

Developing a Coping Culture in the Home, Classroom, School

Application of Cognitive Behavioral Theory to Prevention/Interventions



Do you want children to enjoy a happy, successful life?

Do you know what is the greatest obstacle to your goal?

It has nothing to do with their ethnic background, income or intellect.

It has to do with their lack of the skills to have “Good Thinking”.

Please complete the front our “Information Card”

Complete the back at the end of the workshop

Workshop Expectations

Workshop Expectations

Scientifically Sound

Interactive

Easy to Use (By Anyone)

Useful in Various Situations with Various People

Challenging

Enjoyable



**“Children have inborn tendencies
which make it much easier for them to
behave badly or neurotically than for
them to behave well or sanely.**

**And unless something is actively,
directly and consistently done by
parents and by themselves to counter
and thwart these inborn tendencies,
they will probably be troubled for the
rest of their days.” Dr. Albert Ellis, 1966**

Cognitive Behavior Therapy

in Clinical Social Work Practice



Tammie Ronen
Arthur Freeman, Editors

Foreword by Aaron T. Beck

CHAPTER 10

The Use of Metaphorical Fables with Children

Application of Cognitive Behavioral Therapy
to Prevention Interventions

G. Bert Allain

Catherine M. Lemieux

Introduction (xxvii)

“Treatments for children and adolescents must take into account the need for rather concrete and focused approaches.

One such approach is the use of metaphor and metaphorical fables to teach children and adolescents the connection between their thoughts and their feelings and actions.

What is encouraging is the coping skills program (CSP)
developed by Allain and Lemieux.

The goal of this treatment program is prevention through
a CBT-based program. **If youth can develop the skills
to avoid problems they can be more successful.”**

The 10 Most Common Irrational Beliefs of Children (Waters, 1982)

I must win.

Things should come easily to me.

There is only one right answer.

I shouldn't have to wait for anything.

It's awful if others don't like me.

The 10 Most Common Irrational Beliefs of Children (Waters, 1982)

Everything should go my way and I should always get what I want.

The world should be fair and bad people should be punished.

I'm bad if I make a mistake.

Adults should be perfect.

I shouldn't show my feelings

THE WHISPERERS



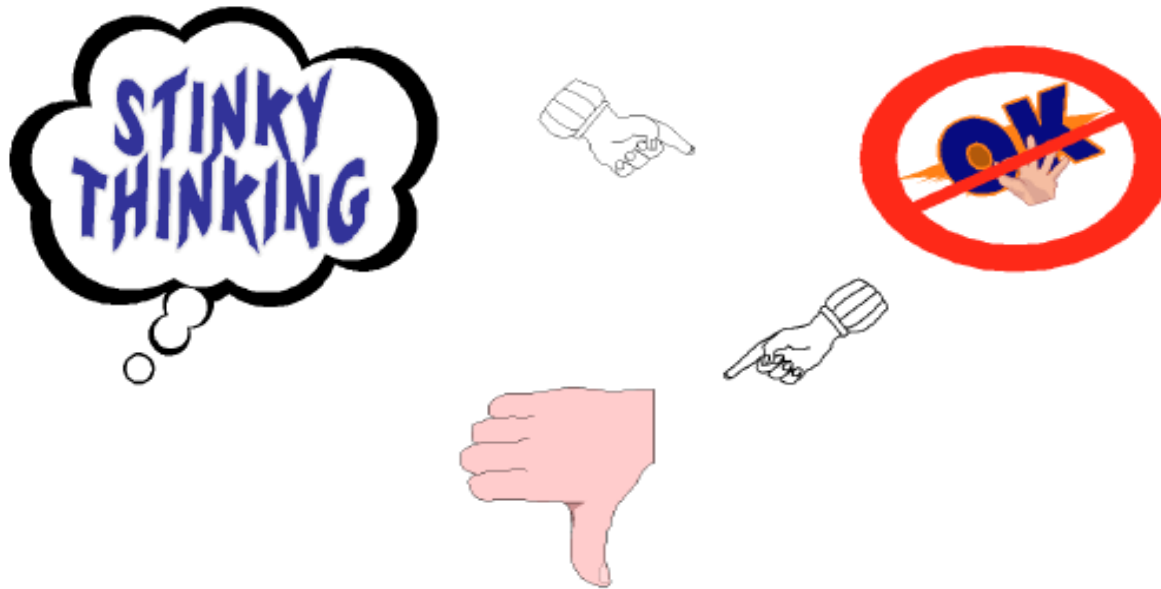
If you tell yourself



“Oh no, they are talking about me!
I must look (have acted) stupid!
This is just too awful”

How will you feel?

If you feel that way



How will you behave?

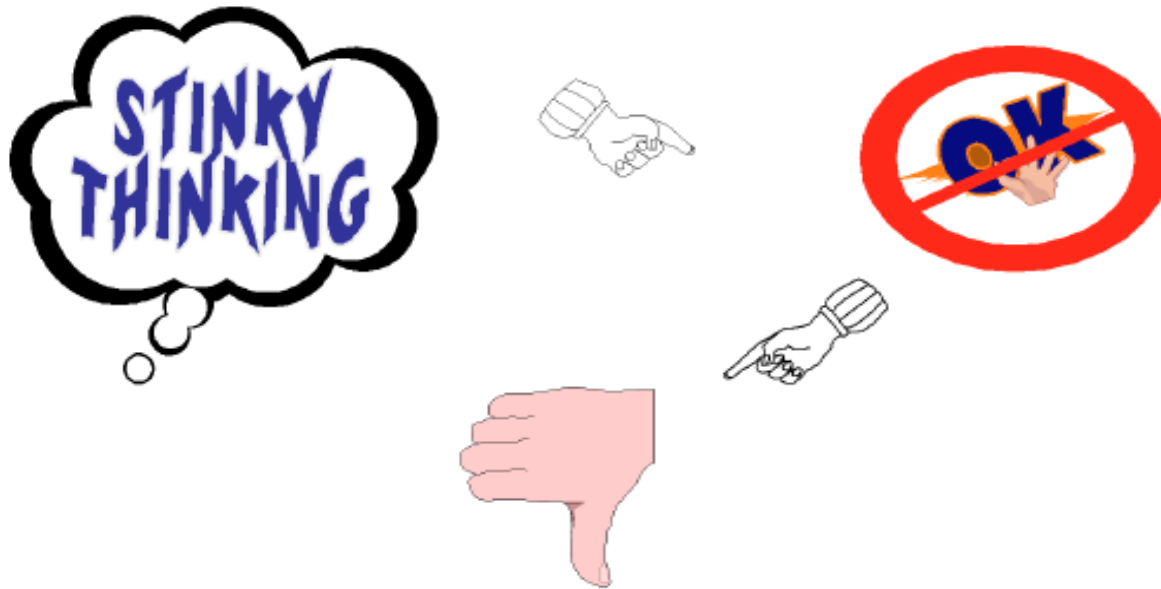
If you tell yourself



“Those trashy SOB’s...are making fun of me and they can’t get away with it!!”

