

ART
Affect Regulation Training


ART

Affect Regulation Training

A group-based, intensive program to improve the regulation of stress and negative emotions

Part 1

ART
Affect Regulation Training



Part 1

Relaxation and Awareness

ART
Affect Regulation Training

ART
Affect Regulation Training

08⁰⁰ *Hi, this is your ART E-Trainer.*

09⁰⁰ *Today we begin with ART! We will learn about techniques and methods of emotion regulation. Starting today, we will begin working on short exercises on a daily basis. Good luck!*

10⁰⁰

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15⁰⁰

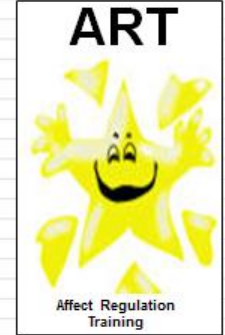
16⁰⁰

17⁰⁰

18⁰⁰

19⁰⁰

20⁰⁰ *We will begin by relaxing some muscles during the daytime followed by a long relaxation of the muscles during the evening.*



ART
Affect Regulation Training

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Affect Regulation Training

Relaxation

08⁰⁰ *Tense the muscles in your right hand (clench fist for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

09⁰⁰

10⁰⁰ Done? (✓)

11⁰⁰ *Tense the muscles in your left hand (clench fist for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

12⁰⁰

13⁰⁰ Done? (✓)

14⁰⁰ *Tense the muscles in both hands & lower and upper arms (clench fists, bring fists to shoulders for 3 sec.) . Relax the muscles for 10 sec. while exhaling.*

15⁰⁰

16⁰⁰ Done? (✓)

17⁰⁰ *Tense the muscles in your jaw (clench teeth for 3 sec.) . Relax the muscles for 10 sec. while exhaling.*

18⁰⁰

19⁰⁰ Done? (✓)

20⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #1 using the audio CD.*

Done? (✓)

ART
Affect Regulation Training

Relaxation

08⁰⁰ *Tense the muscles around the eyes (squint eyes for 3 sec.) . Relax the muscles for 10 sec. while exhaling.*

09⁰⁰

10⁰⁰ Done? (✓)

11⁰⁰ *Tense the muscles in your forehead (frown for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

12⁰⁰

13⁰⁰ *Tense the muscles in your neck (pull your shoulders up for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

14⁰⁰

15⁰⁰ Done? (✓)

16⁰⁰ *Tense the muscles in your upper back (pull shoulders back for 3 sec.) and relax the muscles for 10 sec.*

17⁰⁰

18⁰⁰ Done? (✓)

19⁰⁰ *Tense the muscles in your lower back (shift hips forward and arch your back for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

20⁰⁰

20⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #1 using the audio CD.*

Done? (✓)

ART
Affect Regulation Training

Relaxation

08⁰⁰ *Tense the muscles in your buttocks (squeeze buttocks together for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

09⁰⁰

10⁰⁰ Done? (✓)

11⁰⁰ *Tense the muscles in your stomach (lift legs slightly for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

12⁰⁰

13⁰⁰ Done? (✓)

14⁰⁰ *Tense the muscles in your legs (lift legs, point toes forward for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

15⁰⁰

16⁰⁰ Done? (✓)

17⁰⁰ *Tense the muscles in your legs (lift legs, point toes back toward face for 3 sec.) and relax the muscles for 10 sec. while exhaling.*

18⁰⁰

19⁰⁰ Done? (✓)

20⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #1 using the audio CD.*

Done? (✓)

ART
Affect Regulation Training

Relaxation

08⁰⁰

09⁰⁰

10⁰⁰

11⁰⁰ *Tense the muscles in your hands and arms for 3 sec. and relax while exhaling.*

12⁰⁰

13⁰⁰ Done? (✓)

14⁰⁰ *Tense the muscles in your face for 3 sec. and then relax while exhaling for 10 sec.*

15⁰⁰

16⁰⁰ Done? (✓)

17⁰⁰ *Tense the muscles in your neck and back for 3 sec. and then relax while exhaling for 10 sec.*

