

# Underlying Causes App - Flowsheet

## Displacement Methods

- Displacement theory
- FACE IT.. DON'T DISPLACE IT!**
- Problem solving
- Squeezing hands
- Serenity Prayer
- Deep breaths,
- JUST DO IT
- Compartmentalize
- Popping cysts videos
- keeping busy
- fiddling toys
- Rosary beads
- How to take tests
- How to study
- Dealing with bullies
- Relationships
- Decision tree
- How to sleep
- Meditation

## Unpleasant Feelings

- boredom
- sadness/depressed
- rejection
- shame,
- anger,
- loneliness

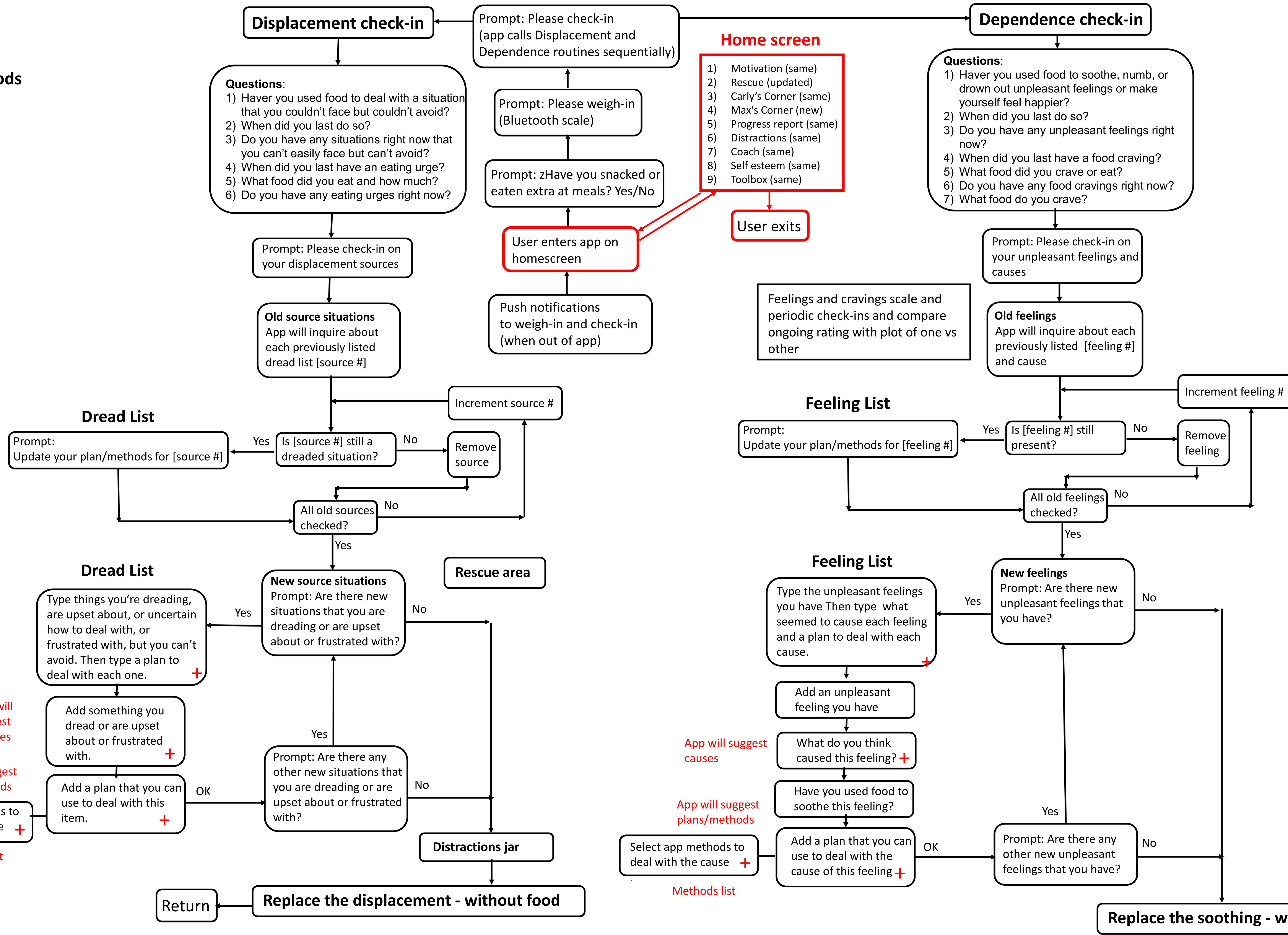
## Sources

- Nothing to do
- BF/GF breakup
- Called a loser
- Called stupid

## Feeling causes methods

- Distress tolerance, just ignore unpleasant feeling, let it wave over you – TED talk
- Change perspective; if you change the way you look at things, the things you look at change.
- Things could be worse.
- How to stop worrying – imagine worse that can happen; realize you could deal with that
- Singularities
- Damage control
- Life is an adventure
- Life is too important to be taken seriously
- How to sleep
- What do you really need?
- Meditation

Naked foods



App will suggest sources

App will suggest plans/methods

App will suggest causes

App will suggest plans/methods

Methods list

Methods list