be healthier, and I've given up drinking for the next 6 months.*

[Or]

*But my clothes have all been tight lately, and I've decided to give up sweets.*

3. **F = Tell your FEELINGS and/or the CONSEQUENCES of the situation for you.** (Be nonjudgmental as you tell how you feel and what the consequences are for you.)

*This is really important to me, and I've already started feeling better since I've stopped drinking. I don't want to start feeling sluggish again like I did when I was drinking.*

[Or]

*This is really important to me, because I've been feeling bad about my weight, and I'll feel better about myself when I don't eat sweets.*

4. **E = EXPLAIN** (Explain that you are refusing. Be clear. Ask the person not to try to persuade you again.)

*So even though I'd like to spend time with you, I'm not going to be going out drinking with you. And I'd appreciate it if you don't ask me to go drinking again.*

[Or]

*So I'm not going to have any of that cake. Please don't offer me any more dessert.*

5. **R = REWARD** (Let the person know how respecting your request can be rewarding to him/her—even if it's just that you'll appreciate the person.)

*I really appreciate your understanding and support with this. Maybe later we can go to a movie or do something that doesn't involve alcohol.*

[Or]

*I appreciate your support with this. Thanks for understanding and being a good friend.*

[If the person persists:] Seriously, this is very important to me. I know you're not the kind of friend who would want me to do something that causes me to feel unhealthy or that keeps me from feeling good about myself. So if you care about my health/how I feel about myself, please don't keep asking me.

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## Saying No: OFFER

### Mindful Refusal Skills

Beforehand:

1. Choose a reason you are willing to give the other person for saying “no.”
2. Also think about what the other person is going through at that moment—and why the other person might want you to engage in the behavior (in a nonjudgmental way).

1. **O = OTHER** (Express what the other person might be feeling or going through.)

---



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2. **F = FACTS** (Tell the facts of the situation—not opinions or judgments.)

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3. **F = Tell your FEELINGS and/or the CONSEQUENCES of the situation for you.** (Be nonjudgmental as you tell how you feel and what the consequences are for you.)

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4. **E = EXPLAIN** (Explain that you are refusing. Be clear. Ask the person not to try to persuade you again.)

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5. **R = REWARD** (Let the person know how respecting your request can be rewarding to him/her—even if it’s just that you’ll appreciate the person.)

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If the person persists, point out that the issue is important to you. Say that if the person cares about you, he/she will not keep trying to persuade you to do something that has negative consequences for you.

## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## Home Practice Summary: Saying No: OFFER

.....

**1. Do an audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity or take one step toward a goal each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete H-12: *Saying No: OFFER* at least once if at all possible.**

You can conduct the OFFER planned in session, or you can conduct a new OFFER that you plan on your own.

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## “May You Be” Mindfulness Meditation: Therapist Script

Sit with both feet on the floor, hands in your lap. Allow your eyes to close. Three: Be aware of the sounds. (*Very slight pause*) Two: Be aware of the feelings of your feet against the floor, body against the chair or couch. (*Very slight pause*) One: Be aware of the physical sensations as you breathe in and out. (*Very slight pause*)

Sometimes we all feel a little disconnected from the world—or we forget that other people have inner struggles—which can make them seem much more powerful and less vulnerable than they are. This exercise can help us realize that other people also have struggles and vulnerabilities—which can help us feel more connected to the world, while also helping to free ourselves from feeling controlled by our reactions to others’ behavior.

Now, think of someone you love or like a lot. You don’t have to feel 100% positive about the person. That’s very rare. But pick someone you generally feel positive about and care about. (*Slight pause*) Do you have someone in mind?

Now I’m going to read a list of intentions. You can think of them as wishes for the person, or as prayers, or as positive thoughts—whatever fits for you. I’m going to say an intention and then pause for you to repeat the intention in your mind toward the person. You may or may not feel the words you are saying in your mind. Do your best not to judge yourself. Any way you feel or don’t feel is fine.

Now do your best to picture the person you’ve chosen, and then mentally repeat each intention directed toward the person.

### CORE INTENTIONS

*Note: Pauses should be just long enough for the client to mentally repeat each statement.*

- May you be safe from danger. (*Slight pause*)
- May you be free from illness. (*Slight pause*)
- May you be free from suffering. (*Slight pause*)
- May you be at peace. (*Slight pause*)

You may have really felt the intentions toward the person, or you may have felt nothing. Or you may have felt something different. Any way is fine.

*[Repeat the Core Intentions—the bulleted statements above—once again.]*

Now I’d like you to picture someone you don’t know very well. Maybe a neighbor you rarely talk with, a coworker you see in passing, or a store clerk you see regularly. (*Slight pause*) Do you have anyone in mind?

