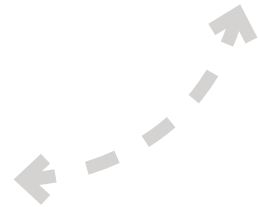
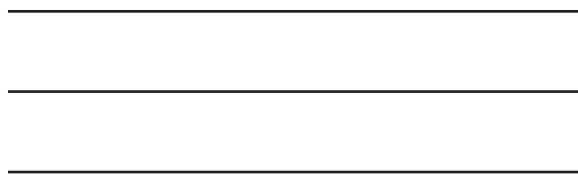
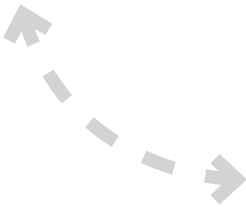
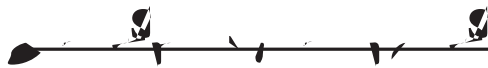
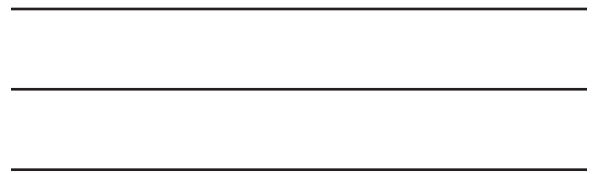
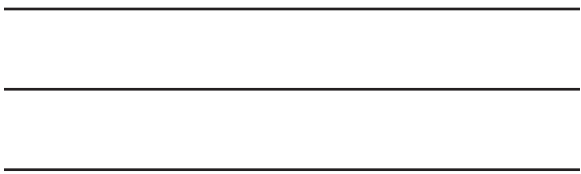
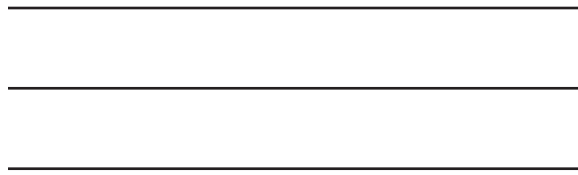
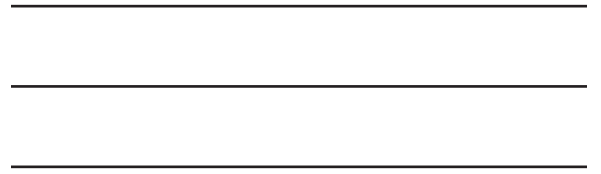
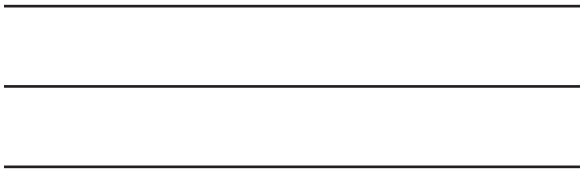
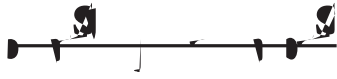




Appendix

CALM: A a di B





G... each ha e ecei ed di e a , e age ab , a ie , e a e, ha a e
k a . We a e, a gh, f e a le, he, he i i k, e e feel a i , if, hi h ld be
hidda , alked ab , a d. ha a ie, e a ab , fa il .

We al ecei e i ed c i c i g e age f di e a , lace a d e le l i e .

T be, e i de a d h , a ha ce e la i i h i h a ie , lea e, ake e, i e
e l e e i al, c l al, a d cie, al e age e ecei ed, h gh , life. a ,
c i ide , hich e e c i e a e , hel f l a d c i i, a , i h , i , a , al e .

