

CBT#38-001

The Angry Heart Compass

Free Zone

Score/10

Early Stage

Late Stage

- | | |
|--|---|
| <input type="checkbox"/> able to openly talk about past pain with loved one | <input type="checkbox"/> word and actions are more consistent |
| <input type="checkbox"/> able to hold on to close relationships | <input type="checkbox"/> you know what you want from life |
| <input type="checkbox"/> able to hold steady employment | <input type="checkbox"/> you can love another without fear |
| <input type="checkbox"/> able to tolerate stress without resorting to addictive activities | <input type="checkbox"/> able to laugh about the past |
| <input type="checkbox"/> comfortable being affectionate toward a loved one | <input type="checkbox"/> you feel optimistic about the future and you are more at peace with the past |

Recovery Zone

Score/10

Early Stage

Late Stage

- | | |
|--|--|
| <input type="checkbox"/> able to write about pain | <input type="checkbox"/> able to tolerate feedback without anger |
| <input type="checkbox"/> able to cut short temper outbursts | <input type="checkbox"/> able to show others appreciation for help given |
| <input type="checkbox"/> able to slow stress-accelerated mind | <input type="checkbox"/> willing to follow the advice of a mentor |
| <input type="checkbox"/> able to accept your defects without anger | <input type="checkbox"/> able to accept the help of a counselor |

Borderline Zone

Score/10

Early Stage

Late Stage

- | | |
|--|--|
| <input type="checkbox"/> addictive activities used [drugs, sex, cutting, etc.] | <input type="checkbox"/> moods change a lot and you feel bad |
| <input type="checkbox"/> poor control over your temper | <input type="checkbox"/> stormy relationships |
| <input type="checkbox"/> bouts of depression | <input type="checkbox"/> feel as if you can't trust anyone |
| <input type="checkbox"/> suicidal thinking or actions | <input type="checkbox"/> feel as if you don't know who you are |
| <input type="checkbox"/> angry, rebellious, inconsistent | <input type="checkbox"/> racing thoughts, impulsive actions |

Your Location: Free Zone Recovery Zone Borderline Zone

CBT#38-001

The Angry Heart Compass (2)

This tool was designed to measure the degree of active involvement in disabling behaviors that an individual is manifesting at the point of beginning the counseling [or in the case of Santoro's book - self help], and as a benchmark test along the way. The three zones are indicative of the level of functioning at the moment, and one would hope that an adolescent who is operating in the borderline zone is able to demonstrate trends toward recovery and finally to become free of the problematic thoughts and behaviors.

Instructions

Ask the client to check off in each box the items that describe his/her current behavior and feelings. To score, simply add up the numbers in each box for each section and place the total next to the Score/10.

If the highest score is in the Borderline Zone and it is at least 4 out of 10, this is indication of the need for continued intensive services. If the score in the other zones is 0 to 1, that is to be expected at this point and supports the need to commit to services. Obviously, if the Borderline score is less than 2 and the Free score is more than 4, this would indicate that the client is showing real improvement.

CBT#38-002		Psychotraumatic Exposure Scale		
Level	Psychotraumatic Event	Yes?	Months	Score
V	Sexual and physical abuse (from parent, peer, sibling, other)			X1 =
	Sexual abuse only (from parent, peer, sibling, other)			X1 =
IV	Physical abuse only (from parent, peer, sibling, other)			x.8 =
	Viewed physical or sexual abuse between parents			x.8 =
	Viewed severe physical or sexual violence to others			x.8 =
	Parents were addicted to alcohol, drugs, gambling, sex			x.8 =
III	Parent, peer, sibling or other verbally belittled you on a regular basis			x.6 =
	Parents emotionally manipulated on near daily basis			x.6 =
	Viewed severe, near daily verbal fights between parents			x.6 =
	Both parents resented your birth/adoption and having to care for you			x.6 =
	Parent went through a bitter, harsh divorce			x.6 =
	Either parent resented your birth/adoption and having to care for you			x.6 =
	You lived in more than eight places by age seventeen			x.6 =
III	Same sex parent avoided close relationship with you			x.5 =
	Any parent aloof, disinterested, unaffectionate toward you			x.5 =
	Any parent controlling, demanding, unaffectionate toward you			x.5 =
I	Parents divorced before you were twelve (not bitter/harsh)			x.4 =
	Severe family financial problems (couldn't meet bill payments)			x.4 =
	Very little hugging, kissing, or other types of healthy physical affection in the family			x.4 =
0	None of the above applies to you in any way			0
	Weighted Number of Years of Exposure			

CBT#38-002

Psychotraumatic Exposure Scale (2)

Instructions

1. Think back and try to remember the first memories of when you started school, when you played with your mother, father or stepparent; how you were disciplined; what you were praised for; when your caregivers were proud of you and so forth. Under the 'Yes' column, check off each psychotraumatic event that you experienced prior to eighteen or until now.
2. Then for each item checked in the 'Yes' column, record the number of months under the 'Month' column you think you were exposed to the psychotrauma you checked off. You probably will not be able to accurately recall how many months so you will need to estimate. Try to underestimate your exposure. DO NOT overestimate.
3. Starting with Level V, multiply by 1 - then record this number in the 'Score' Column.

Then do the same in all of the 'Score' column, e.g., Level III would be the number of months [25] times .6 or 15.

4. Add the total number of scores in the 'Score' column and divide by 12 to get the final score. This is the number of **psychological years** you were exposed to psychotraumatic stress.
5. Take the age of the client at the time of the completion and divide it into the number of psychological years to get a sense of the percentage of his/her life in such exposure. [NOTE: it is possible to have a percentage higher than 100% since many of the variables can be overlapping.]

The score can be considered a rough estimate of the amount of psychotrauma the client absorbed as a child. Since it is not a standardized score, it does not give a relative measure against other people.

CBT#38-003 Practice

Positive

Affirmation

Change requires a commitment before it can happen - a commitment forged by the mind and heart. A mind that says with an angry heart "I can't change, the world must change instead!" is closed to change. The world never changes for anyone. It is your responsibility to adapt your behavior to the world. You can protest all you like about this. Your rage changes nothing and you'll remain unhappy about your life.

Joseph Santoro

Twice daily, once in the morning just after you wake up and once at night, sit down in a comfortable place where you will not be disturbed. Take several slow deep breaths - close your eyes and repeat each positive affirmation ten times.

- ***I am not to blame for being the way I was.***
- ***I am responsible for changing myself.***
- ***I want to change.***
- ***I feel better when I face my inner pain.***
- ***I can change. I will change. I will never, never, never, give up!***
- ***I am a good person and I will prevail.***

After you have repeated all of them, say to yourself, "***I believe in who I am and what I think***". Repeat this ten times and take several slow deep breaths.

You can also plan Positive Affirmation breaks throughout the day [e.g., at lunch time] to help focus on recovery.

For best results do this twice a day for at least six weeks.