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LIFE AFTER LOSS - PART 2

Tools for Coping and Helping those in Emotional Distress

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Presentation Overview



1. ABC Model

2. Steps to Reframing

3. Future Orientation

4. Reaching out with Psychological First Aid (PFA)



Step 1: The ABC Model



- This tool will help you understand where you are emotionally at this moment.
- How feelings, beliefs and behaviours have an impact on your well being.
- Makes you aware of your behaviour towards others.
- Help you to adjust your responses into positive outcomes.
- Resulting in improved well-being.



The ABC Model



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Adversity/Event



Beliefs/Thoughts



Consequences

Adversity

What events are upsetting me?

Beliefs

What thoughts am I having about the adversity?

Consequences: Feelings

How am I feeling as a result?

Consequences: Actions

What do I do when I feel this way?

Consequences: Relationships

How does impact my relations with others?

Adversity

*Identify an event
that is
particularly
upsetting to you
at this moment*

- Examples:
- Worried about your job/income/debt?
- Grieving the loss of a loved one?
- Marital relations under pressure?
- Relations with family members strained?
- Due to undergo a serious medical procedure?

Adversity

What event is upsetting me?

Job loss.

Beliefs

What thoughts am I having about the adversity?

Worried about your income/debt/standard of living?

Consequences: Feelings

How am I feeling as a result?

Consequences: Actions

What do I do when I feel this way?

Consequences: Relationships

How does impact my relations with others?

Beliefs/Thoughts



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- *What thoughts are you having about this adversity/event?*
- *Worried about your job/income/debt?*



Adversity

Job loss

Beliefs

What thoughts am I having about the adversity?

Insecure – how am I going to meet my debts?

Anxious – what if they repossess my property

Hopeless – what can I do at my age?

Concerned – what about my kids?

Panic attacks – lie awake at night/loss of appetite, socially withdrawn

Frantic – relying on medication

Consequences: Feelings

How am I feeling as a result?

Consequences: Actions

What do I do when I feel this way?

Consequences:
Relationships

How does impact my relations with others?

Consequences/Outcomes



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- What **Feelings/Emotions** are you experiencing?
- What **Action** do you take? What do you do when you feel that way?
- **Relationships:** How does this affect your relationship with
 - * your family
 - * your friends
 - * your colleagues
 - * your clients
 - * general public



Consequences: Feelings/Actions/Relationships



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Feelings

*How am I feeling as
a result?*

Insecure
Anxious
Hopeless
Concerned
Sad
Frantic
Angry



Actions

*What do I do when I
feel this way?*

- *show/hide feelings?
- *panic attacks
- *lie awake at night
- *loss of appetite
- *socially withdrawn
- *relying on medication
- *unproductive
- *unhealthy choices



Relationships

*How does this
impact my relations
with others?*

Impatient
Intolerant
Distant/isolated
Easily frustrated
Withdrawn



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STEP 2: REFRAMING



Step 2: Re-framing

- During the ABC process, you identified a specific adversity and developed greater understanding of your beliefs/thoughts and their consequences (eg. on your feelings, actions and relationships)
- Now, let's consider how to shift those consequences to a more positive place.



Four Steps to Reframing



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- Step 2.1: Accept the Uncontrollable
- Step 2.2: Focus on the controllable
- Step 2.3: Acknowledge your strengths
- Step 2.4: Use the positive aspects



Step 2.1: Accept the Uncontrollable

- List all the aspects of the particular adversity that are truly beyond your control.
- Mention too what it feels like to give up that control?



Step 2.2: Focus on the Controllable

- What in this adversity/situation is within your control?
- What aspects can you focus on that will:
 - Improve the situation?
 - Help you cope better?
 - Help you feel more in control?
 - Help the people closest to you?
- Remember, your situation and response to it affects others around you too



Step 2.3: Acknowledge your Strengths

- Think back to a time when you dealt with a challenging situation in the past.
- How did you overcome the situation?
- What strengths helped you cope?
- What strengths are present in others around you that you may not possess?
- Which of these strengths can you draw from to help you in this situation?



Step 2.4: Use the Positive

- Accept the uncontrollable, focus on the controllable, and apply your strengths.
- How can using the previous experiences help me see the adversity differently?
- How would YOU see the adversity differently?
- How would it impact others?
- Based on this exercise, is there a positive take-home message for you?





