

STEPPS Therapy Homework Sheets

WEEK _____

The following numbered sections ask you to either tick a box, write a number in a box, or put a symbol in a box.

The sheets will take **fifteen - twenty minutes** to fill out at the end of the day.

You will need a new set of sheets at the end of each week.

During, or at the end of each day fill out the following sections:

- 1 BEST Score
- 2 Emotional Intensity Scores (Pot Form)
- 3 Label your Emotions (see notes below)
- 4 Intense Emotions
- 5 Physical Sensations
- 6 Urges
- 7 Distracting Behaviour
- 8 Unhelpful Filters (Beliefs) (Flash Cards Available)
- 9 Distorted Thoughts (Flash Cards Available)
- 10 Challenges to Distorted Thoughts
- 11 Positive Affirmations and Encouraging Statements
- 12 Helpful Behaviour (Skills)
- 13 Helpful Filters (Beliefs)

Flash cards and other resources are available at:

www.smarturl.it/STEPPSresources

NOTES for Section 3: Building Your Emotional Vocabulary

Researchers are now learning that if you know more words to describe your emotions, you can lower the intensity of your feelings more easily.

This may be because you are learning to communicate to yourself what you are feeling.

In short, you are learning to hear your feelings, so they don't have to shout so loudly.

In the yellow (left) column of the Emotion Labelling Section, learn one new emotion word each day. Use a dictionary or google. Maybe make flashcards to help you learn the words.

When you know all the emotion words, learn the emotions in the purple (middle) column.

Finally, learn the emotions in the green (right) column.

Congratulations! You now speak the language of emotions.

1. Emotional Intensity Score (Pot Form)

Each day, share 14 points between Intensity Boxes 1 - 5
 High numbers mean more time spent at an emotional intensity level.

At end of the week add each row up. This gives you your % for each emotional intensity level on the pot form.

Emotional Intensity		Wed	+	Thu	+	Fri	+	Sat	+	Sun	+	Mon	+	Tue	=	Pot Form %
High	5															
	4															
	3															
	2															
Low	1															

Example

Emotional Intensity		Wed
High	5	1
	4	3
	3	4
	2	6
Low	1	

- A short time spent being in a rage!
- A few hours feeling angry, and that you are going to lose control.
- An afternoon feeling irate, messed off, moody.
- Feeling a bit down all morning before something triggers you.
- Just didn't feel calm at all, all day.

<p align="center">2. BEST SCORE</p> <p align="center">How much did the following Unhelpful Thoughts and Feelings (A) and Unhelpful Behaviour (B) cause distress, relationship problems, or difficulty doing things?</p> <p align="center">Each day, tick the relevant box if it is empty. At the end of week, record highest number ticked in MAX column.</p>	None/Slight	Mild	Moderate	Severe	Extreme	
	1	2	3	4	5	MAX

A. Unhelpful Thoughts and Feelings						
1. Worrying about abandonment. Fear an important person in your life is tiring of you or leaving?						
2. Major shifts in your opinions about others. One minute someone is great; the next, bad and untrustworthy?						
3. Extreme shifts in how you see yourself. Feel confident, then worthless, or evil, or that you don't exist.						
4. Severe mood swings several times a day. Minor events cause major shifts in mood.						
5. Psychotic Symptoms Feel paranoid or that you are losing touch with reality.						
6. Feeling Angry						
7. Feeling Empty						
8. Feeling Suicidal						
Total						

B. Unhelpful Negative Behaviour						
9. Prevent Abandonment Going to extremes to stop someone leaving you.						
10. Injure yourself or try to commit suicide.						
11. Being Impulsive (not suicide or self harm) e.g. overspending, risky sexual behaviour, substance abuse, reckless driving, binge eating, etc?						
12. Temper Outbursts Leading to relationship problems, physical fights, or destruction of property.						
Total						

<p>C. Helpful Behaviour</p> <p>At the end of week, record how often you did the following behaviours that helped you?</p>	Almost Never	Sometimes	Half the Time	Most the Time	Almost Always	
	1	2	3	4	5	MAX
13. Chose to act in a positive instead of negative way Feel urge to do something negative, but behave wisely?						
14. Prevented Problems Occuring Noticed ahead of time that something might cause you emotional difficulties, and took steps to prevent the problem occurring?						
15. Followed Your Therapy Plan Did STEPPS homework, attended therapy, and took medication?						
Total						

BEST SCORE:	15 + A + B - C =	
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3. Label Emotions

Tick emotions that you experience during the week.

