
WORKBOOK

WITH HANDOUTS AND JOURNAL PROMPTS



Get Over It For Good!

6-Module Audio Course

Karen M. Wyatt, MD

Four Rules of Creative Healing

1. *Name – without Blame or Shame*
Take responsibility for you own life

2. *Tell the truth*
Be honest with yourself and others

3. *Self-piety, not self-pity*
Have reverence for all of your life

4. *Strengths support weaknesses*
Use your gifts to help you heal

Signature Strengths, Self-Rating Scale

(Adapted by Jonathan Haidt, from M.E.P. Seligman, 2002: Authentic Happiness)

Everyone has a characteristic set of strengths and virtues, that is, things that they are “good” or “strong” on. Research in Positive Psychology suggests that there are (at least) 24 strengths and virtues that are recognized in most cultures.

Please read the descriptions of the 24 strengths and virtues below. As you read them, write a “+” in the margin next to the ones that you think describe you well. Write a “-“ in the margin next to the ones that you think do not describe you well. Leave the rest unmarked. Then look through the ones with a “+” next to them and try to rank order your top 5. That is, place a “1” in the left-hand column for the one that you think best describes you, then a “2” in the next best one, etc. Finally, look through the ones with a “-“ in the margin and try to rank the five that are LEAST true or applicable to you. That is, put a “24” next to the one that is least like you, then a “23”, etc., out to 20. These might be considered your “weaknesses.” But bear in mind that everyone has strengths AND weaknesses, and being honest about both will help you plan out a life that takes maximum advantages of your strengths.

Strength	Description
1. Curiosity Rank _____	You are curious about the world and you strongly desire experience of it. You are flexible about matters that don't fit your preconceptions. Curious people do not simply tolerate ambiguity but they like it and are intrigued by it. You seek out novelty, and you are rarely bored.
2. Love of learning Rank _____	You love learning new things, whether you are in a class or on your own. You always loved school, reading, museums - anywhere and everywhere there is an opportunity to learn. There are domains of knowledge in which you are the expert, and others value your expertise. You love learning about these domains, even in the absence of any external incentives to do so.
3. Judgment Rank _____	You think things through and examine them from all sides. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You are able to change your mind. You are very good at sifting information objectively and rationally, in the service of the good for yourself and others. You do NOT just think in ways that favor and confirm what you already believe.
4. Ingenuity Rank _____	When you are faced with something you want, you are outstanding at finding novel yet appropriate behavior to reach that goal. You are rarely content with doing something the conventional way. This strength is also called "practical intelligence" or more bluntly common sense or street smarts.
5. Emotional intelligence Rank _____	You are aware of the motives and feelings of others, and of yourself, and you can respond skillfully. You notice differences among others, especially with respect to their moods, temperaments, motivations, and intentions, and then you <u>act</u> upon these distinctions. You also have finely tuned access to your own feelings and the ability to use that knowledge to understand and guide your behavior.
6. Perspective Rank _____	You have a way of looking at the world that makes sense to others and yourself. Others seek you out to draw on your experience, and you are often able to help them solve problems and gain perspective. You have a good sense of what is really important in life.
7. Valor Rank _____	You do not shrink from threat, challenge, pain, or difficulty. Valor is more than bravery during physical threat. It refers as well to intellectual or emotional stances that are unpopular, difficult, or dangerous. The brave person is able to uncouple the emotional and behavioral components of fear, resisting the urge to flee and facing the fearful situation. Fearlessness, boldness, and rashness are not valor; it is facing danger, despite fear, that marks valor.

