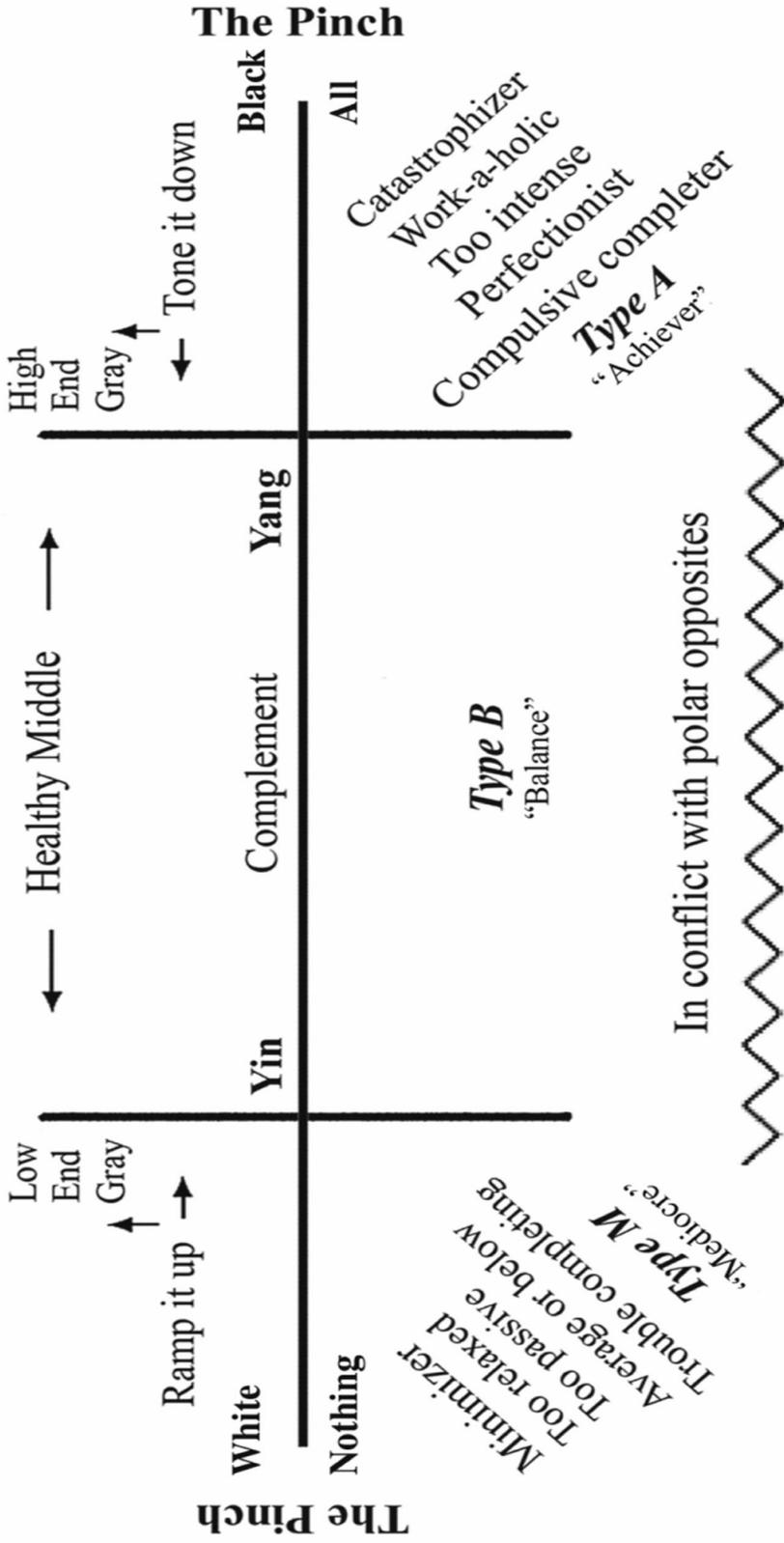


Kick Butt Therapy

Balance Continuum



Kick Butt Therapy

Cathy Zipp's COMMUNICATION MODEL

Giver:

WHEN YOU SAY/DO (short with a specific quote or behavior and when, or, for a general, but well-known example, like when...) _____