If an emotion is intense or overwhelming, shade in the box. Then write the emotion in Section 4.

Love <input type="checkbox"/>	Affection <input type="checkbox"/>	Adoration <input type="checkbox"/> affection <input type="checkbox"/> love <input type="checkbox"/> fondness <input type="checkbox"/> liking <input type="checkbox"/> attraction <input type="checkbox"/> caring <input type="checkbox"/> tenderness <input type="checkbox"/> compassion <input type="checkbox"/> sentimentality <input type="checkbox"/>
	Lust <input type="checkbox"/>	Arousal <input type="checkbox"/> desire <input type="checkbox"/> lust <input type="checkbox"/> passion <input type="checkbox"/> infatuation <input type="checkbox"/>
	Longing <input type="checkbox"/>	Longing <input type="checkbox"/>
Joy <input type="checkbox"/>	Cheerfulness <input type="checkbox"/>	Amusement <input type="checkbox"/> bliss <input type="checkbox"/> cheerfulness <input type="checkbox"/> gaiety <input type="checkbox"/> glee <input type="checkbox"/> jolliness <input type="checkbox"/> joviality <input type="checkbox"/> joy <input type="checkbox"/> delight <input type="checkbox"/> enjoyment <input type="checkbox"/> gladness <input type="checkbox"/> happiness <input type="checkbox"/> jubilation <input type="checkbox"/> elation <input type="checkbox"/> satisfaction <input type="checkbox"/> ecstasy <input type="checkbox"/> euphoria <input type="checkbox"/>
	Zest <input type="checkbox"/>	Enthusiasm <input type="checkbox"/> zeal <input type="checkbox"/> zest <input type="checkbox"/> excitement <input type="checkbox"/> thrill <input type="checkbox"/> exhilaration <input type="checkbox"/>
	Contentment <input type="checkbox"/>	Contentment <input type="checkbox"/> pleasure <input type="checkbox"/>
	Pride <input type="checkbox"/>	Pride <input type="checkbox"/> triumph <input type="checkbox"/>
	Optimism <input type="checkbox"/>	Eagerness <input type="checkbox"/> hope <input type="checkbox"/> optimism <input type="checkbox"/>
	Enthrallment <input type="checkbox"/>	Enthrallment <input type="checkbox"/> rapture <input type="checkbox"/>
Relief <input type="checkbox"/>	Relief <input type="checkbox"/>	
Surprise <input type="checkbox"/>	Surprise <input type="checkbox"/>	Amazement <input type="checkbox"/> surprise <input type="checkbox"/> astonishment <input type="checkbox"/>
Anger <input type="checkbox"/>	Irritation <input type="checkbox"/>	Aggravation <input type="checkbox"/> irritation <input type="checkbox"/> agitation <input type="checkbox"/> annoyance <input type="checkbox"/> grouchiness <input type="checkbox"/> grumpiness <input type="checkbox"/>
	Exasperation <input type="checkbox"/>	Exasperation <input type="checkbox"/> frustration <input type="checkbox"/>
	Rage <input type="checkbox"/>	Anger <input type="checkbox"/> rage <input type="checkbox"/> outrage <input type="checkbox"/> fury <input type="checkbox"/> wrath <input type="checkbox"/> hostility <input type="checkbox"/> ferocity <input type="checkbox"/> bitterness <input type="checkbox"/> hate <input type="checkbox"/> loathing <input type="checkbox"/> scorn <input type="checkbox"/> spite <input type="checkbox"/> vengefulness <input type="checkbox"/> dislike <input type="checkbox"/> resentment <input type="checkbox"/>
	Disgust <input type="checkbox"/>	Disgust <input type="checkbox"/> revulsion <input type="checkbox"/> contempt <input type="checkbox"/>
	Envy <input type="checkbox"/>	Envy <input type="checkbox"/> jealousy <input type="checkbox"/>
	Torment <input type="checkbox"/>	Torment <input type="checkbox"/>
Sadness <input type="checkbox"/>	Suffering <input type="checkbox"/>	Agony <input type="checkbox"/> suffering <input type="checkbox"/> hurt <input type="checkbox"/> anguish <input type="checkbox"/>
	Sadness <input type="checkbox"/>	Depression <input type="checkbox"/> despair <input type="checkbox"/> hopelessness <input type="checkbox"/> gloom <input type="checkbox"/> glumness <input type="checkbox"/> sadness <input type="checkbox"/> unhappiness <input type="checkbox"/> grief <input type="checkbox"/> sorrow <input type="checkbox"/> woe <input type="checkbox"/> misery <input type="checkbox"/> melancholy <input type="checkbox"/>
	Disappointment <input type="checkbox"/>	Dismay <input type="checkbox"/> disappointment <input type="checkbox"/> displeasure <input type="checkbox"/>
	Shame <input type="checkbox"/>	Guilt <input type="checkbox"/> shame <input type="checkbox"/> regret <input type="checkbox"/> remorse <input type="checkbox"/>
	Neglect <input type="checkbox"/>	Alienation <input type="checkbox"/> isolation <input type="checkbox"/> neglect <input type="checkbox"/> homesickness <input type="checkbox"/> loneliness <input type="checkbox"/> rejection <input type="checkbox"/> defeat <input type="checkbox"/> embarrassment <input type="checkbox"/> dejection <input type="checkbox"/> insecurity <input type="checkbox"/> humiliation <input type="checkbox"/> insult <input type="checkbox"/>
	Sympathy <input type="checkbox"/>	Pity <input type="checkbox"/> sympathy <input type="checkbox"/>
Fear <input type="checkbox"/>	Horror <input type="checkbox"/>	Alarm <input type="checkbox"/> shock <input type="checkbox"/> fear <input type="checkbox"/> fright <input type="checkbox"/> horror <input type="checkbox"/> terror <input type="checkbox"/> panic <input type="checkbox"/> hysteria <input type="checkbox"/> mortification <input type="checkbox"/>
	Nervousness <input type="checkbox"/>	Anxiety <input type="checkbox"/> nervousness <input type="checkbox"/> tenseness <input type="checkbox"/> uneasiness <input type="checkbox"/> apprehension <input type="checkbox"/> worry <input type="checkbox"/> distress <input type="checkbox"/> dread <input type="checkbox"/>

