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Adjustment Disorders Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Identifying Symptoms

3 · Identifying Triggers

4 · Developing Emotional Awareness

5 · Developing Coping Skills

6 · Mindfulness and Relaxation Techniques

7 · Cognitive Restructuring

8 · Self-Compassion

9 · Problem-Solving Skills

10 · Setting Realistic Goals

11 · Building a Support Network

12 · Practicing Assertiveness

13 · Understanding and Managing Anxiety

14 · Dealing with Depressive Symptoms

15 · Grief and Loss

16 · Coping with Isolation

17 · Adapting to New Environments

18 · Developing Patience

19 · Spirituality and Meaning

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

The following are common signs you might be struggling with an adjustment disorder. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I have developed emotional or behavioral symptoms within three months of experiencing a significant stressor.”	1-2-3-4-5
2. “My distress seems out of proportion to the severity or intensity of the stressor when considering the context and cultural factors.”	1-2-3-4-5
3. “I am experiencing significant impairment in my social, occupational, or other important areas of functioning.”	1-2-3-4-5
4. “My symptoms are not just a result of normal bereavement.”	1-2-3-4-5
5. “Once the stressor or its consequences are gone, my symptoms do not last for more than an additional six months.”	1-2-3-4-5
6. “I frequently feel sad, tearful, and hopeless.”	1-2-3-4-5
7. “I often feel nervous, worried, or jittery, and sometimes I experience separation anxiety.”	1-2-3-4-5
8. “I experience a combination of anxiety and depressive symptoms.”	1-2-3-4-5
9. “I have started engaging in problematic behaviors, such as aggression or reckless actions.”	1-2-3-4-5
10. “I am experiencing both emotional symptoms, like depression or anxiety, and behavioral problems.”	1-2-3-4-5

AUTHOR-CREATED REFLECTION: Use a stated recent time frame. Do not total responses or infer diagnosis or severity; assess each concern in context.

Identifying Symptoms

Review the list of common symptoms below and place a checkmark next to any that you relate to or add any additional symptoms that may not be listed.

Symptoms	Frequency	Severity (1-10)
Persistent feelings of sadness or low mood		
Sense of hopelessness about the future		
Feelings of nervousness, worry, or fear		
Easily angered or frustrated		
Frequent episodes of crying		
Being easily overwhelmed by everyday activities		
Avoiding responsibilities, places, or people		
Withdrawing from social interactions or activities		
Difficulty sleeping or sleeping too much		
Eating too much or too little		
Engaging in reckless or impulsive behaviors		
Trouble focusing on tasks or making decisions		
Persistent negative thoughts or pessimism		
Difficulty making decisions		
Feeling confused or disoriented		
Constant tiredness or lack of energy		
Upset stomach, nausea, or digestive issues		
Rapid or irregular heartbeats		
Feeling isolated or disconnected from others		

Identifying Triggers

Triggers are events, situations, or even thoughts that cause emotional or behavioral reactions.

1. Think about the past three months and list all events that caused significant stress. For each event listed above, describe the emotions you felt and any changes in your behavior.

Event	Emotion	Behaviors
<i>e.g. starting a new job</i>	<i>anxiety</i>	<i>increased irritability</i>

2. Look at the events and reactions you've listed. Are there common themes or specific triggers? How intense were your emotional and behavioral reactions to these triggers?

Trigger	Severity (1-10)
<i>e.g., Conflicts at work</i>	<i>7</i>

3. Consider the context in which the triggers occurred. Were there other factors that might have intensified your reactions?

Example: Lack of sleep, poor diet, lack of support.

4. List any coping strategies you used in response to these triggers. Were they helpful or unhelpful?

Trigger	Strategy	Effectiveness
<i>e.g., Conflicts at work</i>	<i>Talking to a friend</i>	<i>helpful</i>

5. Based on your reflections, create a plan to manage these triggers more effectively in the future. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ Practice Deep Breathing
- ☐ Designate a physical or mental space where you feel safe and can retreat to when triggered.