I FEEL/FELT (several specific feeling words, not “like” which will yield an analogy, or “that” which creates a description)

BECAUSE _____

Receiver:

WHAT I HEAR YOU SAYING IS (exact/in sequence)..._____

Giver:

CORRECT OR ACCEPT

Receiver Chooses One Approach:

A COUNTER- CONFRONTATION, REBUTTAL (like an election), **DISCUSSION** (short 2 way communication, no lectures), **OR CLARIFICATION** (more info that is currently unknown and is a game changer)

Receiver and Giver each state:

WHAT I AM WILLING TO DO TO IMPROVE OUR RELATIONSHIP IS... (each take a turn). If what is offered is wonderful, say “**THANK YOU.**”

If it is not quite what is needed, acknowledge & request:

Thank you AND/BUT what I really need from you is..._____

Wait for an acceptance or alternative to be offered.

XOXOXOXOXOXOXOX

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Positive Feelings

Happy

Amazing
Amused
Buoyant
Calm
Carefree
Cheery
Complacent
Content
Elated
Euphoric
Fantastic
Fortunate
Free
Generous
Giddy
Glad
Grateful
Great
Innocent
Inspired
Jolly
Joyful
Joyous
Lighthearted
Optimistic
Peaceful
Playful
Pleased
Satisfied
Serene
Supported
Unburdened

Secure

Accomplished
Alive
Assertive
At-Ease
Authentic
Balanced
Bold
Brave
Comfortable
Comforted
Confident
Courageous
Daring
Determined
Earnest
Empowered
Encouraged
Fearless
Genuine
Grounded
Guided
Healthy
Heroic
Hopeful
Humble
In-charge
In-control
Independent
Intent
Light
Lucky
Open
Powerful
Pretty
Protected
Protective
Proud
Reassured
Relaxed
Relieved
Resolute
Responsible
Safe
Sassy
Secure
Self-assured
Self-Confident
Smart

Solid
Spontaneous
Strong
Successful
Supported
Trusted
Trusting
Trustworthy
Uninhibited
Vindicated

Excited

Aroused
Eager
Ecstatic
Elated
Energetic
Enthusiastic
Exhilarated
Exuberant
Feisty
Free
Gleeful
Illuminated
Jubilant
Passionate
Spirited
Spontaneous
Successful
Surprised
Thrilled
Uplifted
Vivacious
Zealous

Motivated

Caring
Creative
Curious
Determined
Energized
Engrossed
Enlightened
Enthusiastic
Fascinated
Genuine
Inquiring
Inquisitive
Intrested
Intrigued
Knowledgeable

Mischievous
Nostalgic
Pumped Up
Reminiscent
Sincere
Unique
Wise
Valued
Warm

Loving

Accepted
Affectionate
Comfortable
Compassionate
Connected
Close
Desirable
Desirous
Dreamy
Empathetic
Genuine
Lovable
Loving
Loyal
Passionate
Self Loving
Sexy
Sympathetic
Tender
Valuable
Valued
Warm



Negative Feelings

AFRAID

alarmed
anxious
appalled
apprehensive
avoiding
braced
breathless
cautious
confined
cornered
cowardly
defenseless
dependent
despair
desperate
disconcerted
dismayed
distressed
doomed
doubtful
dread
fearful
frantic
freaked out
frightened
frozen
gripped
gutless
hesitant
horrificed
hyper-vigilant
hysterical
inhibited
immobilized
intrepid
lost
mistrusting
nervous
on edge
out of control
overwhelmed
panicky
paralyzed
paranoid
petrified
phony
powerless
pressured
resistant
scared
shaky
shocked
startled
stunned
suspicious
tense
terrified
terrorized

threatened
timid
trapped
traumatized
uneasy
unsafe
unstable
untrusting
uptight
vulnerable
worried
ANGRY
aggravated
aggressive
agitated
annoyed
belligerent
bitter
boiling
cross
defensive
disgusted
dissonance
enraged
envious
exasperated
frustrated
fuming
furious
grouchy
grumpy
hateful
indignant
infuriated
irate
irritated
livid
mad
offended
outraged
provoked
repulsed
resentful
seething
self-hatred
spiteful
stubborn
sulky
sullen
tense
uptight
vindictive
wrathful
ASHAMED
embarrassed
guilty
mortified
shameful