18⁰⁰

19⁰⁰ Done? (✓)

20⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #1 using the audio CD.*

Done? (✓)

ART
Affect Regulation Training

Relaxation

08⁰⁰

09⁰⁰ *Tense the muscles in your stomach, buttocks and in both legs for 3 sec. and then relax while exhaling for 10 sec.*

10⁰⁰

11⁰⁰ Done? (✓)

12⁰⁰ *Tense your favorite muscle group and relax while exhaling for 10 sec.*

13⁰⁰

14⁰⁰ Done? (✓)

15⁰⁰ *Starting today, we will now practice relaxing the muscles without tensing them beforehand.*

16⁰⁰

17⁰⁰ Done? (✓)


18⁰⁰ *Relax the muscles in your hands and arms for 3 sec. Breathe consciously and calmly and relax the muscles a little bit more with each exhale.*

19⁰⁰


20⁰⁰ Done? (✓)

20⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #1 using the audio CD.*


Done? (✓)

Relaxation		ART  Affect Regulation Training
08 ⁰⁰	Relax the muscles in your face for 3 sec. Breathe consciously and calmly and relax the muscles a little bit more with each exhale.	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰	Relax the muscles in your back and neck for 3 sec. Breathe consciously and calmly and relax the muscles a little bit more with each exhale.	
12 ⁰⁰		
13 ⁰⁰		Done? (✓) <input type="checkbox"/>
14 ⁰⁰	Relax the muscles in your buttocks, stomach and your legs for 3 sec. Breathe consciously and calmly and relax the muscles a little bit more with each exhale.	
15 ⁰⁰		
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰	Free Exercise: Practice anything from the ART program.	
19 ⁰⁰		Done? (✓) <input type="checkbox"/>
20 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #1 using the audio CD.	
		Done? (✓) <input type="checkbox"/>


9

Relaxation & Awareness		ART  Affect Regulation Training
08 ⁰⁰	Starting today we will practice Nonjudgmental Awareness (ART Skill 3) as we continue to practice muscle & breathing relaxation.	
09 ⁰⁰		
10 ⁰⁰		
11 ⁰⁰	Relax your muscles and breathe calmly. After that, concentrate on your breathing for 3 breaths. Observe your breathing without changing it.	
12 ⁰⁰		
13 ⁰⁰		Done? (✓) <input type="checkbox"/>
14 ⁰⁰		
15 ⁰⁰	Relax your muscles and breathe calmly. Next, concentrate on your breathing for 3 breaths. Observe your breathing without changing it.	
16 ⁰⁰		
17 ⁰⁰		Done? (✓) <input type="checkbox"/>
18 ⁰⁰		
19 ⁰⁰		
20 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #2 using the audio CD.	
		Done? (✓) <input type="checkbox"/>


10

Relaxation & Awareness		ART  Affect Regulation Training
08 ⁰⁰	Relax your muscles and breathe calmly. Next, concentrate on your breathing for 3 breaths. Observe your breathing without changing it.	
09 ⁰⁰		
10 ⁰⁰		Done? (✓) <input type="checkbox"/>
11 ⁰⁰		
12 ⁰⁰	Briefly describe what you are perceiving with your eyes.	
13 ⁰⁰		Done? (✓) <input type="checkbox"/>
14 ⁰⁰		
15 ⁰⁰	Describe what you are hearing.	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰		
20 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #2 using the audio CD.	
		Done? (✓) <input type="checkbox"/>


11

Relaxation & Awareness		ART  Affect Regulation Training
08 ⁰⁰	Feel what body sensations you are experiencing.	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰		
12 ⁰⁰	Observe closely: what thoughts are running through your mind?	
13 ⁰⁰		Done? (✓) <input type="checkbox"/>
14 ⁰⁰		
15 ⁰⁰		
16 ⁰⁰	What kind of goals are active in your mind in this moment? What needs do you have right now?	
17 ⁰⁰		Done? (✓) <input type="checkbox"/>
18 ⁰⁰		
19 ⁰⁰		
20 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #2 using the audio CD.	
		Done? (✓) <input type="checkbox"/>