How will you feel?

If you feel that way



How will you behave?

If you tell yourself

**“Oh no, they are talking about me! I must look
(have acted) stupid. This is too awful”**

Or

**“Those trashy SOB...are making fun of me
and they can't get away with it!!”**

Who is in control of you?

THE WHISPERERS

I'm bad if I make a
mistake.



THE WHISPERERS

**It's awful if others
don't like me.**



THE WHISPERERS

**I shouldn't show
my feelings**



THE WHISPERERS

**The world should
be fair and bad
people should be
punished.**



THE WHISPERERS

**Adults should be
perfect.**





Two People Whispering

THINKING

**STINKY
THINKING**

They are talking about me!
I must have looked like a fool !
Everyone is laughing at me!
This is just too terrible!

EMOTIONS

BEHAVIORS

Leave the school!
Slap them silly!
Sit down and cry!



**EMBARRASSED
ASHAMED
ANGRY**



CHANGING THE CONVERSATIONS

If you tell yourself



**“I don’t know if they are talking about me.
And even if they are, I am not going
to let that ruin my day.”**

How will you feel?

If you feel that way



How will you behave?

If you tell yourself

**“I don’t know if they are talking about me.
And even if they are, I am not going
to let that ruin my day.”**

Who is in control of you?



Two People Whispering

THINKING

**GOOD
THINKING**

They may be talking about me
but I don't know that, I am making
myself upset unnecessarily. And even
if they are and saying ugly things,
I know I didn't do anything wrong.

EMOTIONS

BEHAVIORS

Stay at the school, enjoy
yourself, be nice to "them"
And not DWELL on it!!

Concerned but in
control. Able to not get
overly upset.



Whispering Squirrels

A Gosmos Grow Adventure



You are confronted with “Whispering Squirrels” situations every day.

You cannot control the challenges life gives you
but you can control how you deal with them.

The more often you choose to take control of your life,
the easier it is to be in control.

Eventually, it will become a habit and you
will smile at the foolish behavior of the
“Whispering Squirrels” in your life.

Dr. Nice & Mr. Nasty

A Gosmos Grow Adventure

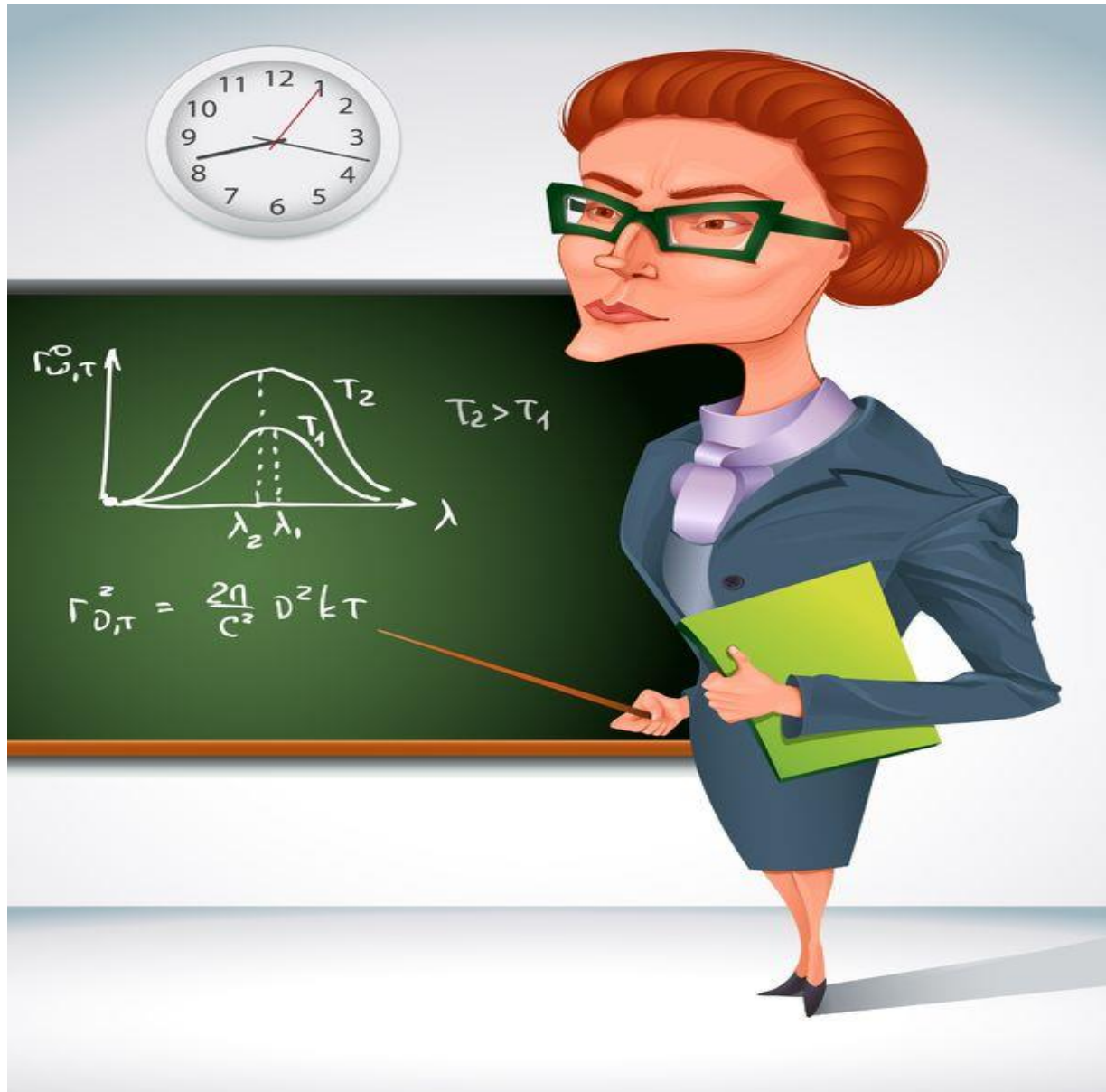


You can choose which to be,
a Dr. Nice or Mr. Nasty.

It will depend on how you think,
and can happen faster than you can blink.







COPING

**The ability to experience a less
than optimal situation,
face it and accept it,
proceed forward with an
adaptive response.**

(Kendall, 1992)

Understanding “Why I Do The Things I Do”

The things I tell myself about myself, others and life determines how I feel and act.

If I know what I am thinking and if appropriate, I should act on it, if inappropriate, I can change it.

If I can do that then I can control how I feel and behave and I will be “In Control”.

A CHILDHOOD “MIRROR”

Self...Others...Life

IS FILTERED BY

THEIR BELIEFS

“IF A CHILD BELIEVES”

“If a Child Believes”

If a child believes they can't succeed- **they won't.**

“If a Child Believes”

If a child believes they can't succeed- they won't.