INSECURE

aimless
anticipatory
awkward
bewildered
conflicted
confused
dazed
defeated
defective
disassociated
disbelief
disoriented
distrustful
doubtful
dubious
dumbfounded
evasive
fake
gullible
helpless
hesitant
hypocritical
ill-at-ease
inadequate
indecisive
ineffective
jealous
mistrusted
mixed up
naïve
needy
numb
perplexed
phony
puzzled
questioning
resigned
self-conscious
self-doubt
self-loathing
skeptical
small
stifled
surreal
suspicious
torn
turmoil
two-faced
unbelieving
uncertain
unreal
unsure
unstable
wavering
weak
weird
worthless

SAD

apathetic
blah
bored
broken-hearted
burdened
catatonic
choked up
concerned
defeated
depressed
desolate
despondent
detached
diletted
disappointed
disconnected
discontent
discouraged
disengaged
disillusioned
dismal
dissatisfied
drained
dreary
dull
empty
exhausted
gloomy
griefing
grief-stricken
heavy-hearted
hollow
hopeless
indifferent
lonely
lonesome
melancholy
miserable
moody
morose
mournful
pathetic
pessimistic
pitiful
pre-occupied
quiet
somber
sorrowful
stretched
sulky
sullen
tired
unhappy
useless
weary
sluggish
void

HURT

abandoned
abused
aching
afflicted
anguished
annihilated
belittled
berated
betrayed
condemned
crushed
deceived
degraded
demeaned
demolished
depleted
deprived
despised
devalued
diminished
dismissed
disrespected
drained
empty
excluded
hated
heart-broken
ignored
injured
invalidated
isolated
marginalized
minimized
mistreated
mistrusted
misunderstood
neglected
offended
pained
rejected
repressed
restricted
ridiculed
sacrificed
scorned
scrutinized
slighted
smothered
stifled
suffering
tortured
tossed aside
trapped
unappreciated
under-estimated
unloved
used
victimized

Kick Butt Therapy

IDENTIFYING FEELINGS...

AN EXERCISE FOR DEVELOPING AWARENESS

People often deny or ignore their feelings. Once you are in a recovery process, you can explore what previous feelings mean to you. You will begin to view feelings as a wonderful part of you to be listened to instead of avoided. Allow feelings to be a natural, integral part of you that gives you clues and signals. The first step in allowing your feelings to work for you is to begin to identify the feelings you experiences in the course of a day. At the end of your day, check off the feelings below that you remember experiencing that day. One check per box. After a week or two of doing this, you will find yourself much more adept at being able to identify specific feelings as they occur and process them in real time.

FEELING	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Affectionate														
Afraid														
Angry														
Anxious														
Ashamed														
Calm														
Caring														
Confident														
Confused														
Determined														
Disappointed														
Disrespected														
Embarrassed														
Excited														
Frustrated														
Guilty														
Happy														
Hateful														
Hurt														
Inhibited														
Insecure														
Jealous														
Lonely														
Loving														
Misunderstood														
Numb														
Powerless														
Remorseful														
Resentful														
Sad														
Secure														
Strong														
Suspicious														
Worried														
Worthless														

After completion, analyze your chart both across and down. You will see what feelings you are unaware of or were taboo when you were growing up. What you have an excess of, and what happened on highly charged days will be obvious. You are attaching to yourself.

@ Cathy Zipp

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The Family Disease

ADULT ROLES			
<p><u>ADDICT</u></p> <ul style="list-style-type: none"> • Alcohol/Drugs • Gambling • Sex • Work/Food • Power/Wealth • Religion • Excitement 			<p><u>CO-DEPENDENT</u></p> <ul style="list-style-type: none"> • Enabler/Controller • Caretaker/Fixer • Mediator/Super • Mom/Spouse • People Pleaser • Victim • Martyr/"Poor Me" • Excitement/Crisis
FAMILY OF ORIGIN			
Represents WORTH To the Family	Represents HEALTH To the Family	Represents RELIEF To the Family	Represents ENTERTAINMENT To the Family
			