12

Relaxation & Awareness		ART  Affect Regulation Training
08 ⁰⁰	How do you feel at the moment? Describe what kinds of emotions you are experiencing right now. Rate their intensity on a scale from 0 to 10.	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰	Relax your muscles, breathe calmly without changing your breath. Notice the sensations in your body. Notice your thoughts, wishes, and feelings.	
12 ⁰⁰		
13 ⁰⁰		
14 ⁰⁰		
15 ⁰⁰	Notice something that is pleasurable right now and enjoy it as much as you can. Be patient if it takes a while until you can begin to really enjoy it.	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰		
20 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #2 using the audio CD. Good luck!	
		Done? (✓) <input type="checkbox"/>


13

Relaxation & Awareness		ART  Affect Regulation Training
08 ⁰⁰	How do you feel at the moment? Describe the emotions you are experiencing right now. Rate their intensity on a scale from 0 to 10.	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰		
12 ⁰⁰		
13 ⁰⁰		
14 ⁰⁰		
15 ⁰⁰	Free Exercise: Practice anything from the ART program.	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰		
20 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #2 using the audio CD.	
		Done? (✓) <input type="checkbox"/>

14

Relaxation & Awareness		ART  Affect Regulation Training
08 ⁰⁰		
09 ⁰⁰	Free Exercise: Practice anything from the ART program.	
10 ⁰⁰		Done? (✓) <input type="checkbox"/>
11 ⁰⁰		
12 ⁰⁰		
13 ⁰⁰		
14 ⁰⁰		
15 ⁰⁰	How do you feel at the moment? Describe the emotions you are experiencing right now. Rate their intensity on a scale from 0 to 10.	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰		
20 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #2 using the audio CD.	
		Done? (✓) <input type="checkbox"/>

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ART  Affect Regulation Training	
<h1>ART</h1>	
<h2>Affect Regulation Training</h2>	
A group-based, intensive program to improve the regulation of stress and negative emotions	

Part 2

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Part 2



Acceptance & Tolerance
and Compassionate Self-Support

Acceptance & Tolerance	
08 ⁰⁰	Starting today we will add Acceptance & Tolerance to our daily practice.
09 ⁰⁰	
10 ⁰⁰	
11 ⁰⁰	Remind yourself why it is so important to accept and tolerate your emotions.
12 ⁰⁰	
13 ⁰⁰	Done? (✓) <input type="checkbox"/>
14 ⁰⁰	
15 ⁰⁰	What could you say to yourself to better accept your own feelings?
16 ⁰⁰	
17 ⁰⁰	Done? (✓) <input type="checkbox"/>
18 ⁰⁰	
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #3 using the audio CD.
20 ⁰⁰	
	Done? (✓) <input type="checkbox"/>

Acceptance & Tolerance	
08 ⁰⁰	Why is it helpful to have stress reactions?
09 ⁰⁰	Done? (✓) <input type="checkbox"/>
10 ⁰⁰	
11 ⁰⁰	Relax your muscles, breathe calmly and observe what is happening inside yourself. Describe how you are feeling right at this moment.
12 ⁰⁰	
13 ⁰⁰	Done? (✓) <input type="checkbox"/>
14 ⁰⁰	
15 ⁰⁰	How are negative emotions helpful?
16 ⁰⁰	
17 ⁰⁰	Done? (✓) <input type="checkbox"/>
18 ⁰⁰	
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #3 using the audio CD.
20 ⁰⁰	
	Done? (✓) <input type="checkbox"/>


Acceptance & Tolerance	
08 ⁰⁰	
09 ⁰⁰	Remind yourself that you have tolerated difficult situations in the past. What does this tell you about your ability to tolerate challenges?
10 ⁰⁰	
11 ⁰⁰	Done? (✓) <input type="checkbox"/>
12 ⁰⁰	
13 ⁰⁰	
14 ⁰⁰	Relax your muscles, breathe calmly, and observe what is happening inside yourself. Describe what you are feeling right at this moment.
15 ⁰⁰	
16 ⁰⁰	Done? (✓) <input type="checkbox"/>
17 ⁰⁰	
18 ⁰⁰	
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #3 using the audio CD.
20 ⁰⁰	
	Done? (✓) <input type="checkbox"/>