*(continued)*



## **"May You Be" Mindfulness Meditation: Therapist Script** (page 2 of 2)

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It's easy to forget that people have entire lives outside of what we know about them—that the person has loved; has had times of feeling lonely, scared, and rejected; and has had illnesses just like anyone else. So now do your best to picture that person, and then mentally repeat each intention directed toward that person. Whatever you feel *or don't feel* is fine.

*[Read the Core Intentions from first bullet point to last bullet point, and then repeat a second time.]*

Now, I'd like you to think of someone you dislike. It might be someone whose actions have led to pain for you or people you care about—or just someone you don't like. (*Slight pause*) Do you have anyone in mind? *[If the client cannot think of anyone, suggest picking someone from the news or a celebrity. But first encourage the client to pick someone he or she knows personally.]*

When we don't like someone, it's easy to forget that the person has experienced sadness, illness, fear, and rejection, just like anyone. Remember that these intentions are not that the person has great happiness or success. You're just sending the intentions that the person isn't harmed, isn't seriously ill, and doesn't suffer. Regardless, it's OK if you don't feel the intentions as you say them—or even if you feel anger. Do your best not to judge yourself. Now repeat each statement in your head, directed toward that person.

*[Read the Core Intentions from first bullet point to last bullet point, and then repeat a second time.]*

Finally, I'd like you to think of yourself. Some people like to picture themselves when they were young and more vulnerable, but if you do, know that you're sending the intentions to yourself as you are today. Other people like to picture themselves as their current age. And some people prefer to imagine the intention being sent inside—to their heart or core. Do whatever works for you. And just remember that it's OK if you have difficulty. Whatever you feel—or don't feel—is fine.

*[Read the Core Intentions from first bullet point to last bullet point, and then repeat a second time.]*

Now gently allow your attention to come back into the room. (*Slight pause*) And whenever you're ready, allow your eyes to open. (*Slight pause*) What was that like for you?

**Note:** This exercise is a little longer than most of the short mindfulness practices. It generally takes 5–6 minutes. Thus, be extra careful not to spend much time on processing, or you might not have time for the rest of the lesson. Points for processing:

- Many people have trouble feeling much of anything as they do the exercise. That's fine.
- Many people have an especially difficult time feeling the intentions for the person they don't know well, the person they dislike, and/or themselves. Normalize any difficulty the client experiences. Remind clients that their ease or difficulty in feeling intentions toward the people in the exercise has nothing to do with whether they are or are not caring people.
- Suggest that clients practice this exercise on their own when they are feeling disconnected, vulnerable, or frustrated with others.

## Mindful Assertiveness: OFFER (Examples)

### Example 1: Asking for What You Want/Need

Beforehand:

1. Decide what you want out of the situation.
2. Also think about what the other person is going through at that moment.

Write down what you want out of the situation. Be nonjudgmental and specific.

*I want my partner to share more of the work at home.*

[Needs to be more specific. See alternate version below.]

*I want my partner to share more of the work by doing the dishes or cooking dinner each night.*

1. **O = OTHER** (Express what the other person might be feeling or going through.)

*I know you're probably tired after your long day, but I'd like to talk with you.*

[Or]

*I realize that your job is really rough right now, and I'm sorry it's so stressful for you. I know you're tired, but I'd like to talk to you about something.*

2. **F = FACTS** (Tell the facts of the situation—not judgments or opinions.)

*In the last 2 weeks, I've cooked dinner every night, and I've washed dishes every night except 2.*

(Note: Saying, "You don't do your share of the work" would not be effective!)

3. **F = Tell your FEELINGS and/or the CONSEQUENCES of the situation for you.** (Be nonjudgmental as you tell how you feel and/or what the consequences are for you.)

*I've been feeling really pressured—and I'm so tired by the end of dinner and dishes that I find myself feeling irritable and on edge.*

4. **E = EXPLAIN** (Explain what you want in a nonjudgmental way. *Be specific.* Don't assume that the person already knows. *Tell the person.*)

*Since we both work full time, I'd like you to help out with the dishes or dinner. What if I cooked dinner and you did the dishes? Or if we switched off?*

5. **R = REWARD** (Let the person know ways that working with you can be beneficial to her/him—even if it's just that you'll appreciate the person.)

*If you'd do this, I'd really appreciate it. Thank you for being such a caring partner.*

You could also add specifics:

*If you'd help with the dishes, I'd feel less pressured, and we'd probably enjoy each other's company more [or wouldn't argue as much].*

[Or]

*If you'd do this, I'd have more time in the evenings so we could watch TV together like we used to enjoy.*

(continued)

## Mindful Assertiveness: OFFER (Examples) (page 2 of 2)

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### Example 2: Saying “No” When Someone Asks You to Do Something You Don’t Want to Do

1. **O = OTHER** (Express what the other person might be feeling or going through.)