<ul style="list-style-type: none"> • Special • Over-Achiever • Successful • Little Princess/Prince • Very Responsible • Little Parent • Confidante • Surrogate /Spouse • Perfectionist • "All Together" • Hyper-Critical 	<ul style="list-style-type: none"> • Defiant/Rebel • Under-Achiever • Peers very important • Problems (law,school) • Unplanned Pregnancy • Fights/Sullen • Self-Destructive • Negative Attention • Family Focus • High Addict Potential 	<ul style="list-style-type: none"> • Quiet/Good • Withdraws • Day Dreams • Fantasy Life • Independent • Depressed • Ignored/Forgotten • Loner/Confused • Materialistic • Intimacy Problem: • Food Issues • Pets Important 	<ul style="list-style-type: none"> • Special • Family Pet • Hyperactive • Clown • Cutesy • Distracting • Annoying • Immature • Over-Protective • Fragile
POSSIBLE FUTURE CHARACTERISTICS			
WITHOUT HELP			
<ul style="list-style-type: none"> • Workaholic • Never wrong • Responsible for everything • Marry dependent 	<ul style="list-style-type: none"> • Unplanned pregnancy • Trouble-maker in school & at office • Prison 	<ul style="list-style-type: none"> • Little zest for life • Sexual identity problems • Promiscuous or stays alone • Often dies at an early age 	<ul style="list-style-type: none"> • Ulcer, can't handle stress • Compulsive clown • Remains Immature
WITH HELP			
<ul style="list-style-type: none"> • Accepts failure • Responsible for self, not all • Good executive 	<ul style="list-style-type: none"> • Accepts responsibility • Good counselor • Courageous • Ability to see reality 	<ul style="list-style-type: none"> • Independent • Talented • Creative • Imaginative • Self-actualizing 	<ul style="list-style-type: none"> • Takes care of self • No longer clown • Fun to be with • Good sense of humor

“Another Chance”, Wegscheider-Cruse
 “Peoplemaking,” Virginia Satir

Kick Butt Therapy

RESTRUCTURING COGNITIVE DISTORTIONS

Cathy Zipp, MS, LPC, LISAC

1. **OVERCOME ALL-OR-NOTHING THINKING**: Instead of seeing things as black or white, look for the middle ground. Replace thoughts of always with *frequently, often* or *usually*. Instead of never, use *rarely, seldom* or *almost never*. Evaluate whether you have a “*but...*” or “*and...*” situation. BUT cancels out what came before it; AND includes and validates it. Avoid any terms that indicate absolutes are included in this category.
2. **MINIMIZE OVERGENERALIZING**: See a single negative event as a single event, not as the beginning of a downward spiral. Try to contain feedback to be regarding what is actually said and referred to. Hear the actual words. Ask for an explanation, especially if you have or receive an emotionally-charged reaction. Think containment.
3. **CHANGE YOUR MENTAL FILTER**: Instead of dwelling on a single negative detail, create a broader focus. See the forest and the trees. Step back and see the big picture. Again, think containment.
4. **RECLAIM THE POSITIVE**: Instead of diminishing or discounting your accomplishments or qualities, count them. Get off the pity pot by reminding yourself of the positive things in your life. Making a mental or physical list will restore balance quickly. Utilize an “attitude of gratitude.”
5. **LOOK AT THE EVIDENCE BEFORE JUMPING TO CONCLUSIONS**: Instead of automatically making negative interpretations, get the facts. Is this source viable? Trustworthy? Of value to you?
 - a. **Avoid Mind Reading**: Instead of arbitrarily concluding that someone is reacting negatively to you, check it out by asking directly or, at the very least, getting a trusted person’s interpretation. Clearing the air with another person creates a bond and eliminates the guesswork and avoidance. Address the concern and stay connected.
 - b. **Don’t play Fortune Teller**: Instead of anticipating that things will turn out badly, keep an open mind to more realistic probabilities. Remind yourself of what actually has happened in the past and what may or may not happen. Now, ask what the odds are that your prediction will come true, and give it an arbitrary percentage. The realistic odds are often in your favor.
6. **DO AWAY WITH CATASTROPHIZING**: Instead of blowing things out of proportion or exaggerating goof-ups or imperfections, be realistic. Answer the questions: What is the worst that could happen if the worst that could happen really happens? What is the best that could happen if the worst that could happen really happens? When you answer these, you are likely to realize that you can handle it. This works for the “fortune teller” error as well. **DO AWAY WITH MINIMIZING**: Instead of inappropriately shrinking what is important, be honest and realistic. Don’t allow minimization to result in avoidance, ignoring or procrastinating. Get feedback from a reliable source until your gauge becomes more accurate.
7. **INSTEAD OF USING EMOTIONAL REASONING, BALANCE EMOTIONS WITH FACTS**: “I feel it, therefore it must be true” is inaccurate if the facts aren’t also factored in. Think realistically instead of assuming that your negative emotions reflect the way things really are. Balance your emotional reaction with what really is. Trust your gut and evaluate the entire situation. Remember: feelings are not facts. The flip side is relying on facts alone and being emotionally detached or unaware. Improve your Emotional Quotient (EQ), and find your healthy balance.
8. **AVOID “SHOULD” STATEMENTS**: Instead of using “should,” “must,” “ought,” and “have to,” replace them with “*could,*” “*might,*” “*can,*” “*want*” or “*will.*” You can minimize feelings of guilt, anger, frustration, and resentment with choices: “*Next time I might ...*” Consider offering suggestions instead of ‘shoud-ing’ on others or assuming to know what is best for them. Let go of the outcome and they can take what they want and leave the rest.
9. **STAY AWAY FROM LABELING and MISLABELING**: Instead of this extreme form of overgeneralization, state specifically what was said or done. Name-calling is inappropriate and unnecessary. Do you do it to others? Yourself? Both? Instead of using terms like loser, identify what was done and how it came about.
10. **AVOID PERSONALIZING**: Instead of blaming yourself for something you aren’t entirely responsible for, take a look at how much of a role you really played. Ask yourself: “What part is really about me?” Be accountable for your part and no more. This one may only apply to a specific area of your life, such as work or a particular relationship.