If a believes that others will never like them- **they won't.**

“If a Child Believes”

If a child believes they can't succeed- they won't.

If a child believes that others will never like them- they won't.

If a child believes that school is worthless- **it is.**

“If a Child Believes”

If a child believes they can't succeed- they won't.

If a child believes that others will never like them- they won't.

If a child believes that school is worthless- it is.

If a child believes that play is more important than study- **it is.**

“If a Child Believes”

If a child believes they can't succeed- they won't.

If a child believes that others will never like them- they won't.

If a child believes that school is worthless- it is.

If a child believes that play is more important than study- it is.

If a child believes it is OK to do anything to be accepted-**they will.**

“If a Child Believes”

If a child believes they can't succeed- they won't.

If a child believes that others will never like them- they won't.

If a child believes that school is worthless- it is.

If a child believes that play is more important than study- it is.

If a child believes it is OK to do anything to be accepted- they will.

If a child believes that bullying is acceptable- **they will.**

“If a Child Believes”

If a child believes they can't succeed- they won't.

If a child believes that others will never like them- they won't.

If a child believes that school is worthless- it is.

If a child believes that play is more important than study- it is.

If a child believes it is OK to do anything to be accepted- they will.

If a child believes that bullying is acceptable- they will.

And as long as they believe that way, you can't bribe,
scare or punish them enough to keep it from happening.

You have to teach them “Good Thinking” coping skills.

The “Brat”

In School and Life

Childhood Belief

Everything should go my way and I should always get what I want.

Adult Belief

Being controlled or dominated by others is intolerable.

The following are statements you may or may not believe.

Please rate them in the following manner.

5 = I believe this to always be true.

4 = I believe this to be true most of the time.

3 = I believe this to be true some of the time.

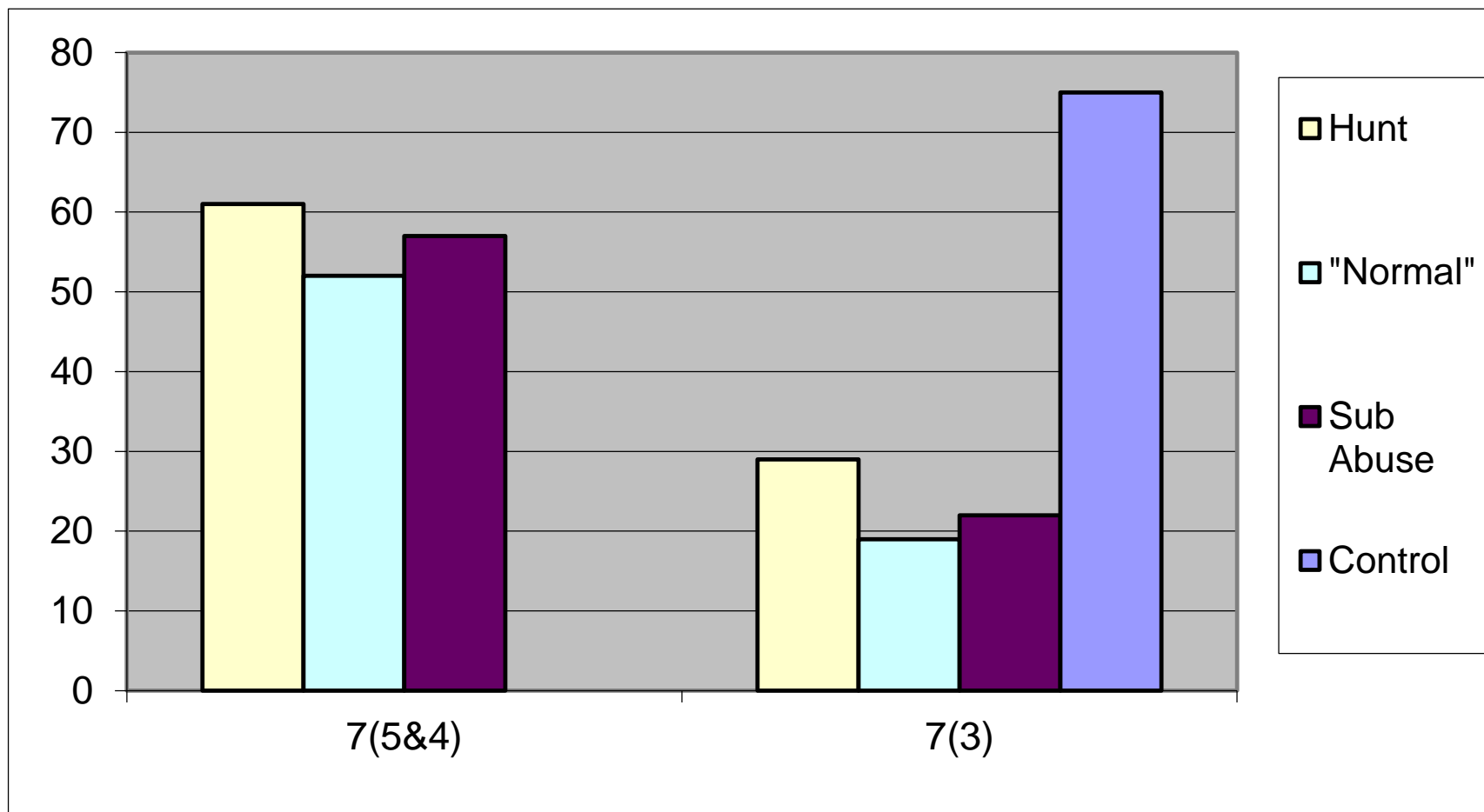
2 = I believe this almost never true.

1 = I believe this to be never true.

Circle the number that most accurately reflects what you believe.

1. (5 4 3 2 1) People will take advantage of me if I give them the chance.
2. (5 4 3 2 1) I should avoid unpleasant situations at all costs.
3. (5 4 3 2 1) I must not offend my supporter or someone who cares for me.
4. (5 4 3 2 1) It is important to do a perfect job on everything.
5. (5 4 3 2 1) I need to be in complete control of my emotions.
6. (5 4 3 2 1) If I want something I should do whatever is necessary to get it.
7. (5 4 3 2 1) Being controlled or dominated by others is intolerable.
8. (5 4 3 2 1) People often say one thing and mean something else.
9. (5 4 3 2 1) Details are extremely important to me.
10. (5 4 3 2 1) Other people are often too demanding

Being controlled or dominated by others is intolerable.



• **Why Use Metaphorical Stories**

(Baddely, 1992: Prins, Weber & McGaugh 1994)

- Basic neuropsychology teaches us to chunk information if we want to remember it.