- ☐ Use positive affirmations to counter negative thoughts that arise from triggers.
- ☐ Engage in Physical Activity:
- ☐ Maintain a consistent daily routine to create a sense of stability and predictability.
- ☐ Avoid or reduce exposure to known triggers whenever possible.
- ☐ Talk to friends, family, or a therapist about your triggers and coping strategies.
- ☐ Visualize a peaceful and safe place when you encounter a trigger.
- ☐ Learn and apply problem-solving techniques to address situations that may become triggers.
- ☐ Engage in activities that divert your attention from triggers, like hobbies or creative pursuits.
- ☐ Keep small stress-relief tools handy to use when feeling anxious.
- ☐ Educate yourself on coping strategies through self-help literature.
- ☐ Join support groups to share experiences and learn from others who face similar challenges.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Developing Emotional Awareness

1. Record your emotions throughout the day. Note the time, emotion, and situation that triggered it.

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2. List the most common emotions you experience regularly.

3. Identify the physical sensations associated with each emotion.

Example: Anxiety - Tightness in chest, sweaty palms.

4. Note the common thoughts or beliefs that accompany each emotion.

Example: Anxiety - "I'm not good enough," "Something bad will happen."

5. Identify the triggers that commonly lead to each emotion.

Example: Anxiety - Deadlines, social interactions.

6. Reflect on how each emotion impacts your behavior and interactions with others.

Example: Anxiety - Avoiding social situations, difficulty concentrating.

7. Practice a mindfulness exercise to increase emotional awareness.

- Sit quietly and focus on your breath.
- Notice any emotions that arise without judgment.
- Name the emotion and observe how it feels in your body.

Practice for 5-10 minutes.

How did you feel before, during, and after this exercise?

8. Write about a recent emotional experience. Describe the situation, the emotion you felt, the thoughts and physical sensations that accompanied it, and how you responded.

Your Journaling:

9. Set specific, measurable goals to improve your emotional awareness.

Example: Practice mindfulness for 10 minutes daily, journal about my emotions three times a week.

Developing Coping Skills

1. Think about how you currently cope with stress and emotions. Rate how effective each coping skill is on a scale from 1 to 10 (1 being not effective, 10 being very effective).

Example: Going for a walk - 8, Talking to a friend - 7.

2. Reflect on situations where your current coping skills are not effective and identify new areas to develop. Explore different coping skills that could be beneficial for you.

Struggle	New Coping Skill
<i>e.g., I struggle with managing anxiety at work.</i>	<i>Mindfulness meditation, progressive muscle relaxation, time management techniques.</i>

3. Select a few new coping skills to try and create a plan for how you will implement them.

Example: I will practice mindfulness meditation for 10 minutes every morning.

4. Reflect on which coping skills were effective and which were not, and why.

Example: Mindfulness meditation helped reduce my anxiety, but I struggled to find time for progressive muscle relaxation.

5. Based on your reflection, make any necessary adjustments to your coping skills plan.

Example: I will reduce the frequency of progressive muscle relaxation to twice a week and increase mindfulness meditation to 15 minutes.

Mindfulness and Relaxation Techniques

Mindfulness is the practice of being fully present and engaged in the current moment, without judgment.

Example: Paying attention to your breath, the sounds around you, or the sensations in your body.

1. Mindful Breathing:

- Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so.
- Focus on your breath. Notice the sensation of the air entering and leaving your nostrils or the rise and fall of your chest.
- If your mind wanders, gently bring your focus back to your breath.

Practice for 5-10 minutes.

How did you feel before, during, and after this exercise?

2. Body Scan Meditation:

- Lie down in a comfortable position. Close your eyes if you feel comfortable doing so.
- Start by focusing on your toes, then slowly move your attention up through your body, noticing any sensations in each area.
- If you notice any tension, try to relax those muscles.

