



Think You've
Tried
Everything?

Maybe Not!

Disclosure

- I have no conflict of interest with any pharmaceutical, medical device or communications organization.





Learning Objectives

- **Participants will learn new ways to:**
 - **Explain Down Syndrome**
 - **Deal with Lying**
 - **Teach the Anger Arousal Cycle**
 - **Teach about other Emotions**
 - **Teach about Distorted Thinking**
 - **Teach about Others' Perceptions**
 - **Teach Money Management**
 - **Look at a problem**
 - **Teach about CBT**
 - **Teach Relaxation**

○ **A B C D E F G**

○ **H I J K L M N**

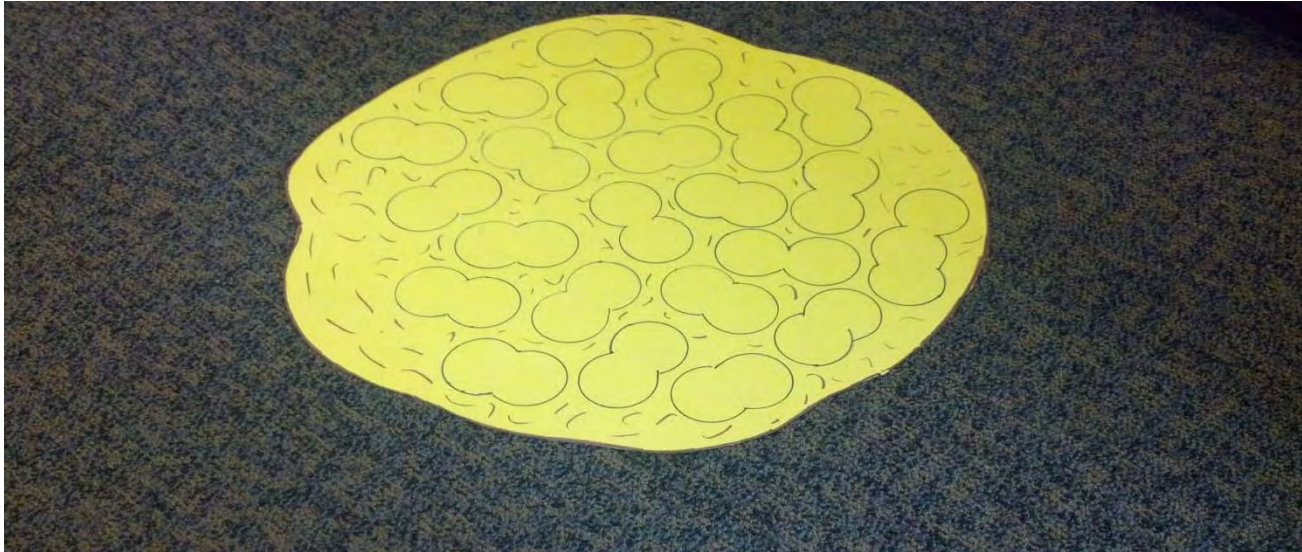
○ **O P Q**

○ **R S T**

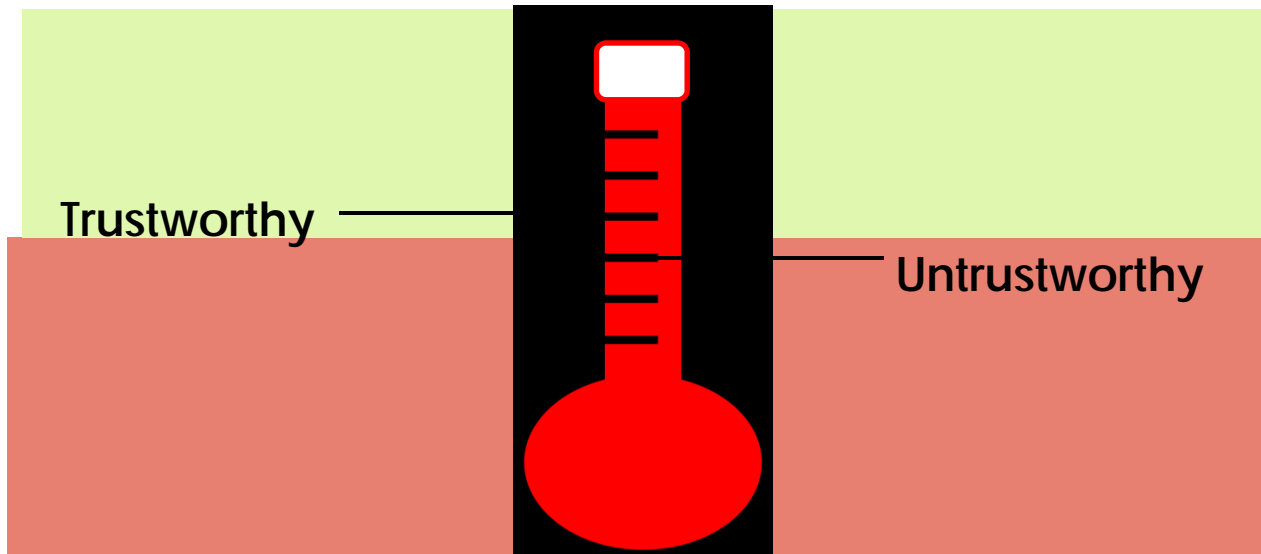
○ **W X Y and Z**

**o How to explain
Down Syndrome to
