

# The 7Cs of Mindful Mood Management

More than just an 'anger management' program

The *7Cs of Mindful Mood Management* is a program developed by Charlton Hall, MMFT, LMFT. It is a twelve-week program meeting once per week. Each class is one hour in length, with a thirty minute discussion afterwards. The *7Cs of Mindful Mood Management* draws on Marsha Linehan's Dialectical Behavior Therapy and Susan Johnson's Emotionally Focused Therapy. More than an 'anger management' program, the *7Cs of Mindful Mood Management* takes the focus off the negative behavior (emotional aggression) and instead helps participants find positive solutions to mood management issues. Anger is often the result of underlying emotions such as fear of loss, insecurity, and sadness. These feelings are expressed as emotional aggression (usually anger) because it is usually easier to acknowledge the anger than the underlying emotions.

The *7Cs of Mindful Mood Management* is taught in sequence. Each class builds upon information from previous classes. For this reason, it is recommended that participants attend all the classes, in sequence. Enrollment in the entire series is \$350 and includes a copy of the handbook, *7Cs of Mindful Mood Management*. Individual classes are also available at a rate of \$35 per class. Handbooks are available for \$20 each.

For more information, or to enroll, email Chuck at [chuck@mbft.org](mailto:chuck@mbft.org) or call (864) 384-2388. You may also visit the website at: [www.mbft.org](http://www.mbft.org).

Classes are taught periodically as each class is filled. To be placed on the waiting list, please contact me.

## Session 1: Introduction to the 7Cs of Mindful Mood Management

Why 'Mood Management' and not 'Anger Management?' Anger is often a secondary emotion that masks a primary deeper emotion. Rather than expressing the underlying emotion, we tend to express the 'safer' anger. Managing 'anger' puts the focus on the secondary emotion without addressing the underlying cause. In the first workshop of *7Cs of Mindful Mood Management*, we discuss the concept of primary and secondary emotions. We will learn what mindfulness is and how to practice it. We will also begin to use the Mood Diary Card.

## Session 2: What is Mindfulness?

Think of how often you have been stressed or depressed about something that happened in the past, or something that may happen in the future. Now realize that the past only exists in memory, and the future only exists as an extrapolation of the mind. All you really have is this present moment. Mindfulness is a way to exist in the present moment. In this session, we will take a more in-depth look at mindfulness and learn how to do some basic mindful breathing techniques.

## Session 3: ABCD and Memes

If we have consequences in our lives that we don't want, we can change these consequences using ABCD. A=Action, B=Beliefs, C=Consequences, and D=Dispute. The only thing we have direct control over is our beliefs. We can only change our consequences indirectly by changing our beliefs. A 'meme' is a special type of belief that gets handed down from one person to another; usually from a parent to a child, but also from other significant people in our lives. If we have unproductive memes in our lives we can change our consequences by changing our memes.

## Session 4: Meme Triads

Memes are made up of three components: 1. What is the problem? 2. Why is this a problem? 3. How is the problem maintained? If you picture a meme as a triangle, the triangle has a 'what' side, a 'why' side, and a 'how' side. A triangle cannot exist without all three sides, and all three sides are connected. Likewise, a meme cannot exist without all three legs. If you change or remove one leg of the meme, all the rest have to change, and then the meme changes.

## Session 5: Assumptions, Perceptions, and Reality

Our beliefs and memes come from the assumptions we make about how the world works. These assumptions become our perceptions. Our perceptions are the way we view the world. Our worldview then creates our reality. If we don't like the world we've created, we can learn to change it by changing our assumptions and perceptions.

### **Session 6: Compassion**

The first 'C' of Mindful Mood Management is 'compassion.' Compassion is a re-examination of your core values by asking yourself two questions, and answering honestly. The two questions are: 1. What am I trying to accomplish here? & 2. Will my actions achieve what I'm trying to accomplish? Emotionally aggressive people are passionate people. By channeling that passion into compassion, we can live the lives we were meant to live. In the second workshop of *7Cs of Mindful Mood Management*, we discuss how to examine our core values, how to construct a Meme Triangle, and how to use the Pygmalion Effect to become more compassionate in our daily lives.

### **Session 7: Communication**

What we say is not always what was heard. Many of the difficulties in Mood Management occur due to miscommunication. By learning to be assertive instead of aggressive, we can also learn to communicate well. By learning to take responsibility for our own emotional wellbeing, we can learn to communicate effectively and minimize emotional aggression. In this session, we discuss how to practice Mindful Listening Skills and to use the I-Position Star to communicate more effectively.

### **Session 8: Control**

We all like to feel that we have control over our lives. The difficulty comes when we try to control others in an effort to make ourselves feel better. Emotional aggression is often the result of failed attempts to control others. By analyzing our beliefs about control, we learn to manage our moods so that control is no longer an issue. In this session of *7Cs of Mindful Mood Management*, we discuss the concept of power dynamics in relationships, and how the need to control can sometimes reveal our own insecurities.

### **Session 9: Choices**

If you can change your thoughts, you can change your world. Our beliefs are a result of our thoughts. If our beliefs are leading to consequences we don't want, we can consciously choose to change those thoughts and beliefs to create consequences that we do want. In this session of *7Cs of Mindful Mood Management*, we discuss how to make positive choices by using a solution-focused approach to problem solving. We also examine how to challenge beliefs that lead to consequences we don't want.

### **Session 10: Consequences**

Every action has a consequence. Every belief has a consequence. Anger, emotional aggression and negative emotions lead to consequences, as do happiness and positive emotions. By examining the consequences of our thoughts, feelings and beliefs, we learn to create different consequences. In this session of the *7Cs of Mindful Mood Management*, we discuss evaluating consequences, letting go, and the concept of radical acceptance.

### **Session 11: Consistency**

One of the most difficult aspects of managing mood is to remain consistent in the application of the techniques. One key to developing consistency is to change the way you think about things. Such a paradigm shift becomes possible by living in the moment. How many things that upset you have to do with the past? How many have to do with what may or may not happen in the future? By shifting the focus to the present, we regain control of our moods. In this session of *7Cs of Mindful Mood Management*, we discuss the art of 'living in the moment' by learning to let go of the past and accept the future as it comes.

### **Session 12: Confidence**

In this class, we learn how to realize that we are human, and that we're going to occasionally make mistakes. This knowledge allows you to let go. Realizing that others are human as well, allows you to forgive and forget, and to start over. In this final session of the *7Cs of Mindful Mood Management*, we discuss the concept of confidence and how it relates to self-identity. We will also review the Mood Diary Cards and chart progress over the course of the series.