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Step 3: FUTURE ORIENTATION



Step 3: Future Orientation



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- Consider your situation or adversity as a roadmap

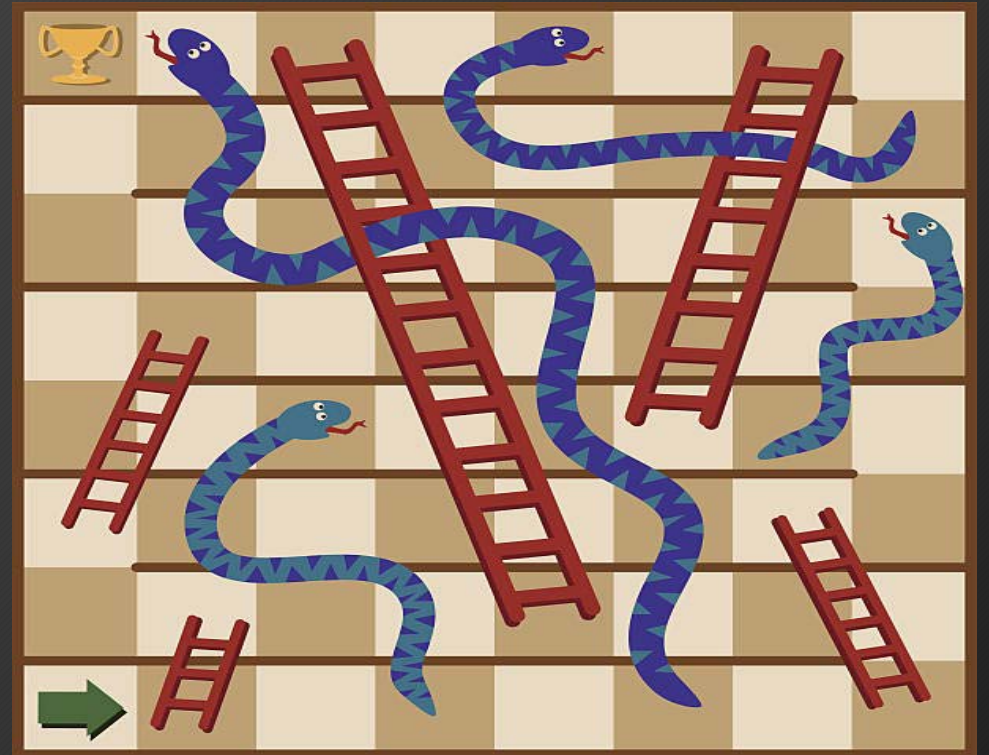


The Journey through the Roadmap



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- Your situation is like a roadmap with a beginning, middle and end.
- Individual challenges, experiences and various people may be a part of your journey.
- Don't get stuck just focusing on certain parts of a stressful situation.
- Deal with the stressful situation being fully mindful of the big picture.
- Think broadly about the past, present and future across the entire journey.