someone with
Down Syndrome?**

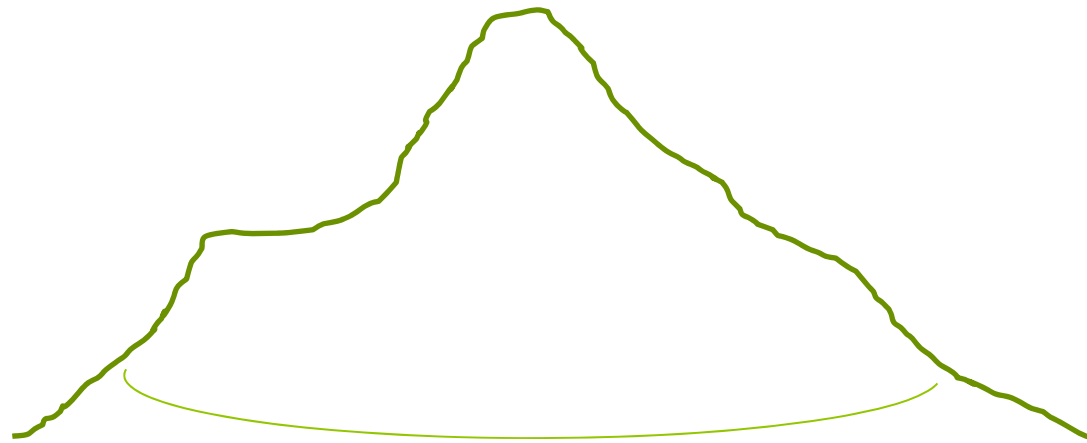
Chocolate Chip Cookie



TRUTHOMETER



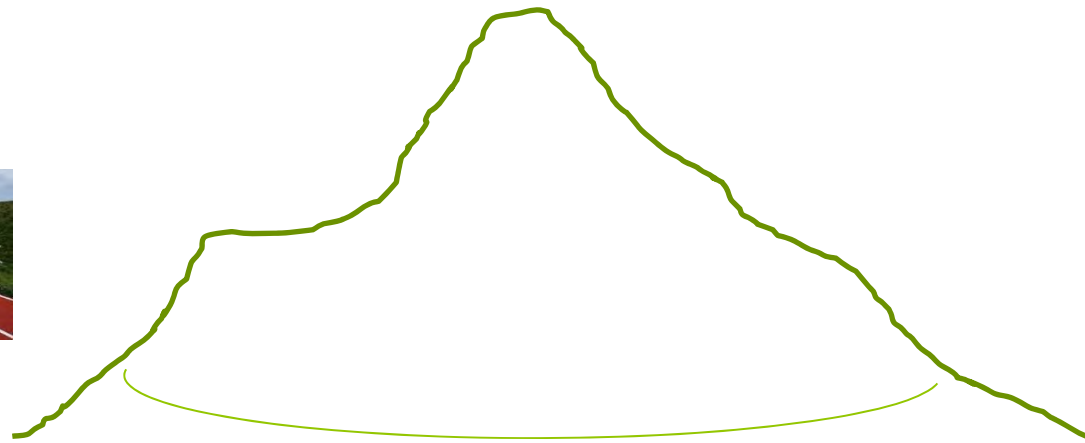
ANGER MOUNTAIN



ANGER MOUNTAIN



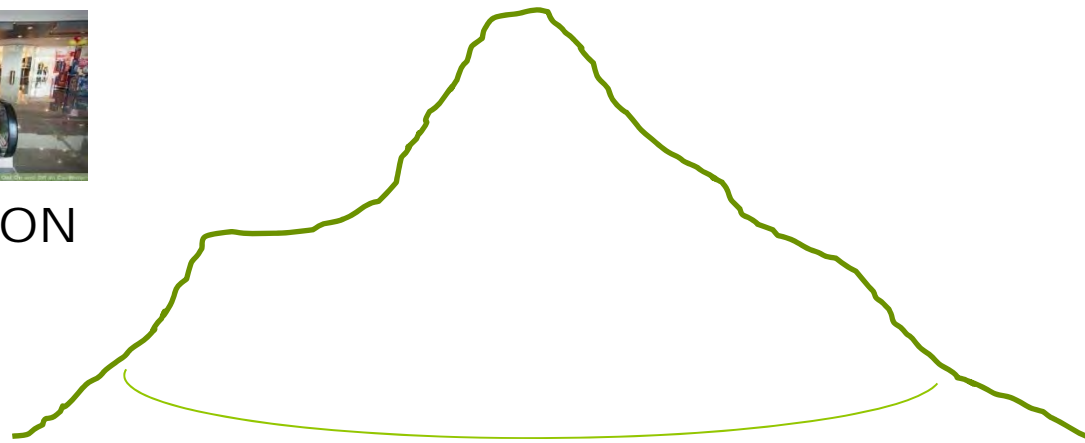