G... g... i fa il , I lea ed, ha ha i g a ie, e a e i e i : _____

i c l e (), i ee like ha i g a ie, i e a a e a i g : _____

T e, ele i i , cial edia, a d cie, ha e ee ed, a a ie, a be i g : _____

A a c llege , d a , i ee like ha i g a ie, e a : _____

Wha I ee f i a d fa il i ac, ed b a ie, I, a d, ee, hi a e a i g, he a e : _____



i cla ha e a , i e . life a d elai i hi i ha ie . Make ga cha ge , like
i g e , a egie a d e ec i e i ha ie , , ake i , a i i ale , a d i g i g a c i e . I
al , ake c . age b , e i gali , le , f . c f , i ea , i e .

i cla i . l e a , a d i g . l . h . ee i g i ce a . eek , f i . eek , a d , i g , i e
kill i . da - , -da life . I ' i , a , , a c k . ledge a d e ec , ha . ha eli i ed , i e
a d a e g . Y . i e a d e a ce . ill be . e a ecia , ed if . a , a d . H . e e , i i , all ka
a d i de , a d a ble if , hi i i , he igh , i e f . . A e , he e , he , h i g . i eed , f c i
igh i , ha . . ld e a , . f eall , i g , hi . ? Plea e c i ide , A I ead , . ill g
a d a ble , ake cha ge . i h a ie , igh i . ?

• , I , hi a high i i , e igh i . ? , d e i i eed , . ai a . hile?

M Read i e : 0 1 2 3 4 5 6 7 8 9 10

/ , H . i , a , i i , cha ge h . a ie , i a ec i g e

M Will i g e (h . i , a ,) : 0 1 2 3 4 5 6 7 8 9 10

• , H . c i da , d I feel , ha I ca ake i i e cha ge ?

M Abili (elf-e ac) : 0 1 2 3 4 5 6 7 8 9 10

Ada , ed f Mille & R h ick, 2002

If . Read . a d , Will i g . le el a e a 5/10 . e , . eh e . . ill c i , i . e ! If ei he i bel .
a 5 , lea e h . . a e , ill . e . elc e he e . We i l a k . c i ide , be . ea i . a d i e ,
eek , if . a e a ble , c i , c . le , i gall i . eek . If . c ei bel . 5/10 i . Abili .
e h e e , . eek ' ee i ghel . . i h . e ce , i i i , hi .

CALM: A a di E

Plea e a i i a life ca cha ge ce a ele ega, i el a ec, ed b a ie,

M fa il :

M F ia d hi a d S cial Life:

M Acade ic :

Pa e Rela, i i hi Da, i g:

M Fa i e Ac, i i ie :

M B d a d Hea, h:

M S i i, ali a d C i i ec, i i , i h M C i, e :

M M d a d E , i i :

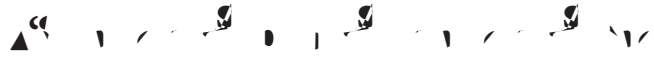
M Self-E , ee & C i d a ce:

M _____:

M _____:

Cea, ed b Da id E e, , P .D. Sa J e, Sa, e U i e i C i e h g a d P ch l gical Se . ice , 2018

Cal i g A ie, , Li i g M i d f ll C.A.L.M B Da id E e, , P .D. Sa J e, Sa, e U i e i C i e h g a d P ch l gical Se . ice



Plea e. i e a fe e a le ,h . gh . , he . eek 1 , he , h . gh , a e j . , h . gh , l g . bel . .
 P a c , ice e 1 d i g . elf , l ' ha 1 g , he , h . gh , _____ . 1 , i c i g . , h . gh , a a
 e e i a ce , i h . , 1 , a , l belie 1 g , he a fac . .

<p>Si . a i 1</p>		<p>E a le: M Pa 1 e i 15 1 . , e la . e .</p>
<p>A i . . gh ()</p>		<p>I be , he e . a a accid a . .</p>
<p>E , i 1 al Re 1 e</p>		<p>Af aid A i . Sad</p>
<p>Ph ical Reac , i 1</p>		<p>1 c ea ed . cle , a i 1 1 h lde . 1 c ea e 1 hea , a . e .</p>
<p>Ac , i 1 Tak a / A ided</p>		<p>Called e e , h ee 1 . , e .</p>
<p>E id a ce , hi . gh , i N , a Fac ,</p>		<p>M a 1 e i a la . e . T a 1 i pad . I . 1 ed . . a 1 e . a 1 , a 1 i h cell h 1 e .</p>

Lead f... ea ee h g i df ll... he... bie f
ha ee... a ea i g (i f e h g d k).