8.Perseverance Rank_____	You finish what you start. You take on difficult projects and finish them, usually with good cheer and minimal complaint. You do what you say will do and sometimes more, never less. Perseverance does not mean dogged or obsessive pursuit of unattainable goals. Rather you remain flexible, realistic, and not perfectionistic.
9.Integrity Rank_____	You are an honest person, not only always speaking the truth but also living your life in a genuine and authentic way. You are down to earth and without pretense. You representing your intentions and commitments to others and to yourself in sincere fashion, whether by word or deed.
10.Kindness Rank_____	You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well. Your actions are very often guided by other people's best interests, even when these override your own immediate wishes and needs.
11.Loving Rank_____	You value close and intimate relations with others. You have deep and sustained feelings for others, who feel the same way about you. This strength is more than the Western notion of romance; it is about very deep ties to several or many people.
12.Citizenship Rank_____	You excel as a member of a group. You are a loyal and dedicated teammate, You always do your share, and you work hard for the success of the group. You value the group goals and purposes even when they differ from your own. You respect those who are rightfully in positions of authority, like teachers or coaches, and you identify with the group.
13.Fairness Rank_____	You do not let your personal feelings bias your decisions about other people. You give everyone a chance. You guided in your day-to-day actions by larger principles of morality. You take the welfare of others, even those you do not know personally, as seriously as your own, and you can easily set aside personal prejudices.
14.Leadership Rank_____	You do a good job organizing activities and seeing to it that they happen. You are a humane and effective leader, attending to getting the group's work at the same time as maintaining good relations among group members. You are additionally humane when you handle intergroup relations "with malice toward none and charity toward all."
15.Self-control Rank_____	You can easily hold your desires, needs, and impulses in check when it is appropriate. It is not enough to know what is correct; you must also be able to put this knowledge into action. When something bad happens, you can regulate your own emotions. You can repair and neutralize your negative feelings, and generate positive emotions on your own.
16.Prudence Rank_____	You are a careful person. You do not say or do things you might later regret. You wait until all the votes are in before embarking on a course of action. You are far-sighted and deliberative. You are good at resisting impulses about short term goals for the sake of longer term success.
17.Humility	You do not seek the spotlight, preferring to let your accomplishments speak for themselves. You do not regard yourself as special, and others recognize and value your modesty. You are unpretentious. You see your own aspirations, victories and defeats as pretty unimportant in the larger scheme of things.
18.Appreciation Rank_____	You stop and smell the roses. You appreciate beauty, excellence, and skill in all domains: nature, the arts, science, and the wide range of abilities that other people possess. You often see or hear things cause you to feel profound feelings of awe and wonder.

19. Gratitude Rank _____	You are aware of the good things that happen to you, and you never take them for granted. You always take the time to express your thanks. Gratitude is an appreciation of someone else's excellence in moral character. We are grateful when people do well by us, but we can also be more generally grateful for good acts and good people. Gratitude can also be directed toward impersonal and nonhuman sources--God, nature, life – but it cannot be directed toward the self.
20. Hope Rank _____	You expect the best in the future, and you plan and work in order to achieve it. Hope, optimism, and future-mindedness are a family of strengths that represent a positive stance toward the future. Expecting that good events will occur, feeling that these will ensue if you try hard, and planning for the future sustain good cheer in the here-and-now and galvanize a goal-directed life.
21. Spirituality Rank _____	You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you. You have an articulated philosophy of life, religious or secular, that locates your being in the larger universe. Life has meaning for you by virtue of attachment to something larger than yourself.
22. Forgiveness Rank _____	You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge. Forgiveness represents a set of prosocial changes that occur within an individual who has been offended or hurt by someone else. When people forgive, their motivations and actions regarding the transgressor become more positive (e.g., benevolent, kind, generous) and less negative (e.g., vengeful, avoidant).
23. Humor Rank _____	You like to laugh and bring smiles to other people. You can easily see the light side of life. You are playful and funny.
24. Zest Rank _____	You are a spirited person. You throw yourself body and soul into the activities you undertake. You wake up in the morning looking forward to the day. The passion that you bring to activities is infectious.

A much longer and more accurate version of this test can be taken at:

www.authentic happiness.org

For more information about strengths, happiness, virtue, and flourishing, see

www.happiness hypothesis.com

Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household often or very often...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Attempt or actually have oral, anal, or vaginal intercourse with you?
Yes No If yes enter 1 _____
4. Did you **often or very often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often or very often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk/high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or **stepmother**:
Often or very often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score.