TRIGGER



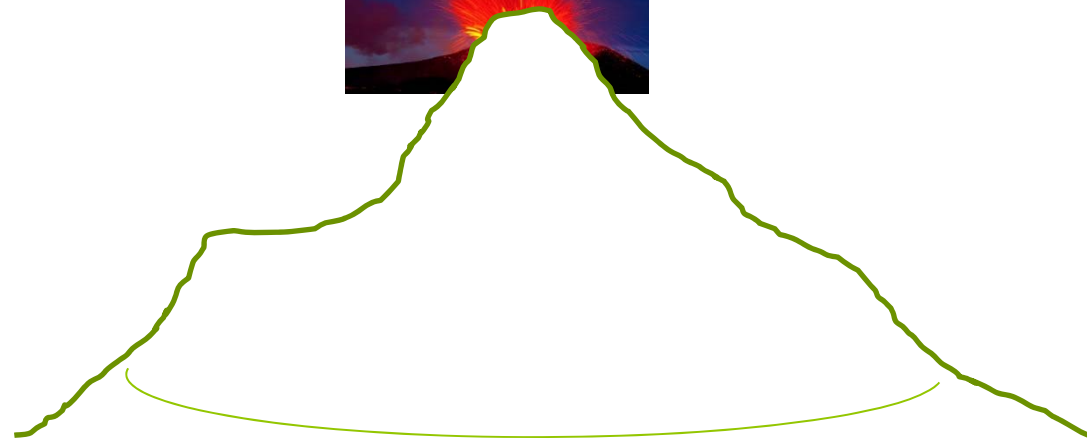
ANGER MOUNTAIN



ESCALATION



ANGER MOUNTAIN



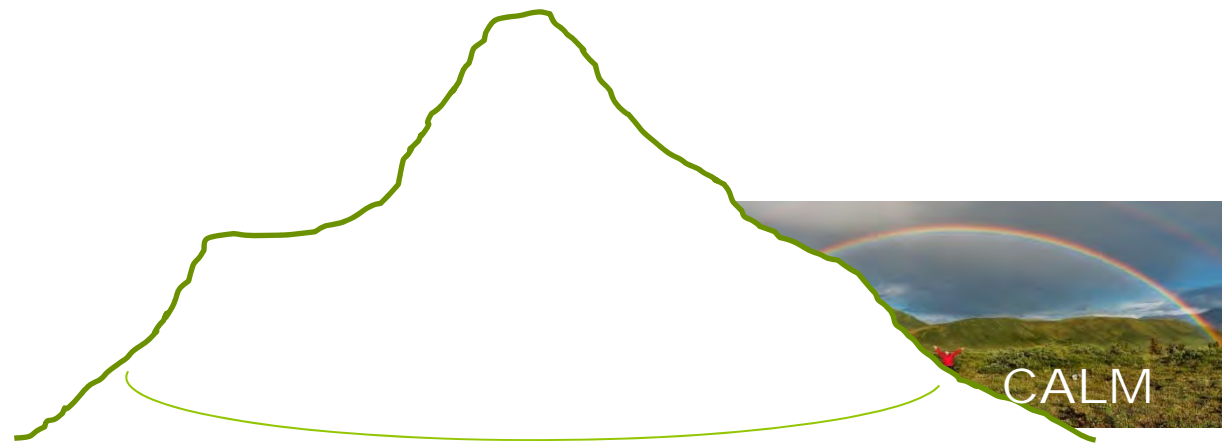
ANGER MOUNTAIN



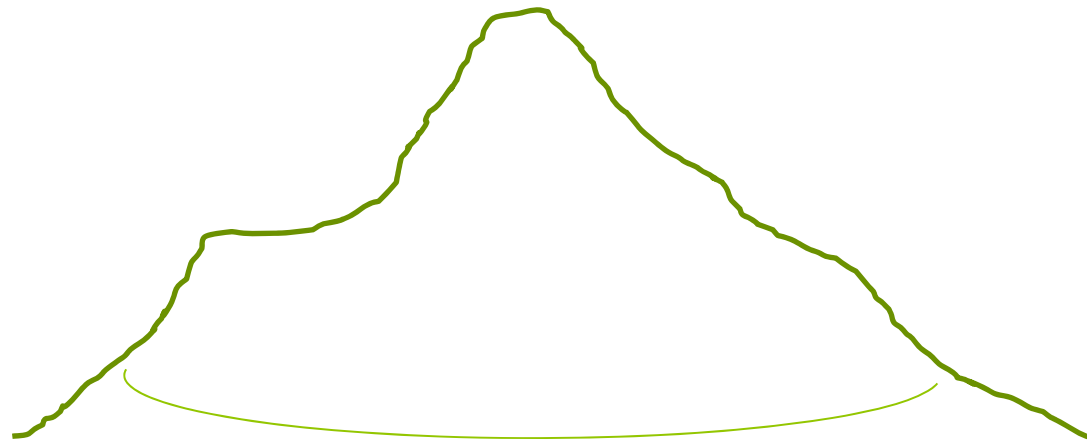
RECOVERY



ANGER MOUNTAIN