Practice for 10-15 minutes.

How did you feel before, during, and after this exercise?

3. Mindful Walking:

- Find a quiet place where you can walk slowly and without interruptions.
- Focus on the sensation of your feet touching the ground, the movement of your legs, and your breath.
- Notice the sights, sounds, and smells around you without judgment.

Practice for 10-15 minutes.

How did you feel before, during, and after this exercise?

4. Progressive Muscle Relaxation:

- Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so.
- Starting with your toes, tense the muscles for a few seconds, then release and relax.
- Move up through your body, tensing and relaxing each muscle group.

Practice for 10-15 minutes.

How did you feel before, during, and after this exercise?

5. Visualization:

- Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so.
- Imagine a peaceful scene, such as a beach, forest, or mountain.
- Focus on the details of the scene – the sights, sounds, and smells.

Practice for 5-10 minutes.

How did you feel before, during, and after this exercise?

Cognitive Restructuring

1. Describe a recent situation that caused you stress or discomfort.

Example: I had a disagreement with my boss at work.

2. Write down the automatic thoughts you had in response to the situation.

Example: "I'm going to get fired," "I can't do anything right."

3. Identify and write down the emotions you felt in response to these thoughts.

Example: Anxiety, fear, sadness.

4. List any evidence that supports the automatic thoughts.

Example: My boss seemed unhappy with my work.

5. List any evidence that contradicts the automatic thoughts.

Example: I've received positive feedback in the past, and my boss didn't directly criticize me.

6. Consider alternative perspectives or explanations for the situation.

Example: My boss might be having a bad day, or the disagreement might not be as serious as I think.

7. Replace the negative thoughts with more balanced, realistic ones.

Example: "I made a mistake, but I can learn from it," "One disagreement doesn't mean I'll get fired."

8. Reflect on how these more balanced thoughts make you feel.

9. Keep a daily record of situations, automatic thoughts, and how you reframed them.

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Self-Compassion

Self-compassion involves being kind to yourself, recognizing your common humanity, and being mindful of your emotions. For example, instead of criticizing yourself for a mistake, acknowledge your feelings and treat yourself with kindness.

1. Identify and write down common self-critical thoughts you have.

Example: "I'm not good enough," "I always mess things up."

2. Replace self-critical thoughts with kind and supportive statements.

Example: Instead of "I'm not good enough," say, "I'm doing my best, and that's enough."

3. Write a compassionate letter to yourself addressing a current challenge or difficulty.

4. Reflect on how your experiences are part of the common human experience.

Example: Everyone makes mistakes, and it's okay to feel upset about them.

5. Identify ways to connect with others who might be experiencing similar challenges.

Example: Join a support group, talk to a friend who understands.

6. Identify daily practices to cultivate self-compassion.

Example: Start each day with a positive affirmation, practice self-kindness when you make a mistake.

Problem-Solving Skills

1. Clearly describe the problem you are facing.

Example: I am feeling overwhelmed by my workload at the office.

2. Explain why this situation is problematic for you.

Example: The workload is causing me stress and affecting my ability to relax at home.

3. Divide the problem into smaller, more manageable parts.

Example: 1) Too many tasks to complete, 2) Lack of time management skills, 3) Difficulty prioritizing tasks.

4. List the underlying causes of the problem.

Example: 1) Procrastination, 2) Unclear priorities, 3) Ineffective delegation.

5. Write down as many potential solutions as you can think of, without judging them.

Example: 1) Create a daily to-do list, 2) Set specific time blocks for tasks, 3) Delegate some tasks to colleagues.

6. Create a detailed plan for how you will implement the chosen solution.

Example: I will spend 10 minutes every morning creating a to-do list and prioritize tasks by importance.

7. Track your progress and note any changes or improvements.

Example: After a week, I noticed I felt less stressed and more in control of my workload.