Acceptance & Tolerance	
08 ⁰⁰	
09 ⁰⁰	Remember that feelings do not last forever! Emotions are like waves; they come and go.
10 ⁰⁰	Done? (✓) <input type="checkbox"/>
11 ⁰⁰	
12 ⁰⁰	
13 ⁰⁰	
14 ⁰⁰	Relax your muscles, breathe calmly, and observe what is happening inside yourself. Describe how you are feeling right at this moment.
15 ⁰⁰	
16 ⁰⁰	Done? (✓) <input type="checkbox"/>
17 ⁰⁰	
18 ⁰⁰	
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #3 using the audio CD.
20 ⁰⁰	
	Done? (✓) <input type="checkbox"/>

Acceptance & Tolerance	
08 ⁰⁰	
09 ⁰⁰	What are the 5 steps of the ART Acceptance and Tolerance Plan?
10 ⁰⁰	Done? (✓) <input type="checkbox"/>
11 ⁰⁰	
12 ⁰⁰	
13 ⁰⁰	
14 ⁰⁰	
15 ⁰⁰	Relax all of your muscles, breathe calmly, feel your breath, notice what you are feeling right now, describe and accept your emotions.
16 ⁰⁰	
17 ⁰⁰	Done? (✓) <input type="checkbox"/>
18 ⁰⁰	
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #3 using the audio CD.
20 ⁰⁰	
	Done? (✓) <input type="checkbox"/>

Acceptance & Tolerance	
08 ⁰⁰	
09 ⁰⁰	Relax your muscles and breathe calmly without changing your breath. Next, notice what you are experiencing. Name your feelings and try to accept them.
10 ⁰⁰	
11 ⁰⁰	Done? (✓) <input type="checkbox"/>
12 ⁰⁰	
13 ⁰⁰	What could you say to yourself to help you accept your own emotions?
14 ⁰⁰	
15 ⁰⁰	Done? (✓) <input type="checkbox"/>
16 ⁰⁰	Notice what you are experiencing. Name your feelings and try to accept them.
17 ⁰⁰	
18 ⁰⁰	Done? (✓) <input type="checkbox"/>
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #3 using the audio CD.
20 ⁰⁰	
	Done? (✓) <input type="checkbox"/>

Compassionate Self-Support	
08 ⁰⁰	Hello! Starting today we will add Compassionate Self-Support to our daily practice. This week's goal: improving self-esteem, self-support, and self-care.
09 ⁰⁰	
10 ⁰⁰	
11 ⁰⁰	Question: What happens when you devalue yourself or you are critical of yourself in tough situations? Is this helpful?
12 ⁰⁰	
13 ⁰⁰	Done? (✓) <input type="checkbox"/>
14 ⁰⁰	Name at least 5 recent achievements. If you notice resistance to doing this, be aware of the resistance and continue with the exercise.
15 ⁰⁰	
16 ⁰⁰	Done? (✓) <input type="checkbox"/>
17 ⁰⁰	
18 ⁰⁰	
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #5 using the audio CD.
20 ⁰⁰	
	Done? (✓) <input type="checkbox"/>

Compassionate Self-Support 

08⁰⁰ *Name at least 5 recent achievements. If you notice resistance to doing this, be aware of the resistance and continue with the exercise.*

09⁰⁰ Done? (✓)

10⁰⁰

11⁰⁰ *Remember a few past achievements. Which of your skills facilitated these achievements?*

12⁰⁰ Done? (✓)

13⁰⁰

14⁰⁰

15⁰⁰ *Name at least 5 things you like about yourself. If you notice resistance do doing this, be aware of the resistance and continue with the exercise.*

16⁰⁰ Done? (✓)


17⁰⁰

18⁰⁰

19⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #5 using the audio CD.*

20⁰⁰ Done? (✓)