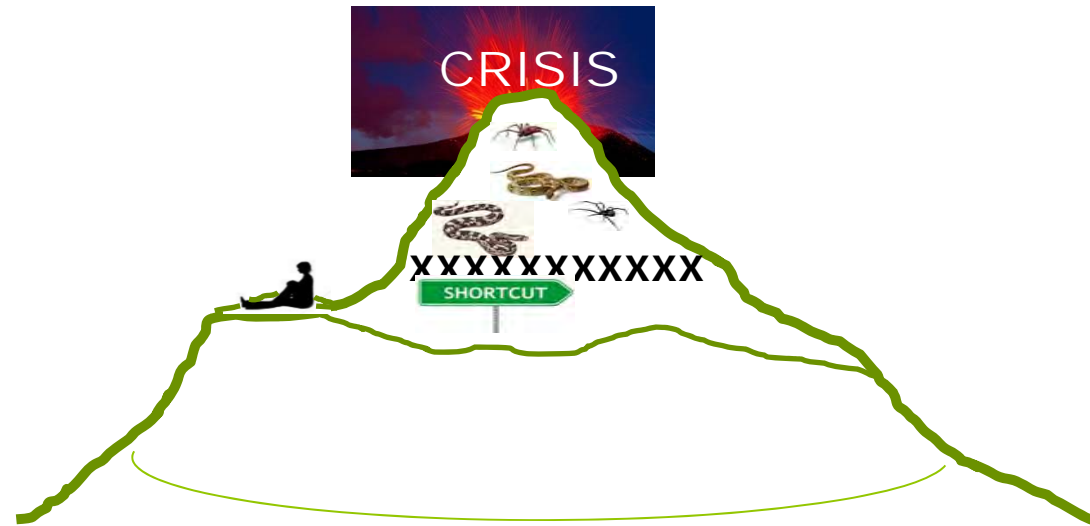


ANGER MOUNTAIN

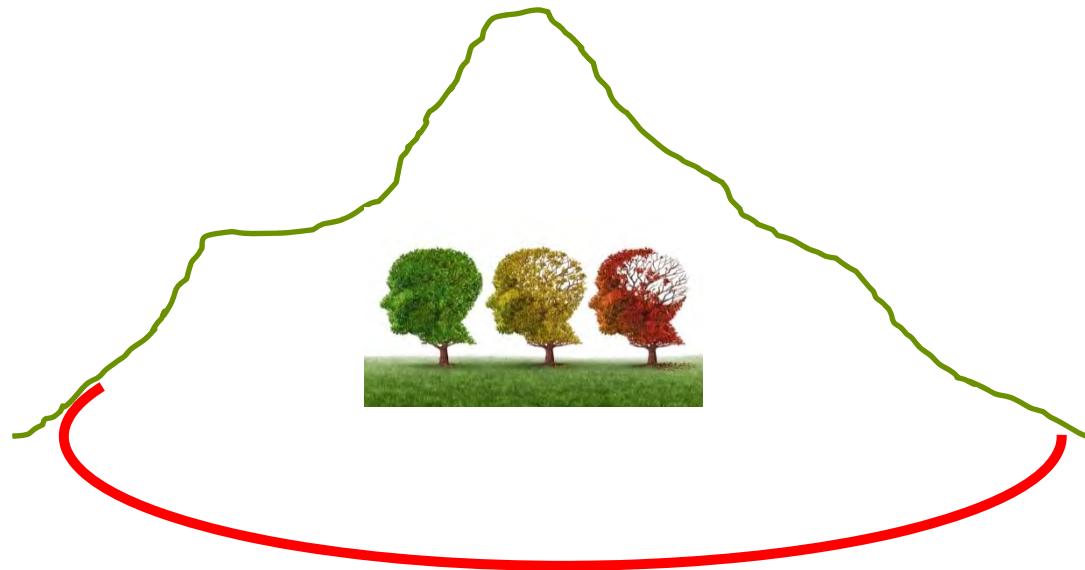


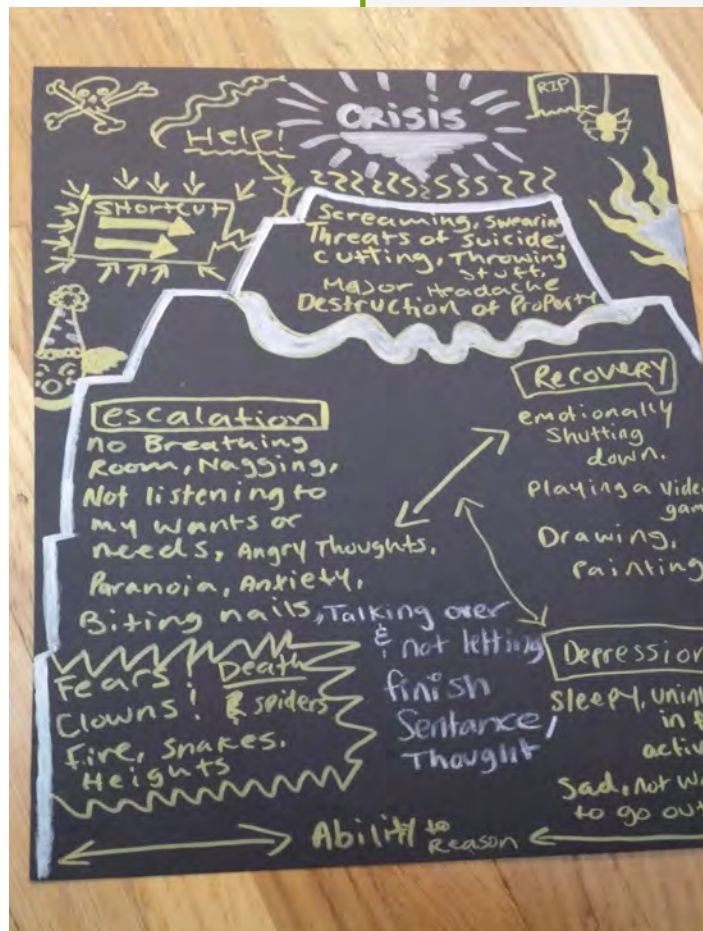


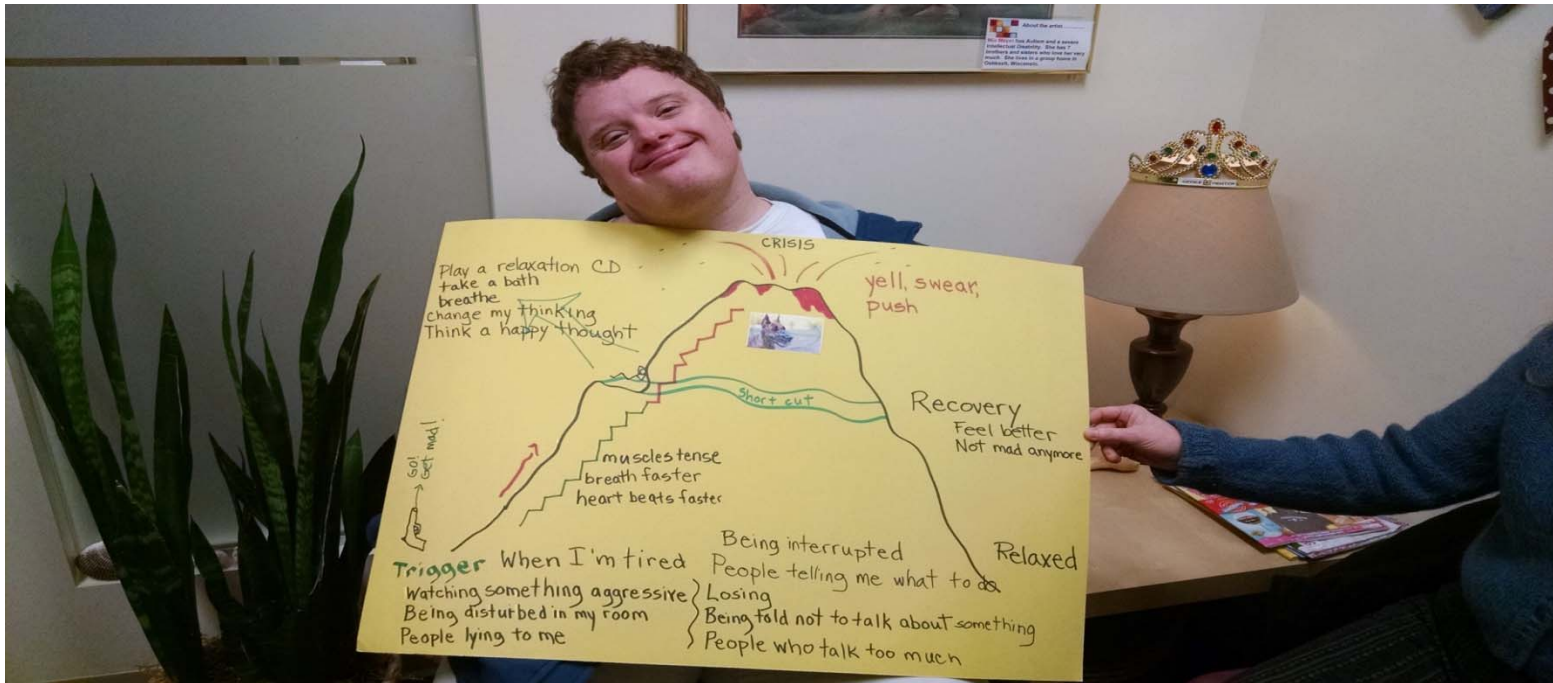
ANGER MOUNTAIN



ANGER MOUNTAIN









What's Behind Your Anger?