8. Reflect on the effectiveness of the solution. Did it solve the problem? What worked well, and what didn't?

Example: The daily to-do list helped me organize my tasks, but I need to improve my time management.

9. Based on your evaluation, make any necessary adjustments to your plan.

Example: I will set specific time blocks for tasks to improve time management.

Setting Realistic Goals

1. Reflect on areas of your life where you want to see change or improvement.

Example: Physical health, relationships, career, mental well-being.

2. Define specific, measurable goals for each area identified.

Example: Physical health - Exercise for 30 minutes, three times a week.

3. Consider if each goal is realistic and achievable given your current circumstances and resources.

Example: If exercising 30 minutes, three times a week feels too challenging, start with 15 minutes, twice a week.

4. Divide each goal into smaller, manageable steps.

Example: Goal: Exercise for 30 minutes, three times a week. Steps: 1) Buy workout clothes, 2) Find a workout routine, 3) Schedule workout times.

5. Use a daily or weekly log to track the completion of each step and goal.

Example: Goal: Log:

Goal	Log
<i>e.g., Exercise for 30 minutes, three times a week.</i>	<i>Monday - 30 mins, Wednesday - 30 mins, Friday - 30 mins.</i>

6. Reflect on potential challenges (e.g., Lack of time, low motivation, external stressors) that might hinder your progress and how you can address them.

7. Regularly reflect on your progress, celebrating successes and learning from setbacks. What worked? What didn't? Adjust accordingly.

Building a Support Network

1. Think about people in your life who could provide support. Consider family, friends, coworkers, neighbors, and professionals. Identify the types of support each person can offer (emotional, practical, informational).

Supporter	Type of Support
<i>e.g., my coworker</i>	<i>my coworker can help with work tasks</i>

2. List the people who **currently** provide support and describe the type of support they offer.

Supporter	Type of Support
<i>e.g., my neighbor</i>	<i>my neighbor helps with practical tasks</i>

3. Identify any gaps in your current support network. Are there areas where you need more support?

Example: I need more practical help with household tasks, I need more emotional support during stressful times.

4. Plan how you will reach out to potential supporters to ask for their help.

Example: I will call my sister to ask if she can provide more emotional support, I will ask my coworker for help with a project.

Supporter	How You Will Reach Out
<i>e.g., my coworker</i>	<i>I will ask my coworker for help with a project.</i>

Practicing Assertiveness

Assertiveness involves standing up for your rights and expressing your needs, desires, and feelings in a direct, honest, and respectful way.

1. Think about recent interactions where you felt you were not as assertive as you wanted to be.

Example: I didn't speak up during a team meeting when I had an important point to make.

2. What makes it difficult for you to be assertive?

Example: Fear of rejection, wanting to avoid conflict, not knowing how to express myself clearly.

3. Practice using "I" statements to express your feelings and needs without blaming others.

Example: Instead of saying, "You never listen to me," say, "I feel unheard when you talk over me."

4. Think of a situation where you need to be assertive and write a script for how you will respond.

Example: Situation: A friend asks you to do something you don't have time for. Response: "I appreciate you thinking of me, but I have too much on my plate right now."

5. Identify areas where you need to set boundaries and practice stating them clearly.

Example: "I need some time to myself after work, so I won't be able to join you tonight."

6. Reflect on how practicing assertiveness felt and what impact it had on your interactions.

Example: I felt nervous at first, but it was empowering to express my needs.

7. What aspects of assertiveness do you need to continue working on?

Example: Staying calm when others react negatively, finding the right words in the moment.

8. Create specific, measurable goals for improving your assertiveness.

Example: Speak up at least once in every team meeting.

9. Develop a plan to regularly practice assertiveness in various situations.

Example: Practice assertive responses with a friend or in front of a mirror, seek feedback from trusted people.

Understanding and Managing Anxiety

1. List the situations, thoughts, or events that typically trigger your anxiety.

Example: Public speaking, meeting new people, tight deadlines.

