

APPENDIX C

PATIENT HANDOUTS AND WORKSHEETS

Session Selection Worksheet

✓ Check all that apply	Brief Description of Additional Sessions
	Surviving Military Sexual Trauma: This session focuses on recognizing inner strengths that have helped you cope with the impact of MST.
	Grief and Loss: This session involves developing a deeper understanding of grief as it relates to losses related to MST. You will also discuss ways to honor what was taken from you, destroyed, or never was because of MST.
	Anger: This session reviews skills for recognizing when anger is becoming destructive and managing it effectively.
	Trust: This session explores strategies for rebuilding trust in yourself and others after experiencing MST.
	Self-esteem: This session reviews techniques to enhance your sense of self-worth.
	Relationships and Intimacy: This session focuses on increasing your ability to connect with others. In this session, you also learn how to set clear, firm boundaries.
	Breaking the Silence: This session provides strategies for sharing your story of MST if and when you are ready.
	Self-forgiveness: This session teaches you how to release anger, shame, or self-blame about your past.

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Honoring What Was Lost

ACTIVITY PLANNING WORKSHEET

Instructions: Review the “Honoring What You Lost” worksheet and select one activity listed. You may also think of a new activity to honor what was taken away, destroyed, or never was because of MST.

Activity I want to do: _____

Be specific:

1. What will I do?
2. Who will be involved?
3. When will I do this (day, time)?
4. Where will I do this (location)?
5. How often will I do this?

Challenges: What might get in the way of completing the activity?

Solutions: How might I overcome these challenges?

What Happened: Did I complete the activity? What went well? What surprises or challenges came up? What can I do differently next time?

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Changing Your Emotional Experience Worksheet

SITUATION	HOW I FELT	WHAT I THOUGHT	WHAT I DID	DID IT WORK?	WHAT ELSE CAN I DO?

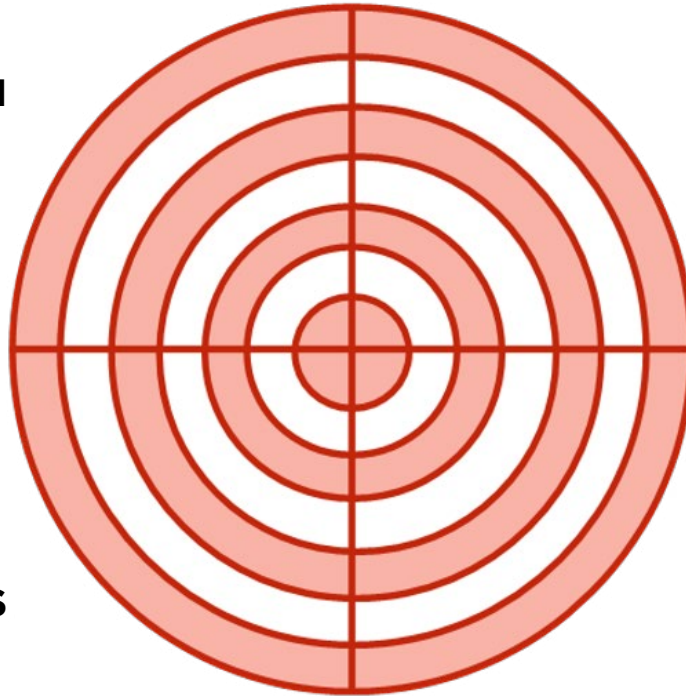
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(NAME)

HEALTH

SAFETY



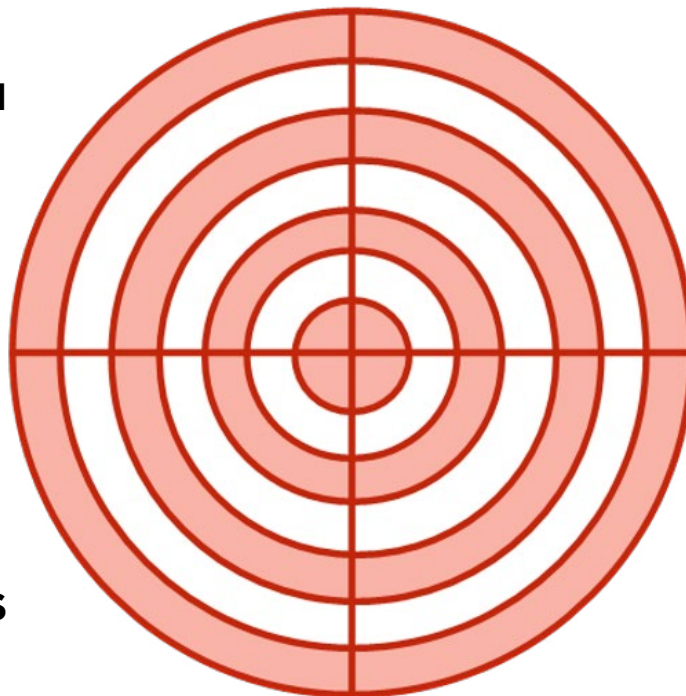
SECRETS

MONEY

(NAME)

HEALTH

SAFETY



SECRETS

MONEY

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Boundary Setting

Think of someone with whom you have less healthy boundaries. For each light, you will write a behavior that you want him or her to (be specific):

**KEEP
DOING**

DO LESS

**STOP
DOING**

Now share these boundaries with the person and work toward keeping them in place.

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Communication Strategies

Communication Tip #1: When asking someone else for something, ...

- **Appear confident.** Your body language, tone, and words make a difference in how someone hears you.
- **Be clear.** Use clear, short statements about what you need or want the other person to do.
- **Use “I” statements.** Saying “I” communicates directly what you need and want.
- **Make it a “win-win” situation, if possible.** People are more willing to meet your needs when they also get something in return.



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Communication Strategies

Communication Tip #2: When someone challenges you, ...

- **Be a broken record.** Restate what you said again (and again and again if needed).
- **Negotiate.** Ask for other solutions or make some changes to your request.



Communication Tip #3: When someone asks you for something, ...

- **It's okay to say "no."** Giving too much in a relationship can make you unhappy.
- **Don't be afraid to say "yes."** You may need to break the habit of saying "no" when a relationship is important to you.
- **Say "Let me think about it" if unsure.** Take time to ensure you're making the best decision for you and the relationship.

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Your Wellness Plan

What are your goals moving forward?

What steps and skills can you use to meet your goals?

What obstacles might get in your way and how can you address them?

Who can help you move forward with this plan?

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Exit Survey

Instructions: Please answer the following questions about how well you think the Courage Group went for you.

1. Overall, how much did you like attending the Courage Group.

Not at all	A little	A moderate amount	A lot	A great deal
1	2	3	4	5

2. How helpful did you think this group was in helping you learn useful skills for managing MST-related issues?

Not at all helpful	Not so helpful	Somewhat helpful	Very helpful	Extremely helpful
1	2	3	4	5

3. How likely are you to recommend this group to other Veterans?

Not at all likely	Not so likely	Somewhat likely	Very likely	Extremely likely
1	2	3	4	5

4. What did you like most about the group?

5. What do you feel could be done better or differently?

6. Other comments:

CERTIFICATE *Of* PARTICIPATION

is thanked for their effort, support and participation in the

COURAGE GROUP



Presented by

On this day