25

Compassionate Self-Support 

08⁰⁰ *What is the problem with basing your self-esteem **only** on your achievements and success or on the opinion of others? What is a better way?*

09⁰⁰ Done? (✓)

10⁰⁰

11⁰⁰ *Tell yourself 3 times, "I am OK the way I am". If there is resistance to doing this, be aware of the resistance and then continue with the exercise.*

12⁰⁰ Done? (✓)

13⁰⁰

14⁰⁰

15⁰⁰ *Name at least 5 recent achievements. If you notice resistance to doing this, be aware of the resistance and continue with the exercise.*

16⁰⁰ Done? (✓)


17⁰⁰

18⁰⁰

19⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #5 using the audio CD.*

20⁰⁰ Done? (✓)

26

Compassionate Self-Support 

08⁰⁰ *Tell yourself 3 times, "I am a valuable person." If there is resistance to doing this, be aware of the resistance and then continue with the exercise.*

09⁰⁰ Done? (✓)

10⁰⁰

11⁰⁰

12⁰⁰

13⁰⁰

14⁰⁰

15⁰⁰ *Have you praised yourself yet today? You've probably already done something that deserves praise! Praise gives strength and encouragement!*

16⁰⁰ Done? (✓)


17⁰⁰

18⁰⁰

19⁰⁰ *Take 15 min. for yourself! Practice the Exercise of Gratitude in Exercise #4 using the audio CD.*

20⁰⁰ Done? (✓)

27

Compassionate Self-Support 

08⁰⁰ *As you start your day think about what is going well in your life.*

09⁰⁰ Done? (✓)

10⁰⁰

11⁰⁰ *What are your plans for today? What positive activities could you do today?*

12⁰⁰ Done? (✓)

13⁰⁰

14⁰⁰

15⁰⁰ *Remember a difficult situation. Develop empathy for yourself and provide encouragement to yourself in that situation.*

16⁰⁰ Done? (✓)


17⁰⁰

18⁰⁰

19⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #5 using the audio CD.*

20⁰⁰ Done? (✓)

28

Compassionate Self-Support 

08⁰⁰ *Remember the last difficult situation. Develop empathy for yourself and provide encouragement to yourself in that situation.*

09⁰⁰ Done? (✓)

10⁰⁰

11⁰⁰

12⁰⁰

13⁰⁰

14⁰⁰ *Think about the last positive situation. What went well? What did it feel like? All yourself to experience joy.*

15⁰⁰ Done? (✓)

16⁰⁰


17⁰⁰

18⁰⁰

19⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #5 using the audio CD.*

20⁰⁰ Done? (✓)

29

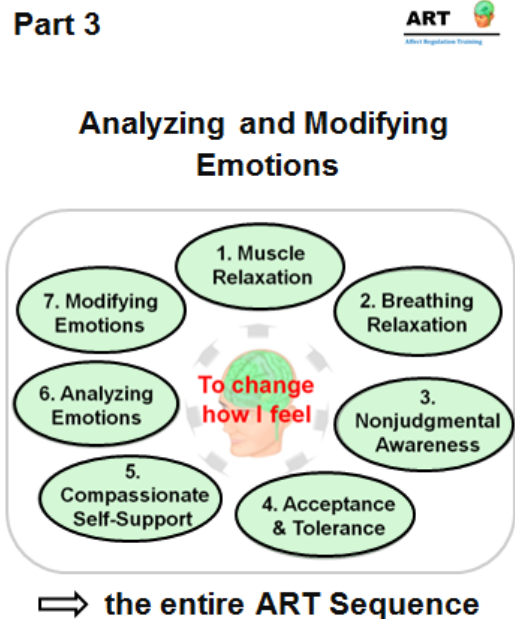
ART 

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Part 3

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31

Analyze 

08⁰⁰ *Hello, starting today we will practice Analyzing Emotions. This week's goal: we will learn how to quickly recognize why we are feeling the way we do (ART Skill #6).*

