

CONTENTS

Practice <i>Planners</i> ® Series Preface	xvii
Acknowledgments	xix
Introduction	1
SECTION 1: Academic Underachievement	4
Exercise 1.A Attitudes About Homework	5
Exercise 1.B Break It Down Into Small Steps	11
Exercise 1.C Good Grade/Bad Grade Incident Reports	15
SECTION 2: Adoption	18
Exercise 2.A Beginning a Search for Birth Parents	19
Exercise 2.B Considering a Search for Birth Parents	22
Exercise 2.C My Child's Search for Birth Parents	26
Exercise 2.D Questions and Concerns Around Being Adopted	29
Exercise 2.E Some Things I'd Like You to Know ...	31
SECTION 3: Anger Control Problems	34
Exercise 3.A Anger Checklist	35
Exercise 3.B Anger Control	38
Exercise 3.C Stop Yelling	44
SECTION 4: Anxiety	46
Exercise 4.A Finding and Losing Your Anxiety	47
Exercise 4.B Progressive Muscle Relaxation	50
Exercise 4.C Tools for Anxiety	54
Exercise 4.D What Makes Me Anxious	57
Exercise 4.E Worry Time	61
SECTION 5: Attention-Deficit/Hyperactivity Disorder (ADHD)	63
Exercise 5.A Channel Your Energy in a Positive Direction	64
Exercise 5.B Evaluating Medication Effects	68

Exercise 5.C	Getting It Done	73
Exercise 5.D	Problem-Solving Exercise	78
Exercise 5.E	Social Skills Exercise	82
SECTION 6: Autism Spectrum Disorder		85
Exercise 6.A	Managing the Meltdowns	86
Exercise 6.B	Moving Toward Independence	89
Exercise 6.C	Progress: Past, Present, and Future	92
Exercise 6.D	Progress Survey	95
SECTION 7: Bipolar Disorder		98
Exercise 7.A	Action Minus Thought Equals Painful Consequences	99
Exercise 7.B	Clear Rules, Positive Reinforcement, Appropriate Consequences	102
Exercise 7.C	Medication Resistance	105
Exercise 7.D	Mood Disorders Symptom List	108
SECTION 8: Blended Family		110
Exercise 8.A	A Few Things About Me	111
Exercise 8.B	Assessing the Family—Present and Future	113
Exercise 8.C	Interaction as a Family	116
Exercise 8.D	Stepparent and Sibling Questionnaire	119
SECTION 9: Conduct Disorder/Delinquency		122
Exercise 9.A	Catch Your Teen Being Responsible	123
Exercise 9.B	Headed in the Right Direction	126
Exercise 9.C	How My Behavior Hurts Others	130
Exercise 9.D	Letter to Absent or Uninvolved Parent	133
Exercise 9.E	Patterns of Stealing	136
SECTION 10: Divorce Reaction		138
Exercise 10.A	Impact of Parents' Separation/Divorce	139
Exercise 10.B	Initial Reaction to Parents' Separation	142
Exercise 10.C	My Thoughts, Feelings, and Beliefs About Divorce	146
Exercise 10.D	Stop the Fighting	149

SECTION 11: Eating Disorder	151
Exercise 11.A Body Image	152
Exercise 11.B Fears Beneath the Eating Disorder	155
Exercise 11.C Plan and Eat a Meal	159
Exercise 11.D Reality: Food Intake, Weight, Thoughts, and Feelings	162
 SECTION 12: Grief/Loss Unresolved	 167
Exercise 12.A Create a Memory Album	168
Exercise 12.B Grief Letter	170
Exercise 12.C Honoring the Anniversary of the Loss	174
Exercise 12.D Memorial Collage	176
Exercise 12.E Moving Closer to Resolution	178
 SECTION 13: Intellectual Development Disorder	 181
Exercise 13.A Activities of Daily Living Program	182
Exercise 13.B A Sense of Belonging	188
Exercise 13.C Hopes and Dreams for Your Child	192
Exercise 13.D Supportive Services for Your Child	195
 SECTION 14: Low Self-Esteem	 198
Exercise 14.A Maintaining Your Self-Esteem	199
Exercise 14.B Recognizing Your Abilities, Traits, and Accomplishments	203
Exercise 14.C Three Ways to Change Yourself	207
Exercise 14.D Three Wishes Game	210
 SECTION 15: Medical Condition	 211
Exercise 15.A Attitudes About Medication or Medical Treatment	212
Exercise 15.B Coping With a Sibling’s Health Problems	215
Exercise 15.C Coping With Your Illness	218
 SECTION 16: Negative Peer Influences	 220
Exercise 16.A Choice of Friends Survey	221
Exercise 16.B I Want to Be Like ...	226
Exercise 16.C Reasons for Negative Peer Group Involvement	229