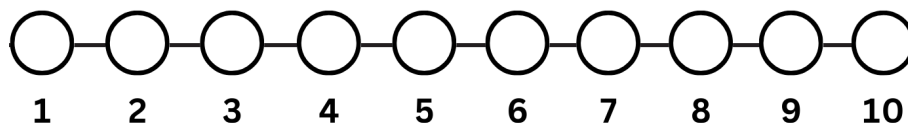
2. Identify the physical, emotional, and cognitive symptoms you experience when you feel anxious.

Example: Physical: rapid heartbeat, sweating; Emotional: fear, irritability; Cognitive: racing thoughts, difficulty concentrating.

3. Reflect on how anxiety affects your daily life, including your relationships, work, and overall well-being.

Example: Anxiety makes it hard for me to focus at work and causes me to avoid social situations.

4. Rate the severity of your anxiety on a scale from 1 to 10 (1 being minimal anxiety, 10 being extreme anxiety).



5. List the strategies you currently use to cope with anxiety and assess their effectiveness.

Example: Watching TV to distract myself (Effectiveness: 5/10).

6. Research and list new anxiety management techniques you would like to try. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Deep Breathing Exercises:** Practice deep breathing exercises, such as inhaling deeply through your nose, holding for a few seconds, and exhaling slowly through your mouth.
- ☐ **Progressive Muscle Relaxation:** Tense and then relax different muscle groups in your body to release physical tension.
- ☐ **Guided Imagery:** Use guided imagery to visualize a peaceful and calming place.
- ☐ **Journaling:** Write down your thoughts and feelings to gain perspective and reduce anxiety.
- ☐ **Physical Exercise:** Engage in regular physical activity to reduce stress and improve mood.
- ☐ **Limit Caffeine and Alcohol:** Reduce intake of substances that can increase anxiety or disrupt sleep.
- ☐ **Positive Affirmations:** Use positive affirmations to counter negative thoughts.
- ☐ **Healthy Distraction:** Engage in activities that divert your attention from anxiety, like hobbies or creative pursuits.

- ☐ **Use Stress Balls or Fidgets:** Keep small stress-relief tools handy to use when feeling anxious.

☐ _____

☐ _____

☐ _____

7. Identify strategies to maintain your anxiety management practices in the long term.

Example: Continue tracking progress, seek ongoing support from friends or professionals, set new goals as needed.

8. Identify potential challenges to maintaining your anxiety management practices and develop strategies to overcome them.

Example: Challenge: Finding time to practice. Strategy: Schedule a specific time each day and set reminders.

Challenge	Strategy

Dealing with Depressive Symptoms

1. List the symptoms you experience when you feel depressed.

Example: Persistent sadness, loss of interest in activities, fatigue, changes in appetite, sleep disturbances.

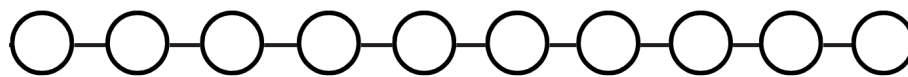
2. Identify the situations, thoughts, or events that typically trigger your depressive symptoms.

Example: Stressful events, conflicts with loved ones, feelings of failure.

3. Reflect on how depressive symptoms affect your daily life, including your relationships, work, and overall well-being.

Example: Depressive symptoms make it hard for me to get out of bed and complete daily tasks.

4. Rate the severity of your depressive symptoms on a scale from 1 to 10 (1 being minimal, 10 being extreme).


1 2 3 4 5 6 7 8 9 10

5. List the strategies you currently use to cope with depressive symptoms and assess their effectiveness.

Example: Watching TV to distract myself (Effectiveness: 5/10).

