

Sign your Feelings Cheat Sheets & Session Checklists

Session 1 - Intervention Group



- 1 Have client fill in the CORE-10 and SRS forms
- 2 Explain the intervention to the client
- 3 Teach the 9 Therapeutic Alliance gestures below.

B1 Therapeutic Alliance
Think of two people, the therapist and the client, coming together to shake hands and working together to create a strong and healthy therapeutic relationship.



B2 Therapeutic Rupture
Think of the relationship between you and your client as a stick, and that when there is a rupture, it is like the stick snaps in two.



B3 Therapeutic Repair
Think about having broken fingernails, and that to repair them you have to rub together the nails from your right hand with those on the left.



 B4 Sorry
Make a fist with your dominant hand, representing your sorrow and place it in the middle of your chest, making 2 or 3 circles, all while looking like you feel sorry!



B5 Resistance
Pretend that your left hand is coming towards you and that your right hand is pushing it away, all while making a grimace.



B6 Uneasy
Part 1: thumb under the chin going out. Part 2: tips of hands flapping against each other.
Plus make sure you look uneasy!



 B7 Frustrated
Use the back of your dominant hand and tap your chin in frustration, as if you are saying 'I have had it up to HERE!'



B8 Shame
Use all the fingers of your dominant hand except your thumb placing them below your ear, and make a movement as if you are 'coming out' with something that you feel shame about.



B9 Empathy
Part 1: Use the middle finger of your dominant hand and stroke the middle of your chest, going up, Part 2: Make two 'people' with your index fingers, who pop up simultaneously.



- 4 Send the CORE-10 and SRS forms scores to the researcher.

Session 2 - Intervention Group



- 1 Review Therapeutic Alliance gestures the client learned in Session 1.
- 2 Teach the following 9 emotional disclosure gestures below.

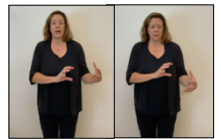
C1 Enthusiasm
Think of something that you are enthusiastic about and let that show on your face, while you rub your hands together with enthusiasm and excitement.



C2 Anxiety
Imagine that you are feeling anxious, and make both hands into claws, and then have them do circles in front of your stomach as if you felt anxious about something



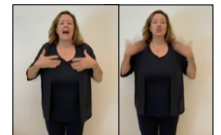
C3 Confusion
Think about something that you find confusing and pretend that your hands are holding that confusion to the left of your body. Make circular motions with your hands.



C4 Fear
Place both hands on your stomach, with the palms of your hands inward. You then abruptly move the hands up, all while making a fearful expression on your face.



C5 Happy
Place each one of your hands on each side of your upper chest and make two movements upward, as if you were brushing something off of your clothes. Oh, and look happy!



C6 Calm
Start with both hands crossed in front of you, with flat palms. You then move your hands all the way down until they are all your sides. Look calm. :)



C7 Anger
Think of something that angers you, and place your elbows up and out, and make your hands into claws. Then abruptly bring elbows down and hands up.



C8 Disgust
Use only one hand, make a 'claw' and move it in a circular motion in front of your midsection. Look disgusted while you do so!



C9 Sad
Place both hands, palms in and fingers splayed, in front of your eyes and move both hands down at the same time as you make the facial expression for 'sad.'

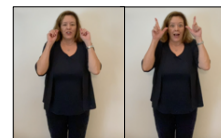


Session 3 - Intervention Group



- 1 Review Therapeutic Alliance gestures the client learned in Session 1.
- 2 Teach the following 9 emotional disclosure gestures below.

D1 Surprise
Put each index finger together with each thumb and place them next to your eyes and then, Boom! Open your hands at the same time as you open your eyes wider and look surprised!



D2 Admiration
Put each index finger together with each thumb and place them next to your eyes and then... Boom! Open your hands at the same time as you open your eyes wider and look surprised!



D3 Interest
Place one hand flat on your chest, and one flat on your stomach. At the same time, move hands forward which your middle fingers and thumbs come together.



D4 Adoration
Place both hands together, palms flat and touching, in front of your chest. Then make two circles inwards.



D5 Fascinated
Use both hands, start with open palms and then as you move your hands towards the front of your nose you close your hands (you end up with one hand in front of the other)



D6 Appreciation of Beauty
Start with the fingertips of your dominant hand all bunched up on the side of your chin. Then open your hand and move it in a circle over your face and end up with the fingertips all bunched up where they started.



D7 Craving
Place your index finger on your jawline, to the side of your chin, and have it move down slowly to your neck.



D8 Amusement
Put your index and middle finger together and tap the tip of your nose twice.



D9 Satisfaction
Place one outstretched hand palm down across your chest and another at your stomach, making two horizontal 'levels' across your body.



Session 4 - Intervention Group



1 Review Therapeutic Alliance gestures the client learned in Session 1.

2 Teach the following 9 emotional disclosure gestures below.

E1 Awe
Use index, middle and thumb finger to make a 'claw' and place it by your mouth and then move it forward and down, almost as if your jaw is dropping... in awe.



E2 Awkward
Use your index, middle and thumb fingers on each hand and place your hands in front of you with your palms down. Move hands up and down in a 'see-saw' movement. Look awkward. :)



E3 Bored
Use the index finger of your dominant hand to touch the side of your nose, and rotate your hand as if you were 'boring' a hole into your nose. Oh, and look bored!



E4 Compassion
Pretend that you are using your two middle fingers to reach out to someone to comfort them with compassion.



E5 Horror
Start with both hands to your side, with fingers separate from each other, and bring both hands in all at once.



E6 Nostalgia
Use your index and middle finger to represent two eyes, and then place them in front of your eyes, move the hand back and over your shoulder, to represent looking back to the past.



E7 Relief
Place your dominant hand across your chest, with your palm down, and slowly move the arm down, and look relieved...



E8 Romance
Make a thumbs up sign with both hands and place them in front of your heart. Then 'click' the thumbs twice simultaneously.



E9 Sexual Desire
Point to your chin and then bring your finger down to your chest.



3 Have client fill in the CORE-10 and SRS forms

4 Send the CORE-10 and SRS forms data to the researcher.