Moreover, research on the therapeutic use of imagery suggest that **memory for verbal information is enhanced when the material is organized and interesting, is mildly but not severely emotionally evocative and utilizes a number of sensory realms.**



COPING SKILLS

THE ADVENTURE OF COSMOS CROW
Coping Skills Fables for Youth





COPING SKILLS

THE ADVENTURE OF COSMOS CROW
Coping Skills Fables for Youth



Teaching Success and Happiness Skills

If you want a child to remember something,
make it a story.

If you want them to learn how to deal with peer pressure
to be persistent or to be considerate,
put these messages in an enjoyable story and
help them understand how to use these skills.

1. *I'm bad if I make a mistake.*

Scaredy Cat

A Gosmos Grow Adventure



Scaredy Cat: (Anxiety/Fear)

Some children tend to be fearful of the novel or difficult. Unfortunately, much of life's happiness and success depends on embracing novel and difficult tasks and not being a "Scaredy Cat". This fable allows us to see how Cosmos Crow is able to help a "Scaredy Cat" recognize that many fears are unnecessary

Fault Finder

A Gosmos Grow Adventure



Taking responsibility
for yourself is a very important skill.

In this story, you will find out
what happens if you
become a ***Fault Finder***.

Whoos A. Fraid

A Gosmos Grow Adventure



Fear is a controlling emotion.

Because of it, you do things you know you shouldn't.

Because of it, you don't do things you know you should.

Sometimes fear is appropriate and useful.

But often, it is unnecessary and causes problems.

That is why it is important to know "right fear" from "wrong fear"

and who better to teach you the difference than

Whoos A. Fraid.

2. Things should come easily to me.

Playful Paul

A Gosmos Grow Adventure



Playful Paul: (Attention Seeking/Academic Success)

Wanting to have fun and the positive attention of others is normal for most children. But it should be tempered with the reality of home and school priorities otherwise; your "Playful Paul" may be "left behind".

Woolly Whiners



You often demand that things should go your way.
You want others to fix your problems and always pla
You get angry and are frustrated when they don't.
You demand that others "row" your "boat."

Howard Whosjobisit

A Gosmos Grow Adventure



Wouldn't it be nice if you only had to do the things
You really enjoyed doing.

Someone else would do all the boring or difficult things in life.
You would only be required to do things you wanted to do
and only for as long as they were fun.
You are going to meet someone else who wanted life to be that way.
A very interesting squirrel named
Howard Whosjobisit.

3. *It's awful if others don't like me.*

Beeing Mean To Me

A Gosmos Grow Adventure



Beeing Mean to Me: (Anger/Social Skills)

Blaming others instead of taking personal responsibility will cause your child a lot of problems. But there are "Good Thinking" skills to change this behavior rather than just punishing their unwillingness to accept responsibility for their behaviors.

Newton and the Needy Newts

A Gosmos Grow Adventure



We all like to do well and be thought of in positive terms.
We enjoy having others say nice things to us or about us.
This is very natural and perfectly okay.

But sometimes our "Likes" become "Needs."
We no longer want others to like us. They must like us.
We no longer hope that we do well on the test. We must do well on the test.
We are no longer satisfied with looking good. We must be the best looking.

These demands, that we must be this or that,
that others must treat us in certain ways
and that life must be the way we want it to be, have become needs.

Being needy in this way can cause problems as you will see with
Newton and the Needy Newts.

Collard Green Garden

A Gosmos Grow Adventure



Others may want you to do or not do something.

What they want may not be in your best self-interest.

If they are friends or family, this is called Peer Pressure.

This is the story of a young girl who, after inheriting a farm,
finds that she must learn to deal with "Peer Pressure"

or all she will ever have is a

Collard Green Garden.

7. Everything should go my way and I should always get what I want.

Fussy Ferret

A Gosmos Grow Adventure



The Fussy Ferret: (Whining/Consequences)

This story portrays the “realistic” consequences (in our imaginary animal world) of childish behaviors we see in almost all children. You may let your child’s whining and fussing annoy you to the point that you do not require them to do important tasks or you do it for them. But what if they continue into adulthood? The negative consequences are obvious in our story and are also obvious in the real-life problems of adults that were allowed to be “Fussy Ferrets”.

Polly Perfect

A Gosmos Grow Adventure



You may want your life to be perfect.

You make yourself angry or upset when that does not happen.
You have trouble accepting life as it is and say things like
“that’s not fair,” when you get disappointed.

Polly is about to learn some lessons that may help you understand the
“Perfectionistic Thinking” is Stinky Thinking.

Little Prince

A Gosmos Grow Adventure



This is the story of a young prince who thought that
everything should be just the way he wanted.

In this way, he is very much like you.

When things did not go his way, he became very angry and acted on his anger,
much to the regret of his subjects and finally to the Little Prince himself.

You make yourself a “Little Prince” when you tell yourself:

“The world **should** be fair!”

“I **must** have things go my way!”

“I **ought** to be able to do what I want!”

8. The world should be fair and bad people should be punished.

Selfish Shellfish

A Gosmos Grow Adventure



Selfish Shellfish: (Selfishness/Jealousy)

Selfishness seems to be part of our DNA. This short story will help even young children recognize that being selfish or jealous of others are qualities that lead to unhappiness.

Don't Bee Angry

A Gosmos Grow Adventure



Being angry is very natural. It seems to be outside of your control. It is caused by what others do or don't do. Being angry is okay... right?

Wrong, wrong, wrong!

Being angry is not natural. It is learned.

Being angry is not outside your control. You are causing it.

Being angry is not caused by others. Your Stinky Thinking causes it.

Being angry is definitely not okay.

When you cause yourself to become angry, you are giving control of yourself to some event (bad grade) or person ("He called me a name").

Why are you letting them (the event or that person) control your life?

Injustice Collectors

A Gosmos Grow Adventure



Hurtful things happen and disappointments occur. People can be cruel and inconsiderate. Your best laid plans can fail. Many things seem to get in the way of your happiness. Such is life.

Some of you will accept that, "stuff happens" and learn from these less than desirable outcomes. You will deal with these situations and let them pass from your memory.