Get Over It For Good

Instructions for completing Timeline:

1. In the large sections on the right side of the page record any events you can think of that may have been significant, corresponding to your age at the time
2. Use your ACE questionnaire and fill in any positive experiences in the corresponding age range (to the best of your ability to remember)
3. Refer to the list of additional family events to help you recall other situations that may have been significant
4. Get started now and know that you will probably remember more and more information as we proceed
5. You can reorganize the events into chronological order when we finalize the timeline at the end

ADDITIONAL EVENTS TO RECORD:

- Serious illness (your own or any family member)
- Unemployment for one or both parents
- Death of a family member
- Birth of siblings
- Poverty or homelessness
- Exposure to violence in your community
- Prolonged absence of a parent (such as for military service or work)
- Trauma from natural disasters (fire, flood, hurricane, etc.)
- Severe family stress (for any reason)

The 3 Keys to Creative Healing



Identify the wounds of your childhood.

Trace your family timeline to discover the stresses and losses that occurred in your past ... without *blame* or *shame*.



Own the past as part of the gift of your life.

Cherish all of your life experiences with reverence – practice self-*piety* rather than self-*pity*.



Find the good in everything.

Rewrite your story from a positive perspective and nurture yourself with love and compassion.

Get Over It For Good

MODULE 4: Homework and Journal Prompts

1. Complete these assignments before moving on!
2. Review your **Signature Strengths Scale** from Module 1
3. Try at least one therapeutic practice: laughter, safe space, guided imagery, deep breathing
4. Journal about these prompts:
 - When have I felt very strong in my life?
 - Write a letter of encouragement to yourself in the past as you prepare to start first grade; what do you want your child-self to know?
 - Reality vs. fear: how does my mind exaggerate my fears? What is the truth about the things I fear?
 - What makes me different from everyone else? What are my unique and special qualities?

Lovingkindness Blessing:

May I be at peace.

May my heart remain open.

*May I realize the beauty
of my own true nature.*

May I be healed.

*May I be a source of healing
For this world.*



PHOTO TIMELINE INSTRUCTIONS:

1. Find photos of yourself from various stages of childhood
2. Attach the photos to the timeline in the appropriate spaces
3. Study the photos and use them to send compassion to yourself as a child
4. Record the positive lessons you learned from that stage of childhood as part of your Module 6 homework



First Aid for the Soul

10 Tools for Getting Back on Track When Life Derails You

1. Take a deep breath.

Inhale for 5 counts then exhale for 5 counts. Repeat.

2. Listen to a favorite song.

Create a playlist of uplifting, happy songs that get you going again. Try: Walking on Sunshine, Oh Happy Day, I Can See Clearly Now, MMBop.

3. Laugh.

Watch a short video like [Buddha on the Train](#) – my favorite!

4. Take a walk.

Get outside if possible and connect with nature.

5. Write about it in your journal.

Ask: What am I to learn from this? Express gratitude for everything.

6. Pray.

You can compose your own prayers, straight from the heart or use these well-known, timeless prayers to help you get out of your negative state of mind.

[Serenity Prayer:](#)

*God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.*

[Prayer of St. Francis of Assisi.](#)

Lord, make me an instrument of your peace.

*Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.
O Divine Master, grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love.
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life.*

7. Say the Lovingkindness Blessing.

*May I be at peace;
May my heart remain open;
May I realize the beauty of my own true nature;
May I be healed;
May I be a source of healing for this world.*

8. Be mindful.

Bring your focus to the present moment by engaging your senses with a scent (like a drop of lavender or sandalwood essential oil) or taste (lemon drop).

9. Recite a favorite verse or poem.

I love this verse by Rainer Maria Rilke: "Have patience with everything unresolved in your heart and try to love the questions themselves ... Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, some day far in the future, you will gradually, without even noticing it, live your way into the answer."

10. Use guided imagery.

Listen to a sample on the recording.