10. Challenges to Distorted Thoughts

[\(Flash Cards Available\)](#)

Write at least 1 challenge each day against the following distorted thoughts. Challenge how you think, and how you think about relationships and the world.

Read each 3x before bedtime.

	Distorted Thoughts	Challenges to Distorted Thoughts
How you think	Focus on Negative	
	Reject the Positive	
	Give Biased Explanation	
	Ignore Information	
	Make Illogical Connections	
	Overgeneralise	
	Reason with Emotions	
	Magnify (Blow out of proportion)	
Relationships	Blame Others	
	Jump to Conclusion about Others	
	Label Others	
	Take Things Personally	
Views about the World	Believe Should Statements	
	Believe You Are in Control	
	Catastrophise	
	Create Self-fulfilling Prophecy	
	Expect Life Should be Fair	
	Expect to be Rewarded	

11. Positive Affirmations and Encouraging Statements

At least 1 x day, write a Positive Affirmation or Encouraging Statement in the boxes below. Read each affirmation 3x before sleep.

Each affirmation or statement, used often, might help you develop a number of helpful beliefs about yourself, others and the world.

Helpful Beliefs (Filters)	Positive Affirmation or Encouraging Statement	
Self	Achievement (can achieve things)	
	Competance (be good at something)	
	Efficacy (have ability to do something)	
	Able to manage emotions	
	Have self-control	
	Can accept yourself as you are	
	Can help yourself	
	Feeling good is OK	
	Play is OK	
	Others	Altruism (help others without self gain)
Respect the boundaries of others		
Caring for others is good		
Can have stable relationships		
Can mix socially with others		
Can trust others		
World	Good things can happen	