Change a thought... change a feeling and enjoy the empowerment.

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REVERSE LEARNING CURVE

FOR CONCEPT ASSIMILATION

**Aware
High Functioning**

It is assimilated most of the time

You rarely do it anymore

You rarely slip and catch it if you do

You hardly ever do it anymore

You catch yourself doing it different

You do it different more and more

You are about to do it and you avoid it

You catch yourself doing it and change midstream

You realize you did it again

You know you are doing it but cannot stop

You don't even know you are doing it

**Unaware
Dysfunctional**

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PERFECTIONISM:



THE DEAD END STREET

Things to Know....

- ≡ Perfectionism is based upon the thought that “perfection is obtainable.”
- ≡ Perfectionists believe that without aiming for perfection, you cannot find happiness or enjoy life.
- ≡ Perfectionism typically results in frustration and anger.
- ≡ Fear lurks behind perfectionism. Fear fires up your intense desire to make things perfect. Perfectionism protects you from having to face this fear.
- ≡ Perfectionism is a way of thinking. You have adopted it as part of your life.

Things to do....

- α Recognize that perfection is an illusion; it doesn't actually exist anywhere.
- α Adopt the belief that there is little correlation between aiming for perfection and happiness; learn to accept less; observe that it is possible to do something very well (though not perfect) and still derive satisfaction.
- α Recognize that perfection is an unrealistic expectation and, like all unrealistic expectations, will ultimately produce frustration. Modify your thoughts concerning this expectation.
- α Confront and recognize the fear and anxiety which exist once you unmask your perfectionism. Prepare yourself to ride out the anxiety once you decide to accept a more reasonable you. Refuse to yield to the perfectionist behavior.
- α Choose not to think perfectionism. Recognize that there are no negative consequences to doing something less than perfect.

Adapted from James Peterson, PhD.

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**PASSIVENESS, ASSERTIVENESS & AGGRESSIVENESS:
 A COMPARISON IN BEHAVIORS**