ANGER

HOW ARE YOU REALLY FEELING?



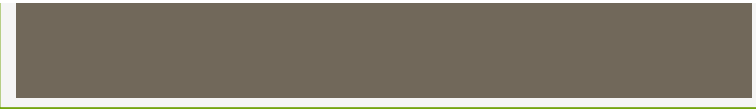
**ANXIETY &
STRESS**



FRUSTRATION



**PAIN &
SADNESS**



HOW ARE YOU **REALLY** FEELING?



ANGER



Stinking Thinking



Distorted Thinking Traps

Trap	Example
1. All or Nothing	Using terms "Always", "Never", "Every"
1. Negative Filtering	Ignoring positive, focusing only on negative. Ignoring info that doesn't "fit" your beliefs
1. Shoulding on People	Using terms "Should" and "Shouldn't"
1. Catastrophizing	Think of "How big is this problem?": Emotional thermostat is in red!
1. Over-generalization	If something happens once, you expect it to happen over and over
1. Labeling (Mislabeling)	Judging others or yourself based on one thing
1. I don't need to change	Thinking your happiness depends on others
1. Jumping to conclusions	Making a decision based on little evidence
1. Mind Reading	Assuming you know what the person is thinking without asking them
1. Fortune-Telling	Predicting negative outcomes
1. Always being right	Being self-centered – over the feelings of others
1. Blaming	It's always someone else's fault
1. Personalization	It's always MY fault
1. Emotional Reasoning	NOT separating your emotions from your thinking