09⁰⁰

10⁰⁰

11⁰⁰

12⁰⁰ *How are stress reactions and emotions triggered? Try visualizing the Analyzing Emotions Worksheet.*

13⁰⁰ Done? (✓)

14⁰⁰

15⁰⁰ *How are you feeling right now? What triggered this feeling?*

16⁰⁰ Done? (✓)


17⁰⁰

18⁰⁰


19⁰⁰ *Take 15 min. for yourself! Practice the ART Sequence in Exercise #6 using the audio CD.*

20⁰⁰ Done? (✓)


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Analyze		ART  <small>Albert Regulative Training</small>
08 ⁰⁰	How are you feeling right now? What triggered this feeling?	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰	What triggers stress and what is helpful about stress reactions?	
12 ⁰⁰		Done? (✓) <input type="checkbox"/>
13 ⁰⁰		
14 ⁰⁰		
15 ⁰⁰	When is fear triggered in the mind and what is fear useful for?	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #6 using the audio CD.	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>


33

Analyze		ART  <small>Albert Regulative Training</small>
08 ⁰⁰	How are you feeling right now? What triggered this feeling?	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰	What kinds of evaluations about our situations cause us to feel fear? How can fear be helpful?	
12 ⁰⁰		Done? (✓) <input type="checkbox"/>
13 ⁰⁰		
14 ⁰⁰		
15 ⁰⁰	When is sadness triggered. How can sadness be helpful?	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #6 using the audio CD.	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>


34

Analyze		ART  <small>Albert Regulative Training</small>
08 ⁰⁰	How are you feeling right now? What triggered this feeling?	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰	When is shame triggered? How can shame be helpful?	
12 ⁰⁰		Done? (✓) <input type="checkbox"/>
13 ⁰⁰		
14 ⁰⁰		
15 ⁰⁰	When do we feel guilt? How can guilt be helpful?	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #6 using the audio CD.	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>


35

Analyze		ART  <small>Albert Regulative Training</small>
08 ⁰⁰	How are you feeling right now? What triggered this feeling?	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰	When are depressive feelings triggered? How can depressive feelings be helpful?	
12 ⁰⁰		Done? (✓) <input type="checkbox"/>
13 ⁰⁰	Tense the muscles in your legs (lift your legs, point toes back toward your face), after that relax the muscles.	
14 ⁰⁰		Done? (✓) <input type="checkbox"/>
15 ⁰⁰		
16 ⁰⁰		
17 ⁰⁰		
18 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #6 using the audio CD.	
19 ⁰⁰		
20 ⁰⁰		Done? (✓) <input type="checkbox"/>


36

Analyze		ART  <small>Albert Regulative Training</small>
08 ⁰⁰		
09 ⁰⁰	Free Exercise: Practice anything from the ART program	
10 ⁰⁰		Done? (✓) <input type="checkbox"/>
11 ⁰⁰		
12 ⁰⁰		
13 ⁰⁰		
14 ⁰⁰		
15 ⁰⁰	Free Exercise: Practice anything from the ART program	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #6 using the audio CD.	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>


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Modify		ART  <small>Albert Regulative Training</small>
08 ⁰⁰	Starting today we learn about how to positively influence our emotions. We learn how to modify emotional reactions effectively (ART Skill #7).	
09 ⁰⁰		
10 ⁰⁰	How are you feeling right now? What triggered this feeling? Do you want to feel like this right now? If you don't, what would be your goal for how you would like to feel instead? How can you reach it?	
11 ⁰⁰		Done? (✓) <input type="checkbox"/>
12 ⁰⁰		
13 ⁰⁰	What tells you that you are experiencing stress? What would be a good target emotion to set when you are experiencing stress?	
14 ⁰⁰		Done? (✓) <input type="checkbox"/>
15 ⁰⁰		
16 ⁰⁰	What tells you that you are experiencing fear? What would be a good target emotion to set when you are experiencing fear?	
17 ⁰⁰		Done? (✓) <input type="checkbox"/>
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #7 using the audio CD.	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>