6. Research and list new depression management techniques you would like to try. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Regular Exercise:** Engage in regular physical activity, such as walking or swimming, to boost your mood and energy levels.
- ☐ **Create a Routine:** Establish a daily routine to provide structure and a sense of normalcy.
- ☐ **Stay Hydrated:** Drink plenty of water to maintain physical and mental health.
- ☐ **Set Small, Achievable Goals:** Break tasks into small, manageable steps to avoid feeling overwhelmed.
- ☐ **Engage in Hobbies:** Pursue activities you enjoy or explore new hobbies to improve your mood.
- ☐ **Socialize Regularly:** Spend time with friends and family to maintain social connections and reduce feelings of isolation.
- ☐ **Practice Gratitude:** Keep a gratitude journal to focus on positive aspects of your life.
- ☐ **Limit Screen Time:** Reduce time spent on screens, especially social media, to decrease negative comparisons and improve mood.
- ☐ **Sunlight Exposure:** Spend time outside in natural sunlight to boost mood and improve vitamin D levels.

- ☐ **Pet Therapy:** Spend time with pets to reduce stress and increase feelings of happiness.
- ☐ **Engage in Positive Self-Talk:** Replace negative thoughts with positive affirmations to improve self-esteem and mood.
- ☐ **Plan Pleasurable Activities:** Schedule activities you enjoy to look forward to and create positive experiences.
- ☐ **Spiritual Practices:** Engage in spiritual or religious practices, if meaningful to you, to find comfort and support.
- ☐ _____
- ☐ _____

7. Identify strategies to maintain your depression management practices in the long term.

Example: Continue tracking progress, seek ongoing support from friends or professionals, set new goals as needed.

8. Identify potential challenges to maintaining your depression management practices and develop strategies to overcome them.

Example: Challenge: Lack of motivation. Strategy: Find an accountability partner, set small, achievable goals.

Challenge	Strategy

Grief and Loss

1. Describe the loss you are grieving.

Example: The death of a loved one, loss of a job, end of a significant relationship.

2. Identify the feelings you are experiencing as a result of your loss.

Example: Sadness, anger, confusion, guilt, loneliness.

3. Write a letter to the person or situation you lost, expressing your feelings and thoughts.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

4. Identify someone you trust whom you can talk to about your feelings.

Example: A friend, family member, therapist, support group.

5. Use creative outlets to express your emotions, such as drawing, painting, writing poetry, or making music.

Example: Draw a picture that represents your feelings of loss.

6. Familiarize yourself with the stages of grief: Denial, Anger, Bargaining, Depression, and Acceptance. Reflect on which stages you have experienced or are currently experiencing.

1. Denial: The initial stage where individuals may have difficulty accepting the reality of the loss. This stage serves as a defense mechanism to buffer the immediate shock.

- Example: "This can't be happening. There must be some mistake."

2. Anger: As the denial fades, reality and its pain re-emerge. The individual may feel frustrated and helpless, often directing anger towards others, themselves, or the situation.

- Example: "Why is this happening? Who is to blame?"

3. Bargaining: In this stage, individuals may attempt to negotiate with a higher power or make promises in hopes of reversing or lessening the loss. It reflects a struggle to regain control.

- Example: "If only I had done this differently, maybe this wouldn't have happened."

4. Depression: Deep sadness sets in as the individual begins to understand the extent of the loss. This stage often includes feelings of emptiness, hopelessness, and profound sorrow.

- Example: "What's the point of going on without them?"

5. Acceptance: In the final stage, individuals come to terms with the reality of the loss. Acceptance doesn't mean happiness, but a gradual finding of a way to move forward.

- Example: "I miss them, but I can start to plan for the future."

While not everyone goes through all stages or in a linear order, these stages can help identify and process feelings.

7. Write about how each stage has manifested in your life.

Coping with Isolation

1. List situations, actions, or thoughts that typically trigger feelings of isolation.

Example: Moving to a new city.

2. Reflect on how these triggers affect your daily life and overall well-being.

Example: Moving to a new city has made it hard to make new friends, leading to feelings of loneliness and disconnection.

