

Adjustment

Assignment #2, Due March 1st (10 Points)

RATIONALE: Each question on “The Way I think” illustrates a different type of cognitive therapy technique (interventions that also can be found in psychodynamic therapy). Your goal is clearly discuss your responses and integrate the concepts we have learned so far in the class.

ASSINGMENT:

Select your MOST significant worry/stressor and describe what it means to you and why does it bother you so much. Please be sure to discuss any values, goals, or beliefs you have that might be associated with your worry. Describe the worst thing that could possibly happen—please elaborate. What do you picture happening? What is your worst fear? Are there any other emotions you experience when you worry? Guilt, Anxiety, etc? Why? Now that you know what could happen, how could you learn to cope with it? Please provide *several examples* and relate your coping examples to those described in class (i.e. problem-focused, emotion-focused, making-meaning focused, etc.) Are there any actions, thoughts, beliefs, personal characteristics or strengths or aspects of your personality or culture that would help you to cope with the situation? How can you use the theories taught (Freud, behaviorism, social cognitive theory) in class to help change your behavior or thoughts?

What type of coping would be most effective in your situation? Why?

As I grade the assignment, I will ask myself the following questions:

- a) *Did you clearly describe the key worries and stressors?*
- b) *Did you select and clearly describe a coping strategy the best suite your needs*
- c) *How well do your thoughts fit together?*
- d) *Did you demonstrate mastery over the course content?*

Your write-up should be no less than two pages in length, using ONE-inch margins and a standard (12 point) font. It should be typed, double-spaced, and free of grammatical and/or spellings errors.

Remember, if you have difficulty writing or are unsure about this assignment, PLEASE see me.