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Modify		ART  <small>Albert Regulative Training</small>
08 ⁰⁰	How are you feeling right now? What triggered this feeling? Do you want to feel like this right now? If you don't, what would be your goal for how you would like to feel instead? How can you reach it?	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰		
12 ⁰⁰	What tells you that you are experiencing resentment? What would be a good target emotion to set when you are experiencing resentment?	
13 ⁰⁰		Done? (✓) <input type="checkbox"/>
14 ⁰⁰		
15 ⁰⁰	What tells you that you are experiencing disappointment? What would be a good target emotion to set when you are experiencing disappointment?	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #7 using the audio CD. Good luck!	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>



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Modify		ART  <small>Albert Regulative Training</small>
08 ⁰⁰	How are you feeling right now? What triggered this feeling? Do you want to feel like this right now? If you don't, what would be your goal for how you would like to feel instead? How can you reach it?	
09 ⁰⁰		Done? (✓) <input type="checkbox"/>
10 ⁰⁰		
11 ⁰⁰		
12 ⁰⁰	What tells you that you are experiencing shame? What would be a good target emotion to set when you are experiencing shame?	
13 ⁰⁰		Done? (✓) <input type="checkbox"/>
14 ⁰⁰		
15 ⁰⁰	What tells you that you are experiencing guilt? What would be a good target emotion to set when you are experiencing guilt?	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #7 using the audio CD. Good luck!	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>

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Modify		ART  <small>Adult Regulators Training</small>
08 ⁰⁰	How are you feeling right now? What triggered this feeling? Do you want to feel like this right now? If you don't, what would be your goal for how you would like to feel instead? How can you reach it?	
09 ⁰⁰		
10 ⁰⁰		Done? (✓) <input type="checkbox"/>
11 ⁰⁰		
12 ⁰⁰	What tells you that you are experiencing depression? What would be a good target emotion to set when you are experiencing depression?	
13 ⁰⁰		Done? (✓) <input type="checkbox"/>
14 ⁰⁰		
15 ⁰⁰	What can we do if, even through great efforts, we are not successful in modifying our emotions?	
16 ⁰⁰		Done? (✓) <input type="checkbox"/>
17 ⁰⁰		
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #7 using the audio CD. Good luck!	
20 ⁰⁰		Done? (✓) <input type="checkbox"/>
		Done? (✓) <input type="checkbox"/>

Modify		ART  <small>Adult Regulators Training</small>
08 ⁰⁰		
09 ⁰⁰	Free Exercise: Practice anything of the ART program	
10 ⁰⁰		Done? (✓) <input type="checkbox"/>
11 ⁰⁰		
12 ⁰⁰		
13 ⁰⁰	Free Exercise: Practice anything of the ART program	
14 ⁰⁰		Done? (✓) <input type="checkbox"/>
15 ⁰⁰		
16 ⁰⁰	Think about the last positive situation you were in. What went well? What did it feel like? Try feeling joy for yourself.	
17 ⁰⁰		Done? (✓) <input type="checkbox"/>
18 ⁰⁰		
19 ⁰⁰	Take 15 min. for yourself! Practice the ART Sequence in Exercise #7 using the audio CD.	
20 ⁰⁰		
		Done? (✓) <input type="checkbox"/>

Congratulations !!!		ART  <small>Adult Regulators Training</small>
08 ⁰⁰		
09 ⁰⁰	Congratulations!	
10 ⁰⁰		
11 ⁰⁰	You have successfully completed the ART Training program. Well done! It was difficult and challenging at times, and you still finished!	
12 ⁰⁰	Hopefully you have noticed that you have gained more confidence in your ability to manage stress and negative emotions.	
13 ⁰⁰		
14 ⁰⁰	Maybe you have already seen positive changes ART has helped you to achieve in your life. Consider taking the time to appreciate all of your hard work and successes at each step during this program.	
15 ⁰⁰		
16 ⁰⁰	Each journey begins with a step...	
17 ⁰⁰		
18 ⁰⁰	We hope you keep on practicing and using the skills you have learned in ART!	
19 ⁰⁰	We wish you well on your journey!	
20 ⁰⁰		