*I know it can be really stressful to try to find a babysitter.*

---

2. **F = FACTS** (Tell the facts of the situation—not opinions or judgments.)

*But I already have a lot of stuff I have to do this evening. If I take care of your son, I’ll have to stay up very late to get everything done.*

---

3. **F = Tell your FEELINGS and/or the CONSEQUENCES of the situation for you.** (Be nonjudgmental as you tell how you feel and what the consequences are for you.)

*And then I’ll be really tired and feel out of sorts all day tomorrow.*

---

4. **E = EXPLAIN** (Explain that you are refusing. Be clear.)

*So I’m going to have to say “no” for tonight.*

---

5. **R = REWARD** (Let the person know how respecting your request can be beneficial to her/him—even if it’s just that you’ll appreciate the person.)

*I appreciate your being a good enough friend that you’ll understand. And maybe I can help out some other time when I’m not as busy.*

---

## Mindful Assertiveness: OFFER

Beforehand:

1. Decide what you want out of the situation.
2. Also think about what the other person is going through at that moment.

Write down what you want out of the situation. Be nonjudgmental and specific.

- 
- 
1. **O = OTHER** (Express what the other person might be feeling or going through.)

- 
- 
2. **F = FACTS** (Tell the facts of the situation—not judgments or opinions.)

- 
- 
3. **F = Tell your FEELINGS and/or the CONSEQUENCES of the situation for you.** (Be nonjudgmental as you tell how you feel and/or what the consequences are for you.)

- 
- 
4. **E = EXPLAIN** (Explain what you want in a nonjudgmental way. *Be specific.* Don't assume that the person already knows. *Tell the person.*)

- 
- 
5. **R = REWARD** (Let the person know ways that working with you can be beneficial to her/him—even if it's just that you'll appreciate the person.)
- 
- 

If the person refuses, work to be nonjudgmental while (1) pointing out that the issue is important to you, and (2) telling him/her that you appreciate the person for listening. If the person agrees to your request, be sure to thank him/her!

## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## Home Practice Summary: OFFER Assertiveness

.....

**1. Do an audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities).**

You may also choose to do a "May You Be" on your own (without the audio), in place of a BEST B, for a couple of days. Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity or take one step toward a goal each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete H-J2: Mindful Assertiveness: OFFER at least once if possible.**

You can conduct the OFFER planned in session, or you can conduct a new OFFER that you plan on your own.

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Freeing Yourself from Being Controlled: Acceptance (Taking Back Your Power)

When you refuse to accept and tolerate something you can't immediately change (a situation, actions of another person, etc.), you give that thing power over you. You let that thing have at least a little control over your emotions and/or actions. That thing has the power to (1) lead you to do things that hurt *you* in the long run (ex: target behavior) and/or (2) get you so upset that you feel tied up in knots and ruminate about the thing. Either way, *you* are the one who suffers. This practice is about freeing yourself from being controlled and taking back your power by choosing to accept and tolerate the thing instead of letting it control your reactions.

Important: Accepting and tolerating does *not* mean that you approve. Accepting is a way to free yourself from being controlled and to ease your own distress. You are not necessarily saying that you accept that the thing will stay the same forever, but you're accepting and tolerating that it is that way *now*. You might even work to change the thing, but you accept that it's the way it is now.

*Choose something that feels like it has power over your reactions. Be sure to pick something that you want to work to accept and tolerate. Write the facts, without opinions or judgments.*

---

Take a few breaths and think about the thing you wrote above. Think about the facts; steer your mind away from judgments. Then do some combination of the following exercises for 3–5 minutes. Circle what you did.

- Was purposely aware of emotions, urges, sensations, and thoughts ["EST" of BEST B]. Did a quick mental body scan and breathed in to any tense areas. *Allowed tension to release with the breath.* Repeated until at least some tension was released.
- Reminded myself that I can have emotions, urges, sensations, and thoughts without them controlling me.
- Breathed and thought, "It is as it is" on each inbreath and each outbreath.
- Thought about the facts that had nothing to do with me that led to the current situation. Worked to understand how these facts combined to lead up to the situation. (This doesn't mean that it's OK that it happened or that I approve; it just means I want to free myself from feeling controlled by it.) This also helps remind me that things aren't always entirely about me, even when they affect me.
- [If involving another person] Thought about circumstances in the person's life that may have contributed to the thing I'm having trouble accepting. Worked to understand the situation based on the person's history and current circumstances. Did my best to steer clear of judgments and accept the thing about the person. (This doesn't mean I'm happy about the thing. It just means I want to accept it so I can free myself from feeling controlled by it.)
- [If involving another person] Thought about or imagined other things in the person's life that he/she might be concerned, sad, scared, and/or insecure about. (This does not mean I approve of the behavior or like the person—just that I can feel sympathy for her/him as a human being.) Allowed myself to feel pity for the person.
- Said a prayer, a request to the universe, or a request to my own inner strength to help me accept and tolerate the situation so I can have freedom from feeling controlled by it.
- Took a moment to see if I could find some meaning or value out of the situation that could help me accept and tolerate it. (This does not mean I think it's OK or good that the thing happened.)