NON-ASSERTIVE (PASSIVE) BEHAVIOR	ASSERTIVE BEHAVIOR	AGGRESSIVE BEHAVIOR
<p>Allowing other people to treat you, your thoughts & feelings in whatever way they want without you challenging it. Giving in to what others want regardless of your own wants & needs. Not wanting to make waves; afraid to say no.</p>	<p>Directly, honestly & appropriately stating what your thoughts, feelings, needs or wants are. Taking responsibility for self without denying the rights of others. Being an effective listener & problem solver, & respectful of others.</p>	<p>Being demanding, hostile or rude to get what you want regardless of the rights & feelings of others. Disrespectful & insensitive to others' rights & needs. Intimidating others – either physically or verbally – into doing what you want.</p>
<p>Letting others choose activities for you, saying “You decide...”</p>	<p>Choosing activities with others that include self, saying “We’ll decide...”</p>	<p>Choosing own activities AND those of others, saying “I’ll decide...”</p>
<p>Hoping – for favors, service, etc.</p>	<p>Requesting – favors, service, etc.</p>	<p>Demanding – favors, service, etc.</p>
<p>Forcing the other person to GUESS or ASSUME how you think & feel – due to your indirectness and avoidance of the problem. Using vague messages. Results in only a 50/50 chance of being correctly understood. Avoidance.</p>	<p>Letting the other person KNOW how you think and feel, by being direct, forthcoming & emotionally honest. Dealing with problem appropriately. Using “I” messages, such as “I want / I need / I prefer.” Honesty.</p>	<p>Making the other person aware of your thoughts & needs, while disregarding theirs. Attacking the other person instead of the problem. Using “You...” messages that blame or label. Threatening.</p>
<p>Viewing rights of others as superior to yours. Giving messages of “I don’t count / I’m not OK.” Establishing a pattern of others taking advantage of you.</p>	<p>Recognizing rights of others as equal to yours. Giving messages of “I do count / We’re OK.” Establishing a pattern of respect for the future.</p>	<p>Viewing your rights as superior to others’. Giving messages: “You don’t count / You’re not OK.” Establishing a pattern of fear & avoidance of the aggressor.</p>
<p>Results in feelings of inadequacy, low self-worth, low self-respect, pity, irritation, disgust, anger, guilt & resentment.</p>	<p>Results in feeling confident, valued, respected. Maintaining a sense of high self-esteem, inner peace & emotional integrity.</p>	<p>Results in feeling misunderstood, guilty, unloved... perceived as cocky, hostile... OTHERS feeling hurt, humiliated, defensive, disrespected, angry, vengeful.</p>
<p>Mistaking non-assertive behavior for politeness & being helpful.</p>	<p>Realizing assertive behavior means physical & mental well-being.</p>	<p>Believing aggressive behavior is winning or conquering.</p>

Kick Butt Therapy
Additional Signs of Non-Assertive (Passive) Behavior
(H.A.R.D = Honest Appropriate Respectful Direct)

Watch for body signals of tension due to non-assertiveness: stomach churning, headache, faster breathing, etc.

Does the behavior actually involve “rescuing” the other person? This is *not* a desirable scenario.

Also check for a “hidden bargain” when sacrificing important rights or preferences expecting that the other person will do something in return, but without telling the other person what is expected in exchange. Ask “Will I feel used if the other person doesn’t do what I expect him to do?”

Are necessary skills missing? For example, adults who as children rarely went to restaurants may simply not have learned how to request service or return badly cooked food.

Is there anxiety about negative consequences, i.e., what would happen as a result of any assertive behavior? **Common fears** are that he/she will lose others’ affection or approval; others will think he/she is foolish, stupid, or selfish; he/she will hurt others’ feelings or badly damage others’ lives; and that others will become angry or rejecting.

Adapted from Your Perfect Right: A Guide to Assertive Behavior, Robert E Alberti & Michael L Emmens



Kick Butt Therapy

To Your Good Health: *Exercise*



Aerobics
Ballet
Ballroom Dancing
Baseball
Basketball/Horse
Biking/Cycling
Bowling
Dancing
Field Hockey
Frisbee
Gardening
Golf
Gymnastics
Hiking
Hip Hop
Hopscotch

Horseback Riding
Ice Skating
Jogging
Juggling
Jump Rope
Laser Tag
Paintball
Ping-Pong
Playing Catch
Race Walking
Rock Climbing
Rollerblading
Roller Skating
Running
Skiing
Snowboarding

Soccer
Softball
Square Dancing
Swimming
Tag Football
Tennis
Trampoline
Treadmill
Unicycling
Volleyball
Volunteer – (i.e. Habitat)
Yoga
Walking
Water Aerobics
Weights
Wii sports games

Examples of Different Aerobic Physical Activities*

Moderate Intensity

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

Vigorous Intensity

- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing, with heart rate increases)
- Hiking uphill or with a heavy backpack

* For more information, visit <http://www.health.gov/paguidelines/>.