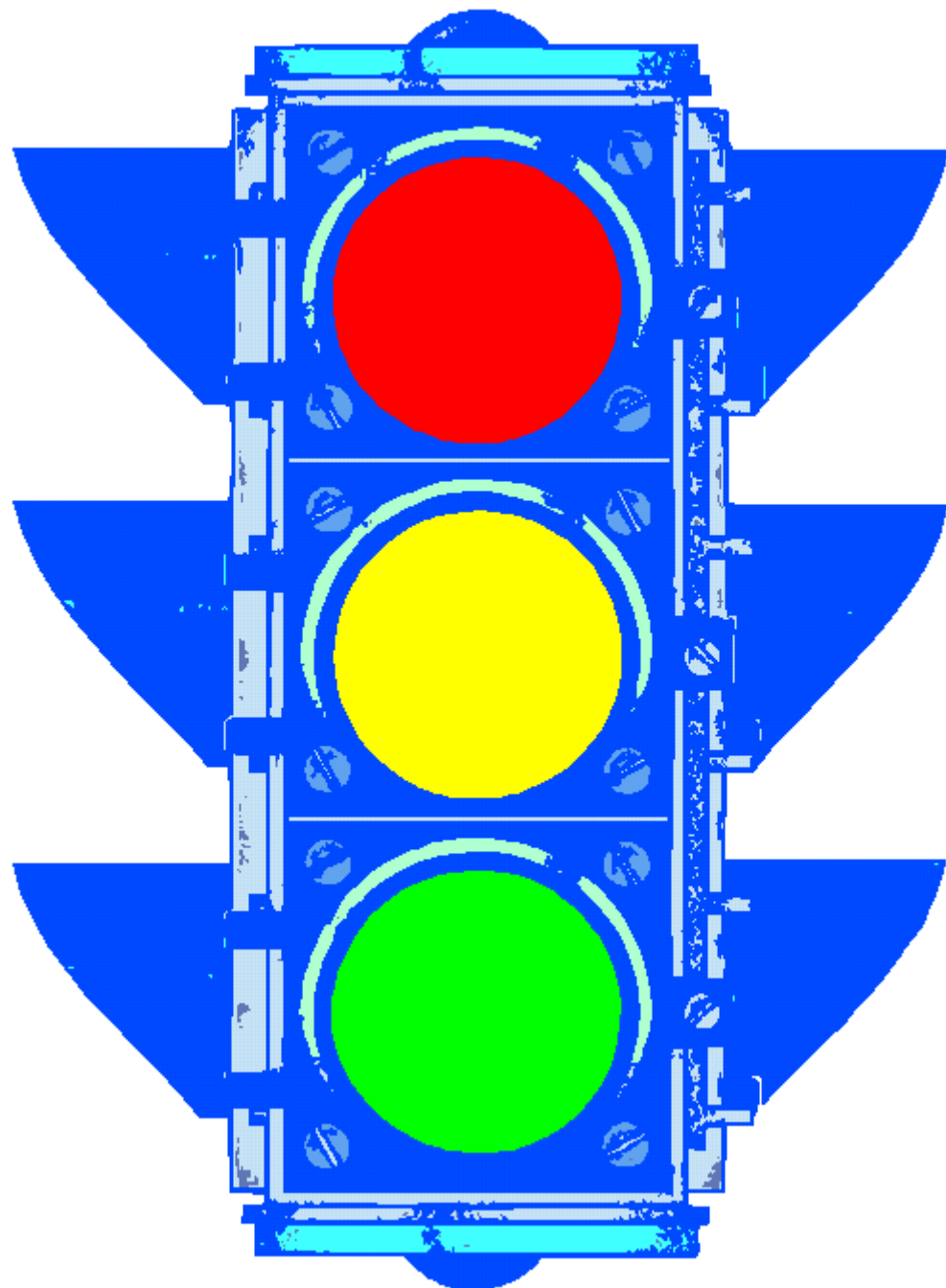
But some of you will insist that something, "Should not have happened that way" and that the other person is terrible, horrible and should be punished forever. You will relive the hurt and develop the skill of keeping your embarrassment or anger alive until it takes a life of its own.

You have become an "Injustice Collector"

Michael W. Otto, Harvard Medical School

“(Change) may be especially challenging for the patient who has difficulty discrimination between behaviors that **feel right because they are old habits, and behaviors that are right because they lead to adaptive change.**

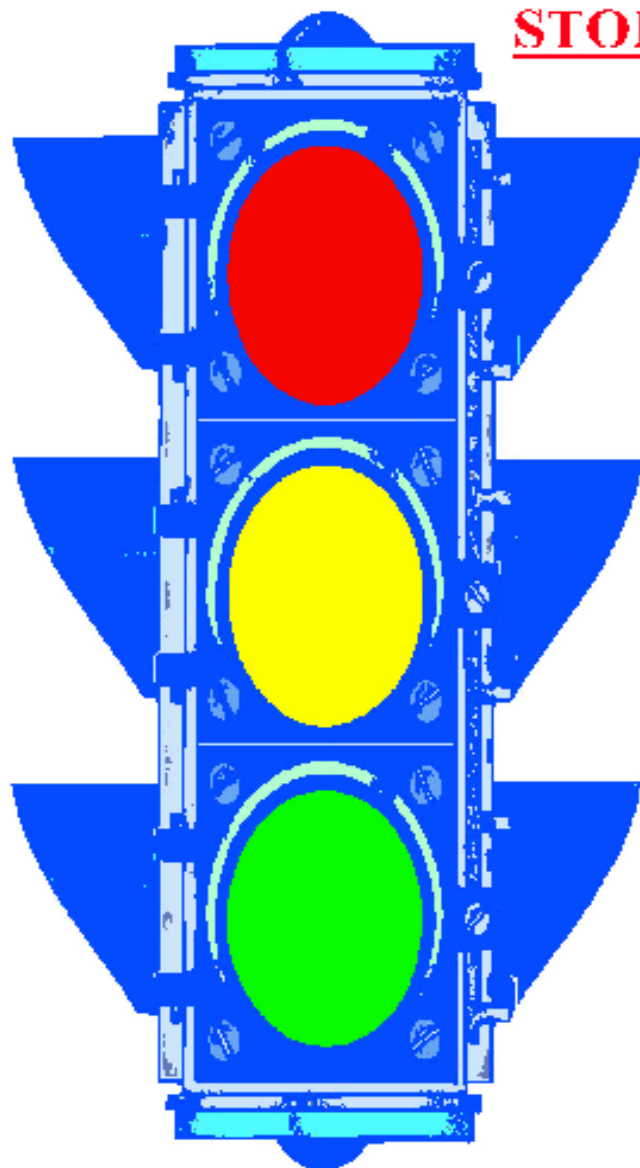
Whenever possible, the therapist want the patient to be able to catch himself or herself in the **moment**.”



EMOTIONAL SIGNAL LIGHT

RED

**VERY ANGRY
VERY SAD
VERY ANXIOUS
VERY ASHAME
VERY GUILTY
VERY AFRAID**



STOP, DON'T DO ANYTHING!