You can go back and forth between skills in the same practice. Describe your experience on the back.

## Tracking Sheet

.....

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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 use with individual clients (see copyright page for details).



## Home Practice Summary: Freeing Yourself from Being Controlled (Acceptance/Tolerance)

.....

**1. Do an audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity or take one step toward a goal each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete *H-K1: Freeing Yourself from Being Controlled: Acceptance*.**

Do some combination of the acceptance/tolerance exercises at least three times this week. (You can substitute this practice for one BEST B each day if you'd like.)

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Freeing Yourself from Being Controlled: Acceptance of Self and Others (Taking Back Your Power)

\*\*\*\*\*

When you refuse to accept something about yourself or someone else that you can't immediately change (actions, characteristics, etc.), you give that thing power over you. You let that thing have at least some control over your emotions or actions. That thing has the power to: (1) lead you to do things that hurt *you* in the long run (ex: target behavior, avoid situations, say things you regret) and/or (2) get you so upset that you feel tied up in knots (and think about the thing so much that it gets in the way of your life). Either way, *you* are the one who suffers. This practice is about freeing yourself from being controlled and taking back your power by choosing to accept and tolerate the thing instead of letting it control your reactions.

Important: Accepting and tolerating does *not* mean you are giving up or that you approve. Accepting is a way to free yourself from being controlled and to ease your distress. You are not necessarily saying you accept that the thing will stay the same forever, but you're accepting and tolerating that it is the way it is *now*. You might even work to change the thing if that's possible, but you accept the way it is now.

*Choose something that feels like it has power over your reactions. Be sure to pick something that you want to work to accept and tolerate. Write the facts, without opinions or judgments.*

---

Take a few breaths and think about the thing you wrote above. Think about the facts; steer your mind away from judgments. Then do some combination of the following exercises for 3–5 minutes. Circle what you did.

- Was purposely aware of emotions, urges, sensations, and thoughts ("EST" of BEST B). Did a quick mental body scan and breathed in to any tense areas. *Allowed tension to release with the breath.* Repeated until at least some tension was released.
- Reminded myself that I can have emotions, urges, sensations, and thoughts without them controlling me.
- Breathed and thought, "It is as it is" on each inbreath and each outbreath.
- Thought about the facts that had nothing to do with me that led to the current situation. Worked to understand how these facts combined to lead up to the situation. (This doesn't mean that it's OK that it happened or that I approve; it just means I want to free myself from feeling controlled by it.) This also helps remind me that things aren't always entirely about me, even when they affect me.
- (If involving another person) Thought about circumstances in the person's life that may have contributed to the thing I'm having trouble accepting. Worked to understand the situation based on the person's history and current circumstances. Did my best to steer clear of judgments and accept the thing about the person. (This doesn't mean I'm happy about the thing. It just means I want to accept it so I can free myself from feeling controlled by it.)
- (If involving another person) Thought about or imagined other things in the person's life that he/she might be concerned, sad, scared, and/or insecure about. (This does not mean I approve of the behavior or like the person—just that I can feel sympathy for her/him as a human being.) Allowed myself to feel pity for the person.
- Said a prayer, a request to the universe, or a request to my own inner strength to help me accept and tolerate the situation so I can have freedom from feeling controlled by it.
- Took a moment to see if I could find some meaning or value out of the situation that could help me accept and tolerate it. (This does not mean I think that it's OK or good that the thing happened.)

You can go back and forth between skills in the same practice. Describe your experience on the back.

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## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## **Home Practice Summary: Freeing Yourself from Being Controlled (Acceptance/Tolerance of Self and Others)**

.....

**1. Do an audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity or take one step toward a goal each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete *H-L1: Freeing Yourself from Being Controlled: Self/Others*.**

Do some combination of the acceptance/tolerance exercises at least three times this week. (You can substitute the practice for one BEST B each day if you'd like.)

