

Appendix C

Caregiver Communication Logs

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These logs are adapted from anger management programs implemented by Center for Life Resources: Community Connections of Central Texas (CCCT) in Brownwood, TX.

TAME: Caregiver Weekly Communication Log

Week #1 of 12 lessons

Review of group rules, introduction to TAME workbook, discussion of emotions and their impact on physiology, introduction of Hassle Logs.

What to work on at home

Student: Practice using Deep Breathing technique.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #2 of 12 lessons

Introduction of ABCs (Antecedent, actual Behavior, Consequence), identifying triggers and consequences (reactions).

What to work on at home

Student: Complete two ABCs worksheets for events that resulted in anger.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #3 of 12 lessons

Interpretation of events: how aggressive and nonaggressive beliefs change our feelings toward a situation.

What to work on at home

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #4 of 12 lessons

Mindfulness: discussion focused on how being more mindful can help us control and manage our emotions better. Instead of ruminating, reappraisal can help us lessen the emotional impact of a situation.

What to work on at home

Student: Continue using Hassle Logs, and practice mindfulness while completing a daily task like brushing teeth or eating a snack.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

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Week #5 of 12 lessons

Being assertive in relationships: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfulness, Appear confident, Negotiate); other techniques: Broken Record, Fogging.

What to work on at home

Student: Practice assertiveness at least twice, and write down the situation to discuss in the next group.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #6 of 12 lessons

Techniques for helping to maintain relationships: GIVE (Gentle, Interested, Validate, Easy manner).

What to work on at home

Student: Practice using GIVE techniques with friends or family members.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #7 of 12 lessons

Effective ways to use reminders as self-control (e.g., Stop, Press the Pause Button, Kick Back, and Remind)

What to work on at home

Student: Practice using reminders for self-control in at least two situations.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #8 of 12 lessons

Thinking Ahead: discussion of long-term and short-term consequences of aggressive behavior, discussion of negative and positive consequences for achieving a different behavior.

What to work on at home

Student: Implement Thinking Ahead techniques.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #9 of 12 lessons

Problem solving training sequence and questions to consider: What is the hassle? What are my options? What is my penalty? What actions will I take? Define *self-evaluation*. Feedback: How did it work?

What to work on at home

Student: Use problem solving sequence.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

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Week #10 of 12 lessons

Bully prevention and questions to discuss: How does relationship aggression (aggression in social relationships, often in the form of rumors, gossip, exclusion, and betrayal) cause problems in friendships? How would you prepare to “talk it out” with a friend?

What to work on at home

Student: Complete the Friendship Inventory worksheet to establish what values are important to you in friendships.

Caregiver: Encourage use of Hassle Logs, give reminder to bring TAME workbook each week.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.

TAME: Caregiver Weekly Communication Log

Week #11 of 12 lessons

Review of anger management skills learned.

What to work on at home

Student: Continue practicing skills learned in group; evaluate behavior, thoughts, and feelings following daily hassles to continue to improve anger management strategies.

Please attend booster/follow-up session.

CAREGIVER COMMUNICATION LOG

Student: _____

Caregiver: Write in the box and return to TAME group leader.