3. List healthy strategies to cope with feelings of isolation.

Example: Reaching out to friends and family, joining clubs or groups, practicing self-care.

4. Identify ways to connect with others regularly.

Example: Schedule weekly video calls with family, join a local meetup group, participate in community activities.

5. List social skills you want to improve and how you will practice them.

Example: Active listening, starting conversations, expressing gratitude.

6. Explore volunteer opportunities in your community to connect with others and contribute positively.

Example: Volunteer at a local food bank, participate in neighborhood clean-up events.

Adapting to New Environments

1. List the new environments you are currently adapting to or will need to adapt to in the near future.

Example: Starting a new job.

2. Identify the feelings you experience when faced with new environments.

Example: Anxiety, excitement, uncertainty.

3. Reflect on how these new environments affect your daily life and overall well-being.

Example: Starting a new job has made me feel stressed and overwhelmed, affecting my sleep and mood.

4. Research and list strategies to help you adapt to new environments.

Example: Practicing mindfulness, joining local clubs or groups, seeking professional help.

5. List your priorities in both work and personal life.

Example: Work: Meeting deadlines, professional growth; Personal: Spending time with family, engaging in hobbies.

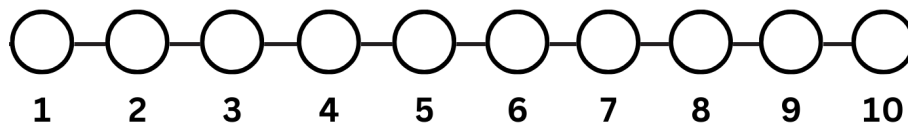
6. Set specific, measurable goals for each priority to create a balanced routine.

Example: Exercise for 30 minutes every day, limit screen time to 2 hours per day.

Developing Patience

Patience is the ability to remain calm and composed in the face of delays, challenges, or frustrations.

1. Rate your current level of patience on a scale from 1 to 10 (1 being very impatient, 10 being very patient).



2. List the situations, thoughts, or events that typically trigger your impatience.

Example: Traffic jams, waiting for responses to emails, dealing with slow service.

3. Reflect on how your impatience affects your daily life and overall well-being.

Example: Impatience makes me feel stressed, causes conflicts with others, and leads to poor decision-making.

4. Choose one situation where you often feel impatient and challenge your thoughts about it.

Situation	Impatient thought	Challenge
<i>e.g., Waiting in traffic.</i>	<i>"This is wasting my time."</i>	<i>"I can use this time to listen to an interesting podcast."</i>

5. Practicing patience techniques:

1. Deep Breathing Exercise:

- Sit comfortably with your back straight.
- Close your eyes and take a deep breath in through your nose for a count of four.
- Hold your breath for a count of four, then slowly exhale through your mouth for a count of four.
- Repeat this process 5-10 times, focusing on your breath and clearing your mind of other thoughts.

Example: Use this technique when feeling impatient in a traffic jam or while waiting in a long line.

2. Mindfulness Meditation:

- Find a quiet place to sit comfortably.
- Close your eyes and focus on your breath. When your mind starts to wander, gently bring your focus back to your breath.
- Start with 5 minutes daily and gradually increase the time as you become more comfortable with the practice.

Example: Practice mindfulness meditation every morning to start your day with a calm and patient mindset.

3. Progressive Muscle Relaxation:

- Sit or lie down in a comfortable position.
- Starting with your toes, tense the muscles as tightly as possible for 5 seconds, then release them completely.
- Move up your body, tensing and relaxing each muscle group until you reach your head.

- Focus on the sensations of tension and relaxation.

Example: Use this exercise when feeling physically tense and impatient, such as during stressful work situations.

4. Visualization:

- Close your eyes and imagine a peaceful place, such as a beach or a forest.
- Visualize all the details, including sights, sounds, and smells.
- Spend 5-10 minutes in this visualization, allowing yourself to feel calm and relaxed.