SECTION 17: Obsessive-Compulsive Disorder (OCD)	231
Exercise 17.A Decreasing What You Save and Collect	232
Exercise 17.B Refocus Attention Away From Obsessions and Compulsions	235
Exercise 17.C Thought Stopping	239
SECTION 18: Oppositional Defiant Disorder	241
Exercise 18.A Changing School Rules	242
Exercise 18.B Cooperative Activity	246
Exercise 18.C Filing a Complaint	249
Exercise 18.D If I Could Run My Family	252
Exercise 18.E Switching From Defense to Offense	255
SECTION 19: Overweight/Obesity	258
Exercise 19.A Developing and Implementing a Healthier Diet	259
Exercise 19.B Increasing My Physical Activity	264
Exercise 19.C My Eating and Exercise Journal	268
SECTION 20: Panic/Agoraphobia	271
Exercise 20.A Panic Attack Rating Form	272
Exercise 20.B Panic Survey	276
SECTION 21: Parenting	278
Exercise 21.A Evaluating the Strength of Your Parenting Team	279
Exercise 21.B One-on-One	282
Exercise 21.C Parenting Report Card	286
Exercise 21.D Parents Understand the Roots of Their Parenting Methods	289
Exercise 21.E Transitioning from Parenting a Child to Parenting a Teen	293
SECTION 22: Peer/Sibling Conflict	296
Exercise 22.A Cloning the Perfect Sibling	297
Exercise 22.B How Parents Respond to Sibling Rivalry	300
Exercise 22.C Negotiating a Peace Treaty	303
Exercise 22.D Why I Fight With My Peers	306
SECTION 23: Physical/Emotional Abuse Victim	310
Exercise 23.A Identify the Nature of the Abuse	311
Exercise 23.B Letter of Empowerment	315

Exercise 23.C	My Thoughts and Feelings	319
Exercise 23.D	Self-Esteem Before, During, and After Abuse	322
Exercise 23.E	Take the First Step	325
SECTION 24: Posttraumatic Stress Disorder (PTSD)		330
Exercise 24.A	Describe the Trauma and Your Feelings	331
Exercise 24.B	Describe Your PTSD Symptoms	335
Exercise 24.C	Effects of Chronic or Long-Term Trauma/Stress	338
Exercise 24.D	Impact of Frightening or Dangerous Event	341
SECTION 25: Psychoticism		343
Exercise 25.A	Describe Your Hallucinations	344
Exercise 25.B	My Irrational Thoughts	347
Exercise 25.C	Recognizing Early Warning Signs	350
SECTION 26: Runaway		353
Exercise 26.A	Airing Your Grievances	354
Exercise 26.B	Another Place to Live	357
Exercise 26.C	Describe Life on the Run	360
Exercise 26.D	Home by Another Name	363
Exercise 26.E	Undercover Assignment	366
SECTION 27: School Violence		368
Exercise 27.A	Plan and Evaluate a Family Activity	369
Exercise 27.B	Reasons for Rage	372
Exercise 27.C	School Violence Incident Report	376
SECTION 28: Sexual Abuse Perpetrator		379
Exercise 28.A	Celebrity-Style Interview	380
Exercise 28.B	Evaluating My Treatment Progress	383
Exercise 28.C	Getting Started	387
Exercise 28.D	Negative Effects of the Abuse	391
Exercise 28.E	Your Feelings and Beyond	395
SECTION 29: Sexual Abuse Victim		399
Exercise 29.A	Denial Within the Family	400
Exercise 29.B	Letter of Forgiveness	403
Exercise 29.C	My Story	407

Exercise 29.D	Perpetrator Apology to the Victim	410
Exercise 29.E	You Are Not Alone	415
SECTION 30: Sexual Identity Confusion		419
Exercise 30.A	Disclosing Homosexual Orientation	420
Exercise 30.B	Parents' Thoughts and Feelings About Son's/Daughter's Sexual Orientation	424
Exercise 30.C	Unsure	428
SECTION 31: Sexual Promiscuity		431
Exercise 31.A	Connecting Sexual Behavior With Needs	432
Exercise 31.B	Looking Closer at My Sexual Behavior	436
Exercise 31.C	Pros and Cons of Having Sex	439
SECTION 32: Social Anxiety		441
Exercise 32.A	Developing Conversational Skills	442
Exercise 32.B	Greeting Peers	445
Exercise 32.C	Observe Positive Social Behaviors	448
Exercise 32.D	Show Your Strengths	452
SECTION 33: Specific Phobia		454
Exercise 33.A	Finding a Strategy to Minimize My Fear	455
Exercise 33.B	Gradual Exposure to Fear	458
Exercise 33.C	School Fear Reduction	462
SECTION 34: Substance Use		465
Exercise 34.A	Keeping Straight	466
Exercise 34.B	Saying Goodbye to My Drug	469
Exercise 34.C	Taking Your First Step	472
Exercise 34.D	The Many Changes Necessary for Recovery	477
Exercise 34.E	Welcome to Recovery	480
SECTION 35: Suicidal Ideation		483
Exercise 35.A	No Self-Harm Contract	484
Exercise 35.B	Painful Effects of Suicide	489
Exercise 35.C	Past and Present Hurt—Hope for the Future	493
Exercise 35.D	Symbols of Self-Worth	497

SECTION 36: Unipolar Depression	499
Exercise 36.A Bad Thoughts Lead to Depressed Feelings	500
Exercise 36.B Becoming Assertive	504
Exercise 36.C Home, School, and Community Activities I Enjoyed	508
Exercise 36.D Overcoming Helplessness and Hopelessness	512
Exercise 36.E Surface Behavior/Inner Feelings	516
Exercise 36.F Three Ways to Change the World	520
Exercise 36.G Unmet Emotional Needs—Identification and Satisfaction	523
APPENDIX A: Alternate Assignments for Presenting Problems	525
APPENDIX B: Alphabetical Index of Exercises	541
About the CD-ROM	545
Downloadable CD material at http://booksupport.wiley.com	545