So, What's In It for Me?

Exercise can help you reduce your risk for illness and improve your chances of living a longer and healthier life.

It can help you:

- Sleep better
- Relieve symptoms of depression and anxiety, and improves mood
- Prevent weight gain, promotes weight loss



It can help lower your risk for:

- Some Cancers
- Cardiorespiratory diseases like Heart Attacks and Strokes
- Type 2 Diabetes, High Blood Pressure, and Cholesterol Problems
- Osteoporosis and Hip Fracture
- Pre-mature Death

You can exercise in a gym or sign up for a class, but most exercise options are **free**.

THERE'S A HOLE IN MY SIDEWALK:
THE ROMANCE OF SELF-DISCOVERY

ALSO KNOWN AS:
AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS
A mainstay of Twelve Step programs

Chapter I

I walk down the street.

There is a deep hole in the sidewalk

I fall in. I am lost.... I am helpless.

It isn't my fault.

It takes me forever to find a way out.

Chapter II

I walk down the same street.

There is a deep hole in the sidewalk.

I pretend I don't see it. I fall in again.

I can't believe I am in the same place.

But it isn't my fault.

It still takes a long time to get out.

Chapter III

I walk down the same street.

There is a deep hole in the sidewalk.

I see it is there.

I still fall in... it's a habit...

My eyes are open.

I know where I am.

It is my fault.

I get out immediately.

Chapter IV

I walk down the same street.

There is a deep hole in the sidewalk.

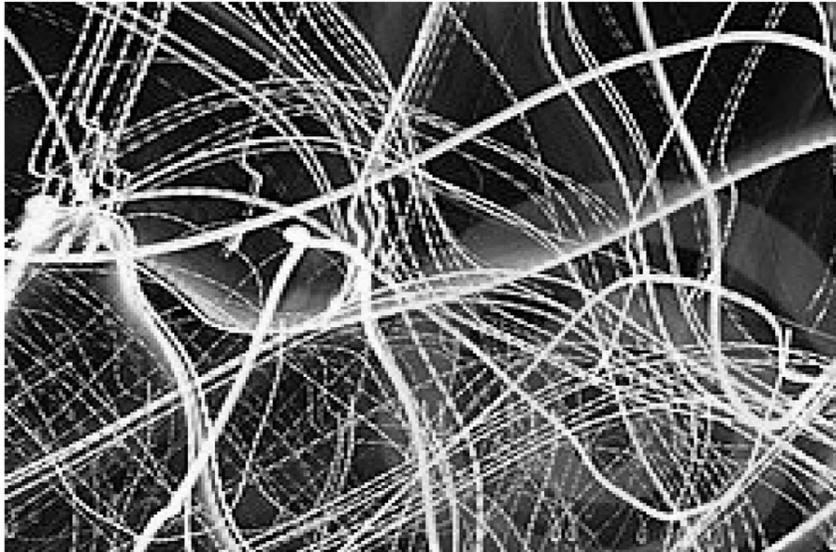
I walk around it.

Chapter V

I walk down a different street.

By Portia Nelson: Author, Singer, Songwriter and Poet
Not anonymous, as many think.

KICK BUTT THERAPY Addiction to Chaos and Excitement



There are three unhealthy ways to maintain chaos and stress in your life:

□ Capitalize on existing chaos.

□ Create new chaos.

□ Seek out chaos elsewhere.

The process of healing from this compulsion begins with an acknowledgment that your overreactions today are links to past unresolved traumas, hurts, and resentments.

By starting to heal painful past *experiences through support groups, therapy* and spirituality, you can begin to process current dilemmas in your life more easily and effortlessly.

You can create more serenity and less chaos in situations that would have been chaotic in the past – stay grounded by focusing on resolving the problems instead.

****TOOLS for healing from chaos addiction:

Begin to identify chaos and avoid it.

Allow others to deal with their own chaos and stay away from it.

Note your anxiety at the unfamiliarity of extended periods of calmness and ride it out.

Resist the temptation to initiate an argument; try to identify the real issue, then problem solve, thereby minimizing chaos.

Enjoy your serenity and focus on gratitude.

@ Cathy Zipp

Bucket List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____