**Does what am I thinking
right now make any sense?**

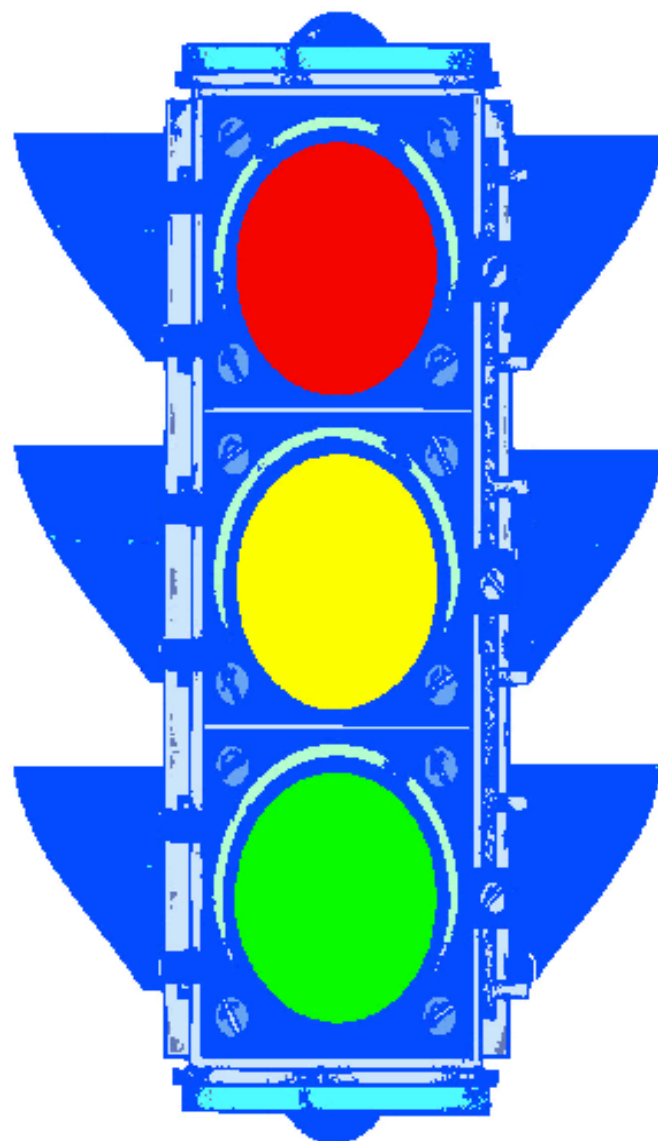
**What are alternative ways of
thinking about this
situation?**

**What would happen if I do
something different than my
usual?**

EMOTIONAL SIGNAL LIGHT

YELLOW

CONCERNED
WORRIED
AGGRAVATED
DOWN
EMBARRASSED



SLOW DOWN!

Evaluate what is really going on.

Is what I am thinking making sense?

If it does, go with it, and accept the consequences.

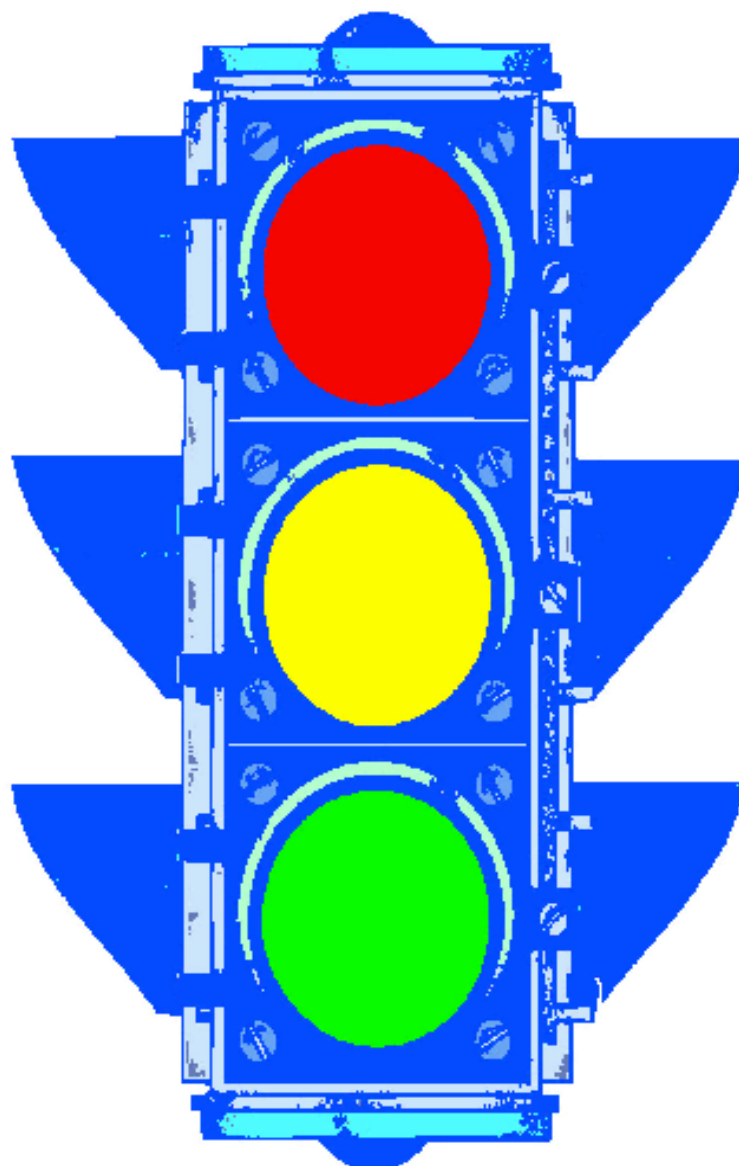
If not, what are some alternatives?

EMOTIONAL SIGNAL LIGHT

GREEN

EMOTIONALLY
NEUTRAL,

NOT WANTING
TO HURT
OR
GET BACK AT
ANYONE.



Go!

If what I am thinking is
rational , go with it.

And don't allow your
own or someone else's
Stinking Thinking
influenced you into
changing.