Nice h... i feel... bea he: ll... l g... i h... ga... a e bef ee ha h g a d
g ad all... lea e... -bea h... i h... i df la a a e.

Y... ca d... hi b f c... i g... a... i r... a... i df ll. Pe ha... ca l k...
he... i d... a d... ice, he c l... ha e... e a... a d... d a... d... O, ick a
cl... d... ee... a i al... be e e... i h c... i i... a da a a e.

J... i... ice, he... a... ai... fai... aga... k... Pe ha... face... a... f c...
he... e... e a d... e... e a... e... a d... he... a... ai...

F... c... c... le, el... i... ic. Pe ha... li... a... a... g... d... e... e... a... g... h...
ell... a d... i h... e... e... i a... ce... i... a... e... a... A... id... j... dg... g... he... i... d... a... g... d... bad.

T... a... d... ice... h... i... g... ha... ld... all... g... i... ced... g... age... h... ic... h... e... f... 5
a... e... ca... e... e... i... a... ce... i...

Ma... all... check... h... b... d... C/S... a... (ITE...)-6... C... a... (,)6... (a...)8... (-)8Q... (c)6.10... 1Tf11...)4...



On the other hand, please check, he can't self-defeating belief, has a a l, . . .

I should always feel happy and content, I feel . . .

I should never fail, I should always succeed!

No one will accept me if I am not perfect.

I should always be successful, he needs, even if I make a mistake.

I should never disagree; I should always agree, he feels . . .

Everyone should like me.

I am special. People should always notice me, a . . .

If I am not perfect, I will be . . .

I should never feel ____ (angry, sad, . . .).

I am not capable of doing anything, I am ALL / . . . fail.

Based on Burns, 2006

... (continued)

□ ...: E e e e , like e.

□ ...: I a e e cial. Pe e le h d al a , ea e e , a. ell.

□ ...: If I. a gh, e e , h g. ill be k.

□ ...: I h l d ? e e feel ____ (a g , ad, di a e , ed).

□ ...: e e e la i h i ble a e ALL / . fa l.

Created by David Emmert, Psy.D. 2018; Based on Burns, 2006

... & / ...

e3 ,ae f 1 daei ,a ,a ec, f 1 df1 e . ee elae, a e ,i1 a d
l gic1 . a ce, a d 1 d1 g bala ce be, ea . ,h gh, a de ,i1 , killf ll 1 a iga,e
... lie . Plea e1 ,e ha, he ea e1 , he 1 l ,ae f 1 d (e.g., i i, al 1 d). Vie 1 g
he ec1 ce , a e i, 1 g 1 a ec, i al hel fl.

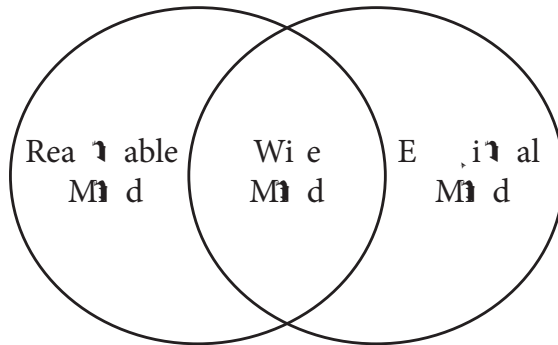
/ ...

E ,i1 1 di ha a 1 g. ha . feel, he e ,i1 () 1 ,a el ha . bec e . e , a a
b i. Wi he ,i1 1 d, . feel like . a e, he e ,i1 .