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Mindfulness: Sounds—Therapist Script (5 Minutes)

Sit up, with your hands in your lap, feet on the floor. And allow your eyes to close. Three: Be aware of various sounds. (*Slight pause*) Two: Be aware of the feelings of your feet against the floor, body against the chair. (*Slight pause*) One: Be aware of your breathing—the physical sensations as you inhale and exhale. (*Pause*)

Now, gently shift your awareness away from physical sensations and back to the sounds. (*Slight pause*) Open your awareness to the sounds around you. (*Pause about 3 seconds*) Perhaps you may notice sounds in front of you (*pause*), on either side of you (*pause*), or behind you (*pause*). Some sounds may seem to be very close to you (*slight pause*); others may seem to be farther away. (*Pause about 5 seconds*) Some sounds may seem to take up most of your attention and overshadow other sounds. Allow yourself to be aware of those sounds (*slight pause*), and then see if you can also be aware of other sounds that might be softer and less distinct. (*Pause about 5 seconds*)

Open your attention to sounds that might be occurring between other sounds. (*Pause about 5 seconds*) Notice if you find yourself judging the sounds. Notice if you find yourself wishing that some sounds were softer or that some sounds would even go away. If this happens, gently bring your attention away from your *reactions* and instead focus on just being aware of the sounds themselves. (*Pause about 5 seconds*) Allow yourself to be curious about whether you can notice anything new about the sounds—any qualities about any of the sounds or combination of sounds you haven't noticed before. (*Pause about 5 seconds*) Notice how easy it is to get distracted by thoughts—how thoughts about your life can take you away from being fully aware of the sounds. When you notice yourself getting caught up in thoughts, give yourself credit for noticing, and then gently bring your awareness back to the sounds. (*Pause about 5 seconds*) See if you can find any rhythms or patterns in the sounds. (*Pause about 5 seconds*) Allow yourself to have a sense of curiosity about all the sounds that are happening around you—including sounds you may not even have noticed until this practice. (*Pause about 5 seconds*)

And now I'm going to be quiet for a while, and just allow yourself to be aware of the sounds. (*Pause 10–15 seconds*) When your attention wanders, just give yourself credit for noticing—bring your attention back to your breathing for a moment—and then gently guide your attention back to the sounds. (*Pause about 10 seconds*) As you go through the day, remember that if you start getting caught up in the events of life, you can take a moment to mentally step back and allow your mind to be still as you focus on sounds. (*Pause about 5 seconds*) And now, three: Gently bring your attention back to your breathing. (*Slight pause*) Two: Be aware of the sensations of your body against the chair and your feet against the floor. (*Slight pause*) One: Be aware of the sounds for one last moment. (*Slight pause*) And whenever you're ready, allow your eyes to open. (*Pause*) What was that like for you?

## Expressing Understanding (Letting the Other Person Know You Can See Things from Her/His Perspective)

*This will benefit you by improving your relationships, giving you the power to make others feel good, and helping free you from feeling controlled by others' actions.*

There are different ways of expressing understanding:

**1. Really listen, and then reflect what the other person said.**

*Don't parrot every word, but instead reflect the general idea.*

Sounds like you've had a busy day.

You did all that work and they didn't even act like they appreciated it!

So you've spent your entire day responding to other people's problems

You didn't get much sleep last night!

**2. Reflect what they might be feeling. (But let them correct you if you are wrong.)**

That must be really stressful.

That sounds sad.

You seem concerned.

How frustrating!

I bet you're excited!

Sounds like you had fun.

You must be tired after such a long day.

**3. If you can understand how they feel, then *tell them*.**

I can understand how you'd feel angry.

I'd be scared, too.

I'm sad to hear that you had to go through that.

*If you have been in a similar situation, tell them briefly—but don't turn the focus to yourself.*

*Understanding example: "My friend used to say that same thing to me, so I know that it hurts."*

*Self-focused example: "My friend used to say the same thing to me. One time, I got home late and I was trying to make a sandwich, and he called me and started saying . . ." (and so on).*

**4. Show that you're doing your best to see it from the other person's perspective, even if you don't feel that way yourself; look for how the other person's feelings, thoughts, or actions make sense considering their history and current situation, even if you don't agree.**

I wish you wouldn't leave, but I can see that it's important to you.

I don't feel that way about it, but I can understand how you could.

I didn't mean to ignore you, but I can see that you thought I did—and so I can understand how you would feel upset about that.

**5. If you can find *anything* to compliment or affirm, do so—even if you don't agree with all of the person's actions. (This can be very difficult.)**

I admire you for caring so much about something, even though I wish you wouldn't go.

I didn't mean to ignore you, but I can see that you thought I did. I appreciate your trusting me enough to tell me. Can we talk about it?

I know it had to be difficult to tell me that. I appreciate your honesty.

**H-M2****ETC (Expressing Understanding, Thanking, or Complimenting)****Example**

Do at *least* one *E*, *T*, or *C* each day. Write down who you said it to and a short note about what you said. Focus especially on the *E*—Expressing Understanding.