EMOTIONAL SIGNAL LIGHT

RED

VERY ANGRY
VERY SAD
VERY ANXIOUS
VERY
HUMILIATED

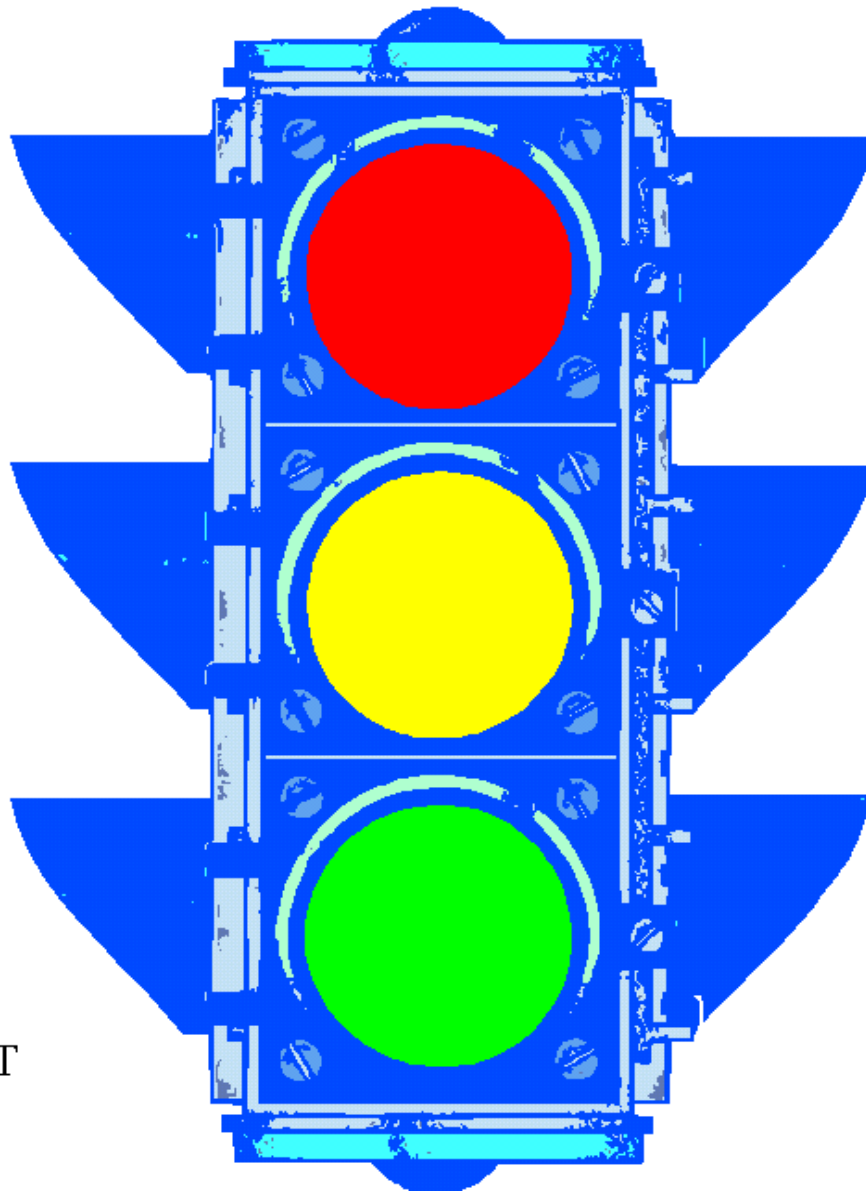
YELLOW

CONCERNED
WORRIED
AGGRAVATED
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EMBARRASSED

GREEN

EMOTIONALLY
NEUTRAL,

NOT WANTING
TO HURT OR GET
BACK AT
ANYONE.



Stop, don't do anything!
Does what am I
thinking right now
make any sense?

What are alternative
ways of thinking about
this situation?

What would happen if I
do something different
than my usual?

Slow down, evaluate.
Is what I am thinking
making sense?

If it does, go with it, if
not, what are some
alternatives?

If what I am thinking is
rational, go with it and
don't be influenced into
changing.

The Adventures of Cosmos Crow

Coping Skills Ten Life Rules

It is important to have “Rules To Live By” so that you can be successful and happy. Learn the Coping Skills Ten Life Rules and use them to make “Good Thinking” decisions in your life.

Coping Skills 10 Life Rules

I. I shall not let my own

or another's

“Stinky Thinking”

control my life.

**II. I shall not ask others to do
for me things I could and
should do for myself.**

**III. I shall not do for others
things that they could and
should do for themselves.**

III. I shall not do for others things that they could and should do for themselves.

•

This Rule is not a directive to be mean, insensitive or unhelpful. It is a caution:

- “If you want him to be cripple...carry him.”
- “If you want him to be fearful... overly protect him.”
- “If you want him to be irresponsible...help him avoid consequences.”
- “If you want him to be friendless...‘buy’ friendships.”
- “If you want him to be miserable...demand that life be fair.”

**IV. I shall not let feelings of guilt,
shame or fear cause me to do
something that is against
my best self-interest.**

**V. I shall not let past failures
keep me from attempting
future tasks.**

**VI. I shall not get into the habit
of comparing myself to others.**

**VII. I shall depend on myself,
not others or things for personal
satisfaction and happiness.**

**VIII. I shall refuse to allow my
fears to determine how
I shall live my life.**

**IX. I shall select friends based on
their ability and willingness to
tell me the truth about myself.**

**X. I shall, without the intent
of harming others,
do in life
what is in my
best self-interest.**

Developing a Coping Culture in the Home, Classroom, School Application of Cognitive Behavioral Theory to Prevention/Interventions



Do you want children to enjoy a happy, successful life?

Do you know what is the greatest obstacle to your goal?

It has nothing to do with their ethnic background, income or intellect.

It has to do with their lack of the skills to have “Good Thinking”.

Booth Material

EMOTIONAL SIGNAL LIGHT

RED

VERY ANGRY
VERY SAD
VERY ANXIOUS
VERY
HUMILIATED

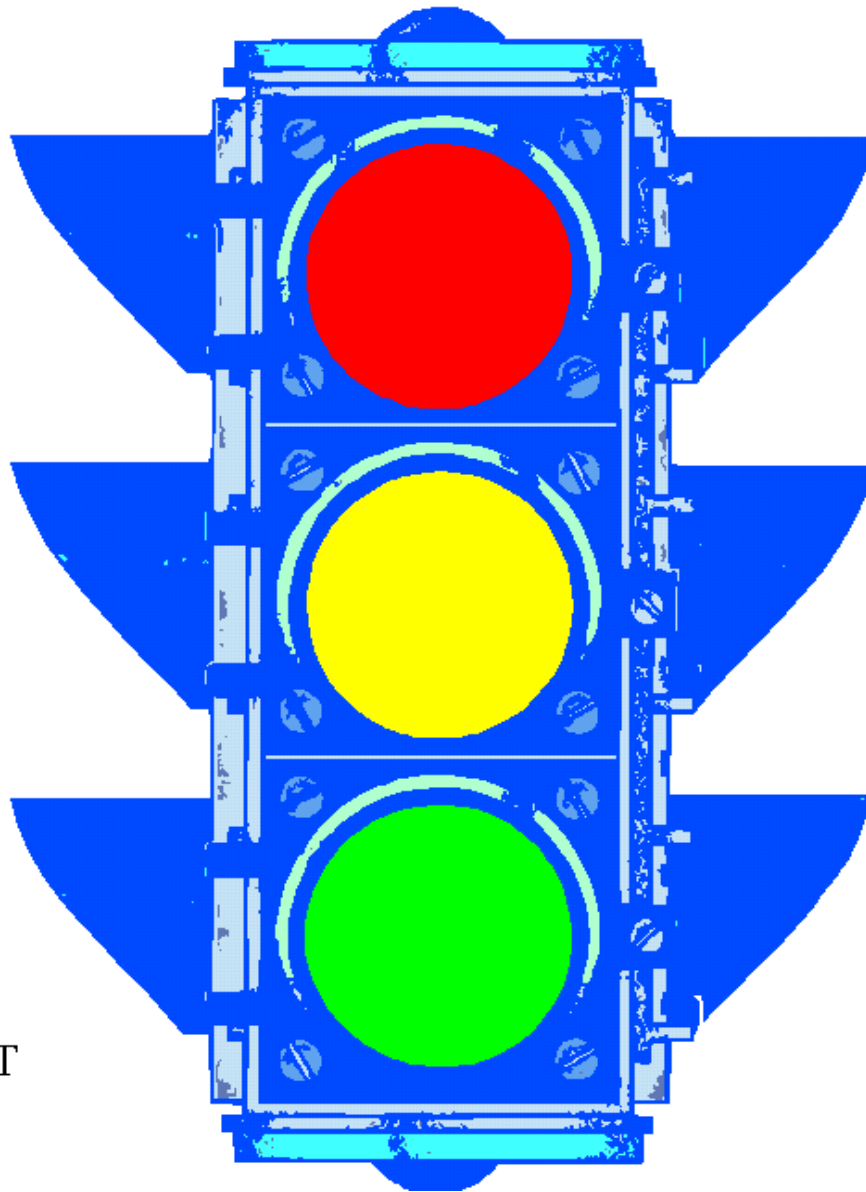
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Stop, don't do anything!
Does what am I
thinking right now
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What are alternative
ways of thinking about
this situation?