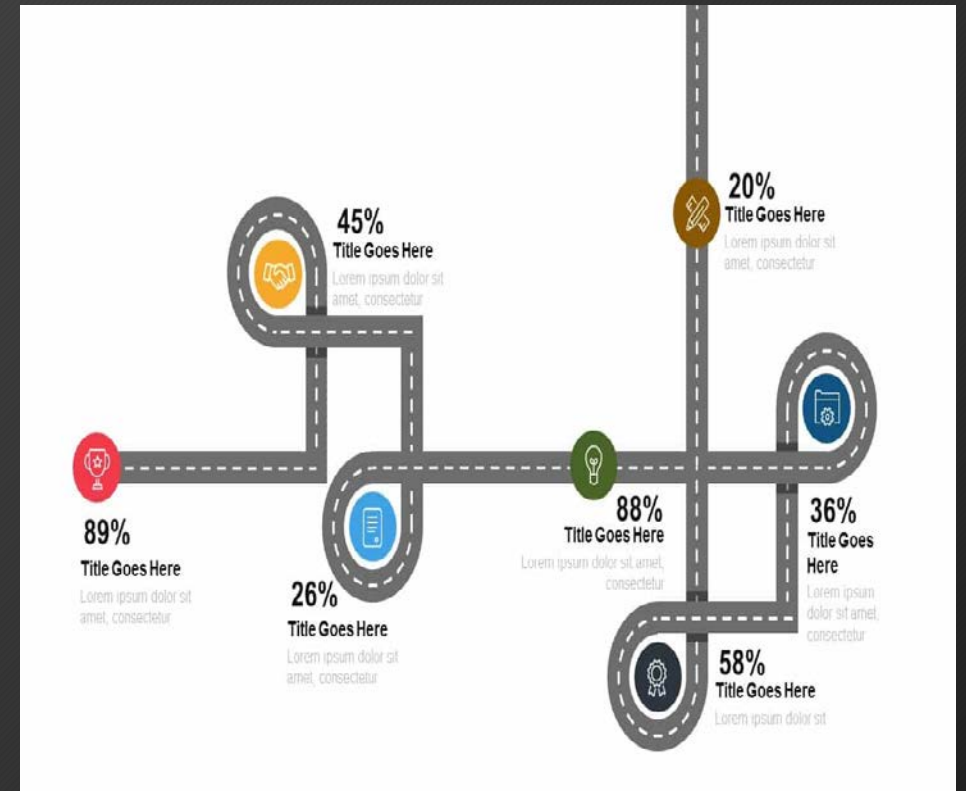


Future Orientation Questions



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- Where are you on the roadmap right now?
Why?
- How do you think your position on the map impacts your:
 - Coping?
 - Daily life?
 - Personal relationships?
 - Professional relationships?
 - General interpersonal relations?
- What will help you move to a more positive place by a certain time point?





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SUMMARY OF THE THREE STEPS



Summary: The Three Step Process



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Step 1:

The ABC Model

Adversity
Beliefs
Consequences
(Feelings + Actions +
Relationships)



Step2

Reframing

Step 2.1:

Accept the Uncontrollable

Step 2.2:

Focus on the Controllable

Step 2.3

Acknowledge your Strengths

Step 2.4

Use the Positive



Step 3

Future Orientation

Where are you on the
roadmap right now? Why?

What impact does your
position on the map have?

What will help you move
to a more positive place
by a certain time point?

Free or Inexpensive Apps

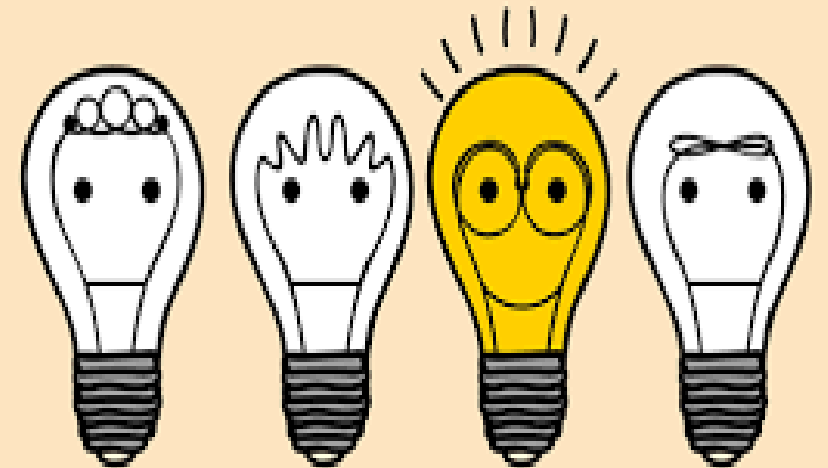


- One moment meditation
- Smiling Mind
- Mindfulness: The Art of Being Human
- ACT Coach
- Conscious
- SuperBetter
- Honest Meditation



References

- Toolkit for Emotional Coping.
Centre for Pediatric Traumatic Stress, 2020.
- Psychological First Aid: Guide for Field Workers, World Health Organization, 2011



Think Positive

Thank you!



- **Part 3 Content:**

- Understanding PFA
- How to help Responsibly
- Providing PFA
- Caring for Yourself
- Practice what you learned
- Share what you have learned

- **Part 3: Logistics**

- Saturday, 22 May 2021
- 10h00 to 11h00
- Three sessions = certificate!

*In memory of my best friend, close colleague,
brother soul-mate, special confidant...*



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