	<b>Expressed Understanding</b>	<b>Thanked</b>	<b>Complimented</b>
<b>Mon:</b>	My roommate: <i>Sounds like you had a rough day. I bet you're exhausted.</i>		
<b>Tue:</b>	Relative: <i>I know you're sad about your dog being sick. I'm sad that you have to go through that.</i>	My friend: <i>Thanks for listening. I really appreciate it.</i>	My friend: <i>Your food is always delicious. You're a great cook.</i>
<b>Wed:</b>	My nephew: <i>I can understand how you'd want to play after being at school, but you have to do your homework before you go to your friend's.</i>	Thanked my landlord for keeping the lobby so clean.	
<b>Thurs:</b>	My friend: <i>You've really worked hard on that.</i>		Complimented cashier on being efficient at checking out customers quickly.
<b>Fri:</b>	My sibling: <i>I understand how you'd be upset about that.</i>		Complimented waitress on her earrings.
<b>Sat:</b>			Complimented colleague's musical taste.
<b>Sun:</b>	My friend: <i>Sounds like you had a lot of fun.</i>	Thanked my neighbor for getting my mail for me.	

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**H-M3****ECT (Expressing Understanding, Thanking, or Complimenting)**

Do *at least* one *E*, *T*, or *C* each day. Write down who you said it to and a short note about what you said. Focus especially on the *E*—Expressing Understanding.

	Expressed Understanding	Thanked	Complimented
Mon:			
Tue:			
Wed:			
Thurs:			
Fri:			
Sat:			
Sun:			

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## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## Home Practice Summary: Expressing Understanding

.....

**1. Do an audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity or take one step toward a goal each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Do your best to do at least one thing listed in H-M3: ETC (Expressing Understanding, Thanking, or Complimenting) each day.**

Write down what you did.

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Mindfulness: Focus on an Object

Choose a common object (e.g., leaf, rock, coin). Give the object to the client and begin:

Three: Be aware of sounds. (*Pause*) Two: Be aware of the feelings of your feet against the floor, body against the chair. (*Pause*) One: Be aware of your breath. (*Pause*) During this practice, I will provide some prompts and ask some questions. You do not need to answer the questions aloud.

*The following is a template. After a few breaths, lead the client through variations on the following instructions. Pause for a few seconds between each instruction/question. Allow 4–5 minutes for the exercise.*

- Focus on the sensations of holding the object in your hand. Be aware of any weight of the object. . . . Does it feel warm or cool? . . . Can you tell if it's rough or smooth?
- Open your eyes and study the object. Allow yourself to *really see* it. Notice the details you might normally miss. . . . Allow yourself to be curious. Notice the shape . . . the edges . . . the colors . . . the pattern. . . . Do your best to let go of judgments.
- Do your best to find some sort of beauty in the object.
- Now move the object around in your hands. Turn it over . . . rub the edges . . . bring it closer to your eyes or farther away.
- Notice how the light falls on the object. Does the color change at all?
- Is the object's surface rough or smooth? How does it feel to rub against your hand or fingers?
- Now I'm going to pause for a while to let you really look at the object. When you notice your mind wandering, just bring it back to your breath—and then back to the object. [*Give prompts to gently bring mind back to object every 10 seconds.*]

*A point to make afterward: The client sees that object regularly—but probably rarely really sees it. Sometimes we get so caught up in life that we forget to be curious about what's around us. We lose touch with the beauty. Encourage the client to look for the beauty in the upcoming week.*

## Paving the Road toward a More Fulfilling Life: Connections

Connections with other people can provide support, help life feel more meaningful, keep you from engaging in behavior you regret later, and help keep you on the road toward the kind of person you want to be and the kind of life you want to live.

**A.** Take a moment to think about people who provide positive influences in your life. These can be people you enjoy or feel comfortable around. They can be people who help you feel confident and/or who provide support for you in general. They might also be people who inspire you. Please list as many as possible. You can list people you communicate with regularly, as well as people you haven't seen or spoken to in quite a while.

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

**B1.** Do your best to think of one or more groups or organizations you might like to get involved with or at least visit. (*This could be a support group, a meditation center, a community group, an opportunity to volunteer with an organization, a Meetup group, a class, a sports group, a spiritual/religious group, etc.*). Write all possibilities in the following list. This is not a commitment. This exercise is to brainstorm options. Becoming involved can increase your sense of connectedness to others and provide opportunities to participate in fulfilling activities.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**B2.** Which of those groups would you be most likely to attend or become more involved with? Write the name of that group below. *Remember:* This is not a commitment. What steps would you need to take to attend (or become more involved with) that group? Write the steps on the back of this page. Be sure to break the process into small steps.

**C.** Write down two connection-related activities you could take with a person and/or group this week. These activities can include the steps you wrote above, or they can include calling someone, meeting someone for coffee, visiting someone, inviting someone to visit you, sending a text or email, etc. Choose activities you don't do every week. Then circle one you *commit to doing this week*. Before you write anything and circle it, make sure you're willing to commit to following through *this week*. (You're free to do both activities or more, but you only need to *commit* to doing one.) Record the activities under *Pleasant/Fulfilling Activity* on your Tracking Sheet.

1. \_\_\_\_\_
2. \_\_\_\_\_

## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## Home Practice Summary: Paving the Road

.....

**1. Do an audio practice at least 5 days this week.**

Be sure to fill in the Tracking Sheet to record your practice.

**2. Do the BEST B at least once a day. (You're also encouraged to do a second BEST B each day while doing other activities.)**

Be sure to fill in the Tracking Sheet to record your practice.

**3. Do one Pleasant/Fulfilling Activity or take one step toward a goal each day.**

Be sure to fill in the Tracking Sheet to record your practice.

**4. Complete at least one connection-related activity from *H-N1: Paving the Road*.**

You can count each activity as one of your Pleasant/Fulfilling Activities.

**5. Complete the Tracking Sheet and the Daily Log each day.**

Fill out the Tracking Sheet and the Daily Log each day. This helps us both keep track of what works best for you, what gets in your way, and how you are feeling throughout the week.

*Note: When you fill out the Tracking Sheet and the Daily Log, please do your best to be honest. You will not be judged about how much or little you have practiced, how strong or weak your urges are, or what behaviors you have or haven't engaged in during the week. The more honest you are on these forms, the more I can tailor your treatment to meet your needs. This will allow me to be more effective in helping you get closer to the kind of life you want to live. Also, please write any comments you have or anything that comes up during practice so we can talk about it at the next meeting.*

## Ways to Cope

The following list offers suggestions of ways to ride out urges, to cope with potential problems, and/or to keep moving toward a life that feels more like the life you want.

1. *BEST B (H-B2)*
2. *Coping Toolbox (H-A2; Do as many of the activities as needed.)*
3. *Do a Pleasant and/or Fulfilling Activity. (See H-E1 for suggestions.)*
4. *Awareness of Thoughts*—and awareness that you can choose whether or not to act on thoughts, which can lead you to move toward or away from your destination (See *H-G1* and *H-G3*.)
5. *Putting up Urge Roadblocks (H-F1)*
6. *Break Down a Goal* into small steps and then take a step. (See *H-H1* and *H-H2*.)
7. *OFFER*: To say “No” (*H-I1* and *H-I2*) or to ask for something (*H-J1* and *H-J2*)
  - **Other** (express what the other person might be feeling),
  - **Facts** (tell the facts),
  - **Feelings** (tell your feelings or consequences for you),
  - **Explain** (explain what you want or why you’re saying “no”),
  - **Reward** (tell the other person how she/he can benefit).
8. *Freeing Yourself from Being Controlled*: gaining back your power by practicing acceptance/ tolerance exercises (*H-K1* and *H-L1*)
9. *“May You Be”* meditation for others and self
10. *Expressing Understanding of Others and Expressing Understanding, Thanking, or Complimenting; ETC. (H-M1 and H-M3)*
11. *Paving the Road*: building connections with others (*H-N1*)
12. *Ways to Practice Mindfulness Every Day (H-O2)*
13. Create a list of positive and negative consequences of engaging in the target behavior.
14. Imagine the Mirror Exercise.
15. Do one of the audios. (Ex: Color Body Scan, Body Movement, etc.).
16. Remind yourself of the progress you have made. Do you want to go back?
17. Think of the destination (*your* destination).
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

