

HELPING MYSELF: How to Make Effective Reminder Cards

I need reminder cards for my thinking, feeling, responding, and relationships issues. My reminder cards help me to remember and practice my lessons from counseling. I have reminder cards for: parenting, spouse, friends, family, home, work, school, guilt, anxiety, depression, shame, anger, pride, etc. I will develop reminder cards for special situations such as asking for a raise or confronting some abusive person. I make my reminder cards on 3 x 5 cards, to do lists, post its, business cards, PDA, computer, calendar, planner, or whatever works best for me.

REMINDER CARDS INCLUDE 6 BASIC TYPES OF HELPERS

1. COUNTERS: Counters are attitude switchers. Counters are phrases or keywords that I have collected that work to recognize, remove, and replace my self-disturbing and self-defeating attitudes. These phrases or keywords induce attitudes in me that counter my self-disturbing and self-defeating attitudes which have plagued my life.

2. COPING STATEMENTS: Coping statements are sentences and phrases that work to get me to surrender my self-defeating behaviors and habits. Coping statements are encouraging and empowering phrases and statements that I repeat to help keep me from following my self-defeating habits. Coping statements help to keep me on the right track or path.

3. 3 RS SWITCH MOOD: These are recognize, remove, and replace statements to switch my mood from self-disturbing attitudes to self-helping attitudes. First, I will recognize some thinking as self-defeating or self-disturbing. Second, I will remove the self-defeating thinking by facing its negative consequences on me, my life, and others. Third, I will replace the self-defeating thinking with helpful, effective, and productive thinking.

4. PROBLEM-SOLVING STRATEGIES: These are already worked out solutions to predictable present, past, and future problems. Problem-solving strategies are a set of proven steps that I will take to effectively overcome specific problems. I will break the strategy down into easy steps.

5. SCRIPTS: Scripts are role-ready responses that I will use to handle challenging situations at home, school, and work. Scripts are already worked out verbal and behavioral responses that I will use to help me get through difficult situations. Just like scripts for a play or movie, my scripts instruct me in my right responses.

6. RESOURCES: Resources are people, places, things, and activities that I know help me get out of and-or overcome self-defeating and self-disturbing situations. Examples: phone numbers, names, books, lists, places, activities, actions, practice Mind Breathing, take a break, go for a walk, apologize, call my sponsor, call a friend, practice relaxation exercises, go to the gym, excuse myself from the situation, ask for help, pray.