What would happen if I
do something different
than my usual?

Slow down, evaluate.
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If it does, go with it, if
not, what are some
alternatives?

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rational, go with it and
don't be influenced into
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The Adventures of Cosmos Crow

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It is important to have "Rules To Live By" so that you can be successful and happy. Learn the Coping Skills Ten Life Rules and use them to make "Good Thinking" decisions in your life.

- 1. I shall not let my own or other's
Stinky Thinking" control my life.**
- 2. I shall not ask others to do for me, things
I could and should do for myself.**
- 3. I shall not do for others, things that they
could and should do for themselves.**
- 4. I shall not let feelings of guilt, shame or fear cause me to do
something that is against my best self-interest.**
- 5. I shall not let past failures keep me
from attempting future tasks**
- 6. I shall not get into the habit of comparing myself to others.**
- 7. I shall depend on myself, not others or things,
for personal satisfaction and happiness.**
- 8. I shall refuse to allow my fears to determine
how I shall live my life.**
- 9. I shall select friends, based on their ability and willingness
to tell me the truth about myself.**
- 10. I shall, without the intent of harming others, do in life,
what is in my best self-interest.**

Dr. Nice & Mr. Nasty

A Gosmos Grow Adventure



You can choose which to be,
a Dr. Nice or Mr. Nasty.

It will depend on how you think,
and can happen faster than you can blink.



COPING SKILLS

THE ADVENTURES OF COSMOS CROW

Coping Skills Fables for Youth

Summaries of all stories in **ADVENTURES OF COSMOS CROW**



Read through our Summaries



**Select the two Fables you want to use.
Send us an email with those titles and
we will send you links to them.**

www.cosmoscrow.com

copingskillsfables@gmail.com

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COPING SKILLS LLC

USE OF COGNITIVE BEHAVIORAL THERAPUTIC FABLES

Understanding Important Concepts

Why We do What We Do

Our Most Common Irrational Beliefs

Defining the Terms used in our Stories

How our Stories Are Organized

How to Present the Coping Skills Material in a School Setting

WWW.COSMOSCROW.COM
COPINGSKILLSFABLES@GMAIL.COM



Creating a “Coping Culture” for the home/school

Wouldn't it be wonderful to have 50 audio enhanced therapeutic fables available to share with your students at any convenient opportunity?

Our Memberships provide these internet streaming fables that make it possible for you to provide your students with a fun and easy way to learn the coping skills necessary for them to be cooperative and eager to learn. There is also a “library” of support material and ongoing additional material sent you your email address

Ideal for 1st -6th grades

We have provided you with a 30% off first year membership code.

<https://www.cosmoscrow.com> (check out our “Test Drive”)

copingskillsfables@gmail.com

30% off first year Membership (Bronze, Silver or Gold). At checkout, click “user access code” then enter **acssw2019 at “Redeem”.**

MEMBERSHIPS

There are three memberships available for the Adventures of Cosmos Crow. Each membership allows the user to access all of the material available on the website, www.cosmoscrow.com at any time. If any membership appeals to you, click "Membership Info", select the Membership you want and add it to your cart.

Our **Bronze Membership** (\$49.00 annually) is for those that want to have access to all 50 of our fables and support material, to use our fables to have an enjoyable, easy to use way to teach children effective coping skills. Our audio enhance fables are enjoyed by parents, grandparents, classroom teachers, scout leaders, youth ministers and more. All of our flipbooks, regardless Membership type, have an abbreviated audio book, perfect for use on a Smart Phone.

Our **Silver Membership** (\$79.00 annually) is for those individuals that want to have access to all 50 of our fables and support material. Plus, be **able to share the stories with others by sending them a story (s) to** their email address. This level is ideal for anyone, wanting to be able to share these effective coping skills stories with clients, parents and friends.

Our **Gold Membership** (\$699.00 annually) is for individual Schools, Organizations and Professional Practices that need to provide membership to multiple users. Our Gold Option is for an Organizational Membership allowing any selected staff, access to all 50 of fables, our Cosmos Crow Bookcase and Library. This membership can also be made available to your organization's clients or parents (schools) on your organization's website.

Free access to two of our Adventures Fables, click on "Story Test Drive".

www.cosmoscrow.com

copingskillsfables@gmail.com

Developing a Coping Culture in the Home, Classroom, School Application of Cognitive Behavioral Theory to Prevention/Interventions



Do you want children to enjoy a happy, successful life?

Do you know what is the greatest obstacle to your goal?

It has nothing to do with their ethnic background, income or intellect.

It has to do with their lack of the skills to have “Good Thinking”.

The Necessary Steps

1. Focus on Cognitions

(The thinking, belief system of the children)

**2. Accept the normality of their
"dysfunction"**

3. Address their need to develop effective cognitive coping skills as young as possible.

4. Use age appropriate material.

5. Reinforce appropriate coping skills.

6. Promote a "Total Coping Culture"

▪

7. Involve family
(If the program is in a classroom
or out of home setting)

8. Evaluate the effort

9. Continue, continue, continue



QUESTIONS
or
SUGGESTIONS

**IX. I shall select friends based on
their ability and willingness to
tell me the truth about myself.**



COPING SKILLS

THE ADVENTURE OF COSMOS CROW

Coping Skills Fables for Youth

Information Card

Your Name:

Your Email:

Your Phone #:

Rate the value of the material presented

Not useful 1 2 3 4 5 6 7 8 9 10 Extremely useful

Comments

Would you be interested in future trainings? YES NO

Thank You!

You Were All Great!

**Please Drop off your
Completed “Information Cards”
Pick up Booth handouts**

**Watch your email for Videos of
10 Common Irrational Belief**