Y . . ill be. e . ick, eac 1 e ,i1 1 d, a df c ed 1 h . , he e ,i1 1 , he a , i
... g 1 g . , ac, a d feel. 1 e ,i1 1 d, . bec e . el id a , i ed. i h, he e ,i1 1 , he
a ; , he e ,i1 . ll . , belie e 1 i c . le. el. E ,i1 al 1 di 1 , able, ee be 1 d
he a . , l k . , f . 1 , hel 1 g, e .

/ ...

Rea 1 able 1 di . l gical a d a al ,ical ide. I i b , -like, j , f c ed 1 fac , da a, a d
l gic. Rea 1 able 1 di ideal f a Q- ll7 e3(-)8(Y)1 DC BT12 6 ~~XXXX~~ S, Aa ~~XX~~ bi ~~XX~~ 6.1 (e)4 ()11



Midlife and Emotional Well-being: Primary & Secondary Emotions

Primary emotions, such as anger, fear, and sadness, are often experienced in the moment. Secondary emotions, such as guilt, shame, and embarrassment, are often experienced as a result of the primary emotions.

Primary and Secondary Emotions:

Primary emotions are often experienced in the moment. Secondary emotions are often experienced as a result of the primary emotions. For example, anger can lead to guilt or shame.

Primary emotions are often experienced in the moment. Secondary emotions are often experienced as a result of the primary emotions. For example, anger can lead to guilt or shame.

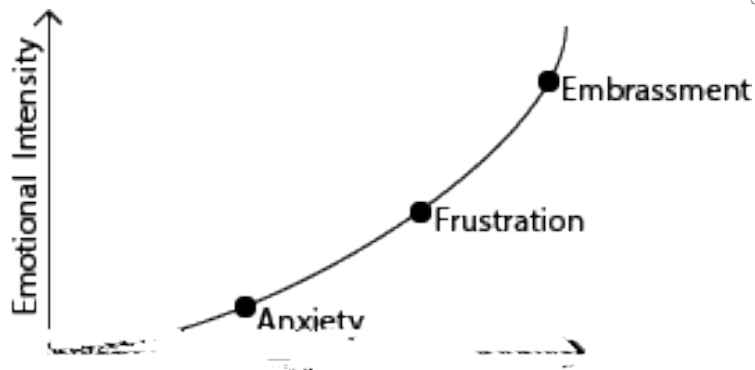
Being able to identify and understand your emotions is a key skill for emotional well-being. This includes recognizing both primary and secondary emotions and understanding how they are related.

Secondary emotions are often experienced as a result of primary emotions.

There are many different types of emotions, and they can be experienced in many different ways. Understanding your emotions can help you better understand yourself and others.

It can be helpful to identify and understand your emotions. This can help you better understand yourself and others. For example, if you are feeling angry, it may be helpful to identify the cause of the anger and to find ways to manage it.

Source: Martens, 2004





Alte, Bedä, Bedä, De a, a, ed, Di a, ed, Dejec, ed, De ali ed, Di c. aged,



1. *Se a eg la lee ched le, ha ide a gh, i ef lee (7-9 h). Pa ice ge, g. a dg g. lee a, he a e, i e ega dle fh, i ed a ake . feel. Q e f, he , e eci e , a egie f lee ble i c ea g . lee die . hich i a f ce, ha, c ea e, he l ge . g . i h ., lee . Na g, a ell a bie d g , bef e . lee , i e. ill g ea l , e fe e. i h . lee . ali .*

2. *i ca e f ., a i a da ie, , hich i hibi lee . Re d . elf, I'll j . e, b d . C i de a b d ca , ee if . a e h l d g a , igh e a ., . ela .*

3. *Ma e le, i h lee , . ble . e, hei bed f la g. ide ga e , alk g , he h e, e c. Y . d. ill, h a cia e . bed. i h be g ale, , ead fa lee . Hel . d c e c, . bed. i h e, a d cal e .*