Example: Practice visualization when you feel overwhelmed by impatience, like during a frustrating meeting.

5. Practice Delayed Gratification:

Choose a small reward you desire and delay receiving it by setting a specific time or condition. For example, decide to enjoy a piece of chocolate only after finishing a project.

Example: Use this exercise to build patience by waiting to watch your favorite TV show until after completing household chores.

6. Empathy Exercises:

When you feel impatient with someone, take a moment to consider their perspective. Imagine what they might be feeling or experiencing. Try to understand their point of view and respond with compassion.

Spirituality and Meaning

Spirituality is a sense of connection to something greater than oneself, whether it's a higher power, nature, or the universe.

1. Describe what gives your life meaning and purpose.

Example: Meaning comes from relationships, helping others, personal growth, and achieving goals.

2. List any spiritual practices you currently engage in.

Example: Prayer, meditation, attending religious services, spending time in nature.

3. Identify the main sources of meaning and purpose in your life.

Example: Family, career, volunteer work, creative pursuits.

4. Research and list new spiritual practices you would like to try.

Example: Mindfulness meditation, joining a spiritual community, reading spiritual texts.

5. Identify new activities or areas of life that could provide you with a sense of meaning and purpose.

Example: Volunteering, learning new skills, building new relationships, pursuing a passion.

6. Set specific, measurable goals for incorporating spiritual practices into your routine.

Example: Attend a spiritual gathering once a week.

7. Set specific, measurable goals for engaging in activities that provide you with meaning and purpose.

Example: Volunteer at a local charity once a month, spend time with loved ones weekly, dedicate an hour each day to a hobby.

8. Identify strategies to maintain your spiritual and meaningful practices in the long term.

Example: Continue tracking progress, seek ongoing support from a spiritual mentor, set new goals as needed.

9. Identify potential challenges to maintaining your spiritual and meaningful practices and develop strategies to overcome them.

Challenge	Strategy
<i>e.g., Lack of motivation</i>	<i>Find an accountability partner, set small, achievable goals.</i>

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Adjustment disorders · recognized
- ICD-11 CDDR: 6B43 Adjustment disorder · recognized
- A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 8, 12, 13, 20, 28, 33, 36, 37, 38, 41, 45, 46, 49. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- A symptom checklist or self-rating cannot establish diagnosis. Any diagnostic discussion must address clinically significant distress/impairment, required course or duration where applicable, developmental and cultural context, substance/medication and medical causes, comorbidity, exclusions, and reasonable differentials without reproducing copyrighted criteria.

Document-specific corrections

- Use the current formal classification identified for Adjustment Disorders; avoid treating the workbook title, a checklist, or a total score as sufficient to establish that diagnosis.
- Where Adjustment Disorders discusses symptoms, add the missing diagnostic frame: clinically meaningful distress/impairment, relevant course or duration, exclusions, developmental and cultural context, substance/medication or medical causes, and plausible differentials.
- Supersede diagnostic-sounding scoring on pages [1, 2, 3, 4, 12, 33, 36, 37, 45, 46]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Revise exposure content on pages [8, 37] to require consent, an objectively safe graded hierarchy, condition-specific response guidance, progress review, and stop/reassessment criteria; never equate flooding with effective exposure.
- Revise trauma/protocol material on pages [8]: distinguish stabilization and reflection from trauma processing, state training/scope requirements, and add dissociation, acute-risk, and destabilization safeguards.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [1, 2, 3, 4, 12, 33, 36, 37, 45, 46] contain named, implied, or author-created screening/rating content; extracted candidate names include: Self-Assessment . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- For Adjustment Disorders, exposure must be voluntary, graded, condition-specific, and conducted only in objectively safe and lawful situations. Do not prescribe flooding; screen medical limitations, trauma cues, dissociation, intoxication, and whether avoidance reflects real danger rather than phobic fear.

Crisis and current resources

- For Adjustment Disorders, use: · If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

Authoritative references

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
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