JUMPING TO CONCLUSIONS



Thinking Negatively



Thinking the worst





All or Nothing





Blaming





Negative Filtering





Catastrophizing





Jumping to Conclusions





Taking Things Personally





Always Being Right





Fortune-Telling





Shoulding on People





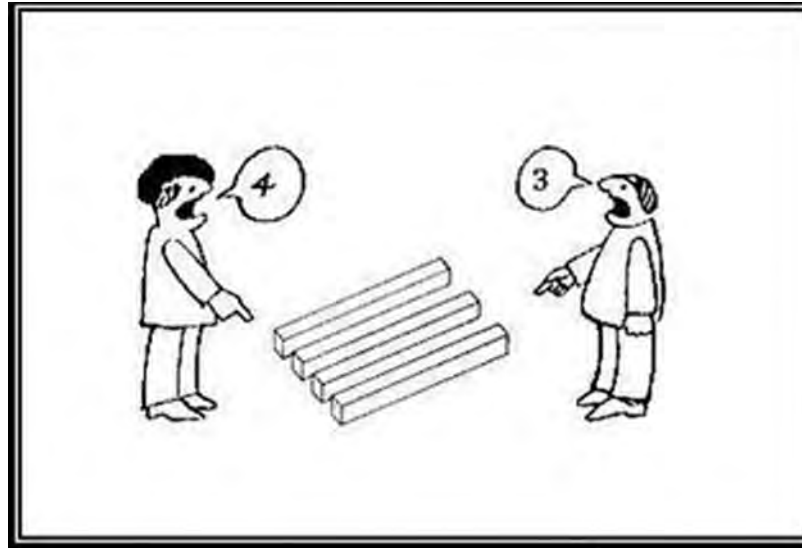
Mind-Reading

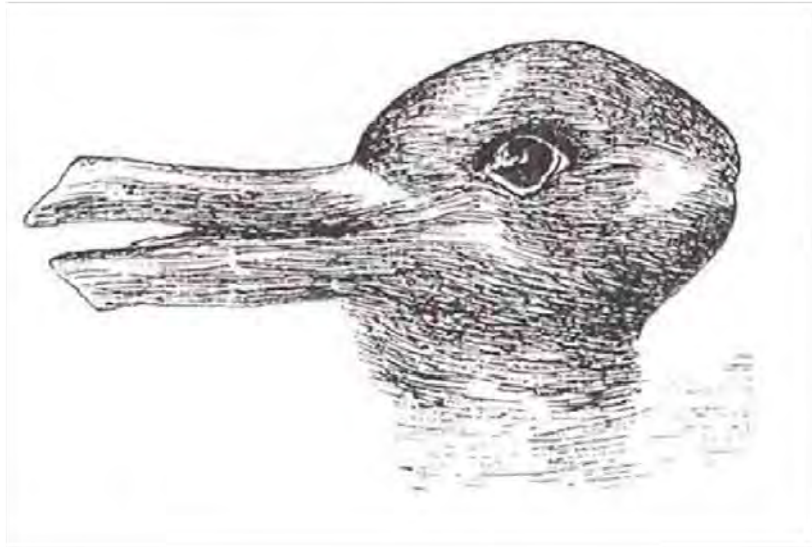






Teaching about Perspectives













Kinesthetic Budgeting







Another Use for Cubbies

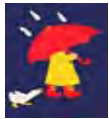




Problem-Solving

How Big Is This Problem?

1



2

3

4

5

6

7

8

9

10



How Big Is This Problem?

1



2



3

4

5

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10



Screaming Test

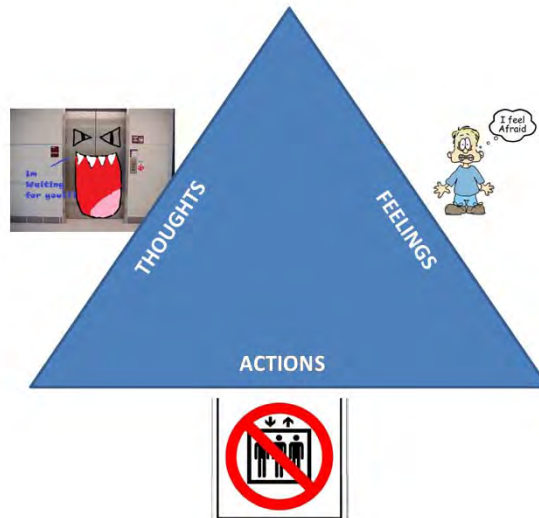
How Big Is This Problem?

1 2 3 4 5 6 7 8 9 10



Situation	Number?	Scream?	
		Yes	No
I drop my ice cream on the ground.		Yes	No
I break my leg.		Yes	No
A bug is in the room with me.		Yes	No
I see a spider.		Yes	No
We are in the van and about to crash.		Yes	No
It thunders.		Yes	No
A stranger is hurting me.		Yes	No
I lost my mom in a store.		Yes	No
We are out of milk for my cereal.		Yes	No
The phone rings.		Yes	No
I see someone steal a lady's purse.		Yes	No
I need help to cross the street.		Yes	No
I don't have enough money to buy what I want.		Yes	No
I'm sad.		Yes	No
The Canucks win the Stanley Cup.		Yes	No
It is snowing in December.		Yes	No
It is snowing in May.		Yes	No
I have a sliver in my finger.		Yes	No
I am out of toilet paper.		Yes	No
My mom goes to Lebanon.		Yes	No
My mom leaves the room I'm in.		Yes	No
Someone knocks at the door.		Yes	No
My brother called me a baby.		Yes	No
My dad is late getting home from work.		Yes	No
I don't like what we are having for dinner.		Yes	No
I can't have pizza for dinner.		Yes	No
I'm angry.		Yes	No
My feet are cold.		Yes	No
The bathtub is about to overflow.		Yes	No
My brother beat me in arm wrestling.		Yes	No
I beat my brother in arm wrestling.		Yes	No
The apartment is on fire.		Yes	No

CBT



Relaxation

- **Visualizations.....**
- **Breathing....**



Bubble Breathing





Sex Education