4. *Y die, ill a ce . lee , a d be g h icall c f , able f . e ea g ca ake lee d . l, A ida e i c ee a d ed celi . id a fe h . bef e bed, i e.*

5. *e e a hel . fall a lee a , b , e ea ch h ., hi i g i ca , l ed ce lee . ali . e all.*

6. *Y ca . ie, he d . a a , e ad a dle, he g f , he igh. Y ca gi e . elf e i i , ha e, he la, ee a g a a , fee . e i d f, i e. Wha d . elf . g, all ., ea f ., h . gh , a b . i h ., a, achi g , he a lif g, he . C i de g . d i ge e ci e .*

7. *i ca be e ba e cial f . da . ell. H . e e, d , e e ci e j , i , g g . lee .*

8. *Lighted cities, he reflected, all change in the candle, he did light, fad, h, gh, hei e elid. Al, cā, da e c f, able ill, a, e, add ge, cld h, aigh?*

9. *i cā d de: h g ic, e, ch g, edi a i, e, c. Pa, ice cal g elf d d g d bef e bed, i e. Eli a e c e a, i e a d, a, d a h bef e bed, i e. Cide g aligh, le h e, e, he bl eligh, ha, a, i a e.*
 *Slee a, e, ake, i e, chā ge, i h, i e a d a c, ice a d, he e chā ge i e, be highl e ec, i e.



Effective Date / Scheduled for Work Log:

My Scheduled Work Place:

My Main Contact Person / Title:

My Emergency Contact Work Log:

My Physical and Emotional Reaction:

Each of these, however, has had a, I believe:

Each of these, I can, I believe:

Based on Rygh & Sanders, 2004



M E e i a ce Dela i g W :

Multiple horizontal lines for writing.

Based on Rygh & Sanders, 2004

1. *[Faint, illegible text]*

1.

[Faint, illegible text]

I can be, I guess, well if I have a good help I can be
di e a ce i al called _____

ble I I g. i

5.



• • • • •

• • • • •

Si a i n : _____

Objective Exercise :

- What would I do, if I had a million dollars?
- What is the best way to spend each day?

Relationship Exercise : Getting & Keeping Healthy Relationships

- How do I feel about my relationships?
- What are the challenges in my relationships?

Self-Reflection Exercise : Building & Maintaining Self-Respect

- How do I feel about myself?
- How can I be fair to myself?

Critical and challenge, have objective discussion;

Rank in the A, B, & C, if I had a million dollars:

_____Objective _____Relationship _____Self-Respect

Based on Leah, 2015

TIP: Always Relationships first, Wife/Mid & Dad's, then Relationships in the End, it's Mid!

CALM: A a di Q



I' i , a , ec g i e ea l ig . h a a ie, begi a g . , a . ell a , i e .
a , a , fall g back , ld a , e i i h a ie . i i , likel , ha a d g , i e f
high , e .

Wha e e , ice , he e . a g ig , g , he f ll . g age a d c le , e . a ie,
ac i l a . , hel . e ec i el a ig a e a e- , ha , a a i e f , i e , i e .

Pe al Red Flag • I a , ice aga . h a a ie, begi , a e- a e,

Wha n , ice h ical cha ge like:

(e.g., sleep, appetite, stomach aches, muscle tightness)

If, e , i all , I begi , feel:

Wha i , a , e le i life , ice , ell e:

If I , a , h k g a d , ell g elf:

Wha I ac, di e a , l b :

(e.g., isolating, being "snappy," using substances, avoiding exercise)

CALM: A a di R

Right, I, a i. ab.:

M c a, e, i al a d h ical e e, hi a ie, i:

M elf-, alk (h . gh, a di age) ab ., hi a ie, i cl de :

S e e id a ce, he e, h . gh, igh, be fac, i:

S e. a I ca i c ea e i df i e a, ice i cl de:
