





WELCOME FROM DR. 01 ALLEN

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aliquam vitae odio non lacus

FRAMEWORK #1

02

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aliquam vitae odio non lacus semper scelerisque id vel ligula. Suspendisse egestas tempus sapien.

FRAMEWORK #2

03

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aliquam vitae odio non lacus semper scelerisque id vel ligula.
Suspendisse egestas tempus sapien.

FRAMEWORK #3

04

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aliquam vitae odio non lacus semper scelerisque id vel ligula.
Suspendisse egestas tempus sapien.

FRAMEWORK #4

05

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aliquam vitae odio non lacus semper scelerisque id vel ligula.
Suspendisse egestas tempus sapien.

FRAMEWORK #4

05

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aliquam vitae odio non lacus semper scelerisque id vel ligula.
Suspendisse egestas tempus sapien.



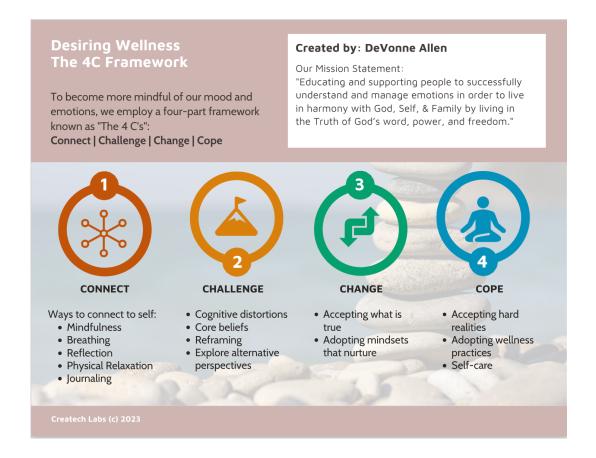
Hello!

I'm Dr. DeVonne Allen, a Licensed Clinical Social Worker, and the owner of Desiring Wellness, a private practice that provides both therapeutic and educational services to support individuals with managing difficult emotions. I have more than ten years of clinical experience providing therapy to children and adults in individual, group, and family capacities.

Dr. De Voure Allen

www.desiringwellness.net

About the Process:



Your thoughts:



Framework #1 Connect

1. Take the <u>Mindfulness Quiz</u> at Greater Good and review your results.
a. What did you learn about yourself? What observations can you make about yourself? https://greatergood.berkeley.edu/quizzes/take_quiz/mindfulness).
2. Try at least one of the breathing exercises every day or as many days as possible for two weeks. What was that experience like for you? Was it helpful? What did you
notice or learn about yourself?

3. Try at least one relaxation strategy (Tai Chi, or Yoga) - What was that experience like for you? Was it helpful? Why or why not?
4. Select 3 emotions from the "Naming Our Feelings" chart on the next page and write 3-5 sentences or thoughts related to each emotion. Your sentences don't have to make sense or be rational, just write what you feel, even just words or phrases. At a later time you can go back and review for insight and meaning.

5. What mindfulness activities did not resonate with you? Explain why not. Also, explain what mindfulness activities have worked well for you. Explain what was useful about this.
6. In what ways and areas of your life are you experiencing disconnection, distraction, or disengagement?

NAMING

Our Feelings

sad

disappointed
hopeless
mournful
isolated
Heart-broken
distressed
discouraged
dissatisfied
lonely
pessimistic
disillusioned
depressed

happy

joyful
thankful
excited
ecstatic
cheerful
satisfied
delighted
secure
proud

afraid

anxious
vulnerable
helpless
insecure
nervous
worried
suspicious
afraid
restless
shocked
overwhelmed
stressed

angry

agitated
frustrated
unsafe
hostile
annoyed
irritated
upset
resentful
rejected
hurt
offended
defensive

ashamed

embarrassed
exposed
self-conscious
sorry
regretful
remorseful
guilty
devastated
awkward

confused

uncertain
hesitant
perplexed
puzzled
unsettled
unfocused
ambivalent



Framework #2 Challenge

- 1. Download this list of common errors in thinking also known as cognitive distortions. https://www.therapistaid.com/therapy-worksheet/cognitive-distortions.
- 2. After reviewing the list, do any of these errors in thinking resonate with you?
- 3. Use the following link to download a thought record to note your thoughts for the next two weeks. https://www.therapistaid.com/therapy-worksheet/thought-record.
- 4. What observations did you make? What did you notice about yourself? What was that like? Did you experience a decrease in stress or emotional challenges?
- 5. Did you notice experiencing any errors in thinking

S. Were you able to Did that help you	consider alte		frame your tho	oughts?



Framework #3 Change

1.	What personal transformation insights or reflections resonate with you?
_	
_	
2.	Sample Text Placeholder



Framework #4 Cope

1. What hard circumstance and situations do you need to accept?
2. What people do you need to accept as they are?
3. In what relationships do you need to create distance and/or set boundaries? What small steps can you take to set a limit?

4. What sto	eps can you take to manage a difficult relationship?
4a. Can yo	ou take frequent breaks from interactions with this person?
b. How ca	an you nurture yourself before or after an interaction with this person?

Final Reflection

What activities in this course activities have worked well for you? Also, explain what was useful about them.
2. What challenge activities did not work well for you? Explain why.



It has been my pleasure to lead you through this journey into overcoming mindsets that bind. I'm so excited to continue working with you, please reach out to learn more. Feel free to reach out if you have any other questions.



Dr. DeVonne Allen