## Ways to Practice Mindfulness Every Day

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1. Continue to engage in the BEST B.
2. Continue to do the audio practices.
3. At one meal each day, *take a moment to look at your food and really notice the appearance* of the food. As you bring the food toward your mouth, allow yourself to be aware of the smell (if applicable). Then focus your attention on the taste, texture, and temperature as you chew and swallow your first three bites (or more) of the food.
4. *Take a few moments to notice shapes and colors when you walk somewhere* (whether it's across a parking lot, down a street, or down a hallway). Allow yourself to look for interesting shapes and/or color combinations. Choose a color or shape you will notice. ("I will notice things that are green" Or "I will notice things that are somewhat circular.")
5. *Choose one physical activity you perform daily*, and bring your attention to the physical sensations for approximately 30 seconds. The activity may be brushing your teeth, washing your face, brushing your hair, walking down/upstairs, etc. (You are encouraged to stick with one activity for at least a week, and preferably longer.)
6. *Before getting out of bed each day*, gently bring your attention to your breathing, and be aware of physical sensations for three inbreaths and three outbreaths.
  - You can also choose a different cue; for example, (a) when you first sit in your car (before starting the engine), (b) whenever you sit down for your coffee (before starting to drink it), (c) right before you leave your home in the morning, and so on.
7. *Before going to sleep each night*, gently be aware of the physical sensations for three inbreaths and three outbreaths.
  - Other potential cues for awareness of three breaths include (a) right before you get out of your car, (b) when you first arrive home after being out, etc.
8. *Whenever you wait in line at a store or wait for mass transit*, allow yourself to notice your reactions. Are you feeling anxious? Irritated? Pressured? Bored? Allow yourself to feel your emotions—and then gently practice acceptance.
9. Every day *take a moment to think of someone in your life* (family member, friend, neighbor, etc.). Do your best to imagine what it might be like to be that person. Think about some difficulties, struggles, and pain that person might experience: lonely at times, not fitting in, money worries, scared, shy, sad, bored, problems at work, health problems, etc. Really try to imagine what it must be like to be that person. Send up thoughts of comfort or a prayer of comfort for the person.
10. *Create your own cue for a short mindfulness practice:*

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## Tracking Sheet

Please write the day and what you did each day in the appropriate column.

Day	Audio: Five Times	BEST B: At Least Once Daily Where? When?	Pleasant/Fulfilling Activity	Comments (Optional)

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## Home Practice Summary: Integrating

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1. Do the audio practice according to the schedule you chose in session.
2. Do the BEST B according to the schedule you chose in session.
3. Do Pleasant/Fulfilling Activities or take steps toward a goal according to the schedule you chose in session.
4. Complete the MMT skill chosen in session. What was the skill? \_\_\_\_\_
5. Practice one exercise from *H-02: Ways to Practice Mindfulness Every Day* at least twice during the week.
6. Complete the Tracking Sheet and the Daily Log according to the schedule you chose in session.

## Reminders

---

### Reasons to Continue Moving toward the Destination and Remain Free from Target Behavior:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### A Few Reminders of Ways I Can Cope to Ride Out Urges

*I will do AT LEAST ONE (even when I don't feel like doing it) when I experience increased urges:*

1. Do a BEST B.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

-----

## Ways to Cope

The following list offers suggestions of ways to ride out urges, to cope with potential problems, and/or to keep moving toward a life that feels more like the life you want.

1. *BEST B (H-B2)*
2. *Coping Toolbox (H-A2; Do as many of the activities as needed.)*
3. *Do a Pleasant and/or Fulfilling Activity. (See H-E1 for suggestions.)*
4. *Awareness of Thoughts*—and awareness that you can choose whether or not to act on thoughts, which can lead you to move toward or away from your destination (See *H-G1* and *H-G3*.)
5. *Putting up Urge Roadblocks (H-F1)*
6. *Break Down a Goal* into small steps and then take a step. (See *H-H1* and *H-H2*.)
7. *OFFER: To say “No” (H-I1 and H-I2) or to ask for something (H-J1 and H-J2)*
  - **Other** (express what the other person might be feeling),
  - **Facts** (tell the facts),
  - **Feelings** (tell your feelings or consequences for you),
  - **Explain** (explain what you want or why you’re saying “no”),
  - **Reward** (tell the other person how she/he can benefit).
8. *Freeing Yourself from Being Controlled: gaining back your power by practicing acceptance/ tolerance exercises (H-K1 and H-L1)*
9. *“May You Be” meditation for others and self*
10. *Expressing Understanding of Others and Expressing Understanding, Thanking, or Complimenting; ETC. (H-M1 and H-M3)*
11. *Paving the Road: building connections with others (H-N1)*
12. *Ways to Practice Mindfulness Every Day (H-O2)*
13. Create a list of positive and negative consequences of engaging in the target behavior.
14. Imagine the Mirror Exercise.
15. Do one of the audios. (Ex: Color Body Scan, Body Movement, etc.).
16. Remind yourself of the progress you have made. Do you want to go back?
17. Think of the destination (*your* destination).
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

- Emotions and urges will not make your head explode. You can survive emotions and urges without trying to turn them off.
- Urges do not predict the future. You can have an urge without acting on it. You can ride out the urge.
- Thoughts do not necessarily equal facts. Thoughts do not predict the future. You can have a thought without acting on it.

An emotion is just an emotion.

An urge is just an urge.

A sensation is just a sensation.

A thought is just a thought.

You can have emotions, urges, and thoughts *without* acting on them.

You can have emotions, urges, sensations, and thoughts—and still continue making progress toward your destination.