



LIFE COPING SKILLS

Mastering My Life

OVERVIEW:

Mastering My Life is the first computer assisted therapy program that helps individuals examine all the difficult aspects of their life, pinpoint what's not working, and help them develop real practical solutions.

The theory behind *Mastering My Life* is that depression, anxiety and other stressful situations and emotions result from real concrete problems in life. The program is designed to help solve these problems which is the key to a healthy, happy, and stress free life.



The Internet-based software called **Guided Sessions** is designed to help individuals think through difficult problems and decisions. All the Guided Sessions were written by certified therapists and mimic sessions with a live therapist. It is the first form of computer assisted online therapy open to the public. Help from live therapists is also available (optional).

HOW IT WORKS:

Mastering My Life helps individuals think through all the problems or issues identified in the different areas of their life and then helps develop real practical solutions. If an individual has a problem with a family member, he/she can take a Guided Session to see options available for dealing with the problem.

There are even Guided Sessions to help individuals overcome the hesitancy to follow through on the solutions! By solving problems one by one, and by being an active participant, the individual will see depression, anxiety and stress fade away.

Mastering My Life is an Internet based assessment and counseling/therapy program designed to help individuals master every day problems that cause anxiety and other stressful situations.

THE GUIDED SESSIONS

Guided Sessions operate on the principle that every problem has a solution. No matter how complicated or simple, every problem is solved by the same steps.

Below is a sampling of issues covered by the Guided Sessions:

- Tension at work
- Daily stress
- Parental problems
- Self-doubts
- Negative emotions
- Disagreements with friends
- Other people's negative behavior
- Unhealthy and poor communication
- Unfilled needs
- Problems in the home
- Common relationship problems

In addition to the Guided Sessions, there are online reinforcement exercises, called "workbooks."

The Process



You start with a problem. It can be as small as a simple disagreement or as big as a troubled relationship.



You develop solutions using a customized Guided Session and/or Workbook.



Using Guided Sessions, or your own intuition, you decide which solutions to pursue.



You experience the relief and satisfaction of solving problems and of being an active participant in your life!



You take action (getting help along the way, if necessary), record the results and repeat the process until your problem is resolved. Help from therapists is also available.



The program records both your solutions and when you plan to take action, sending you email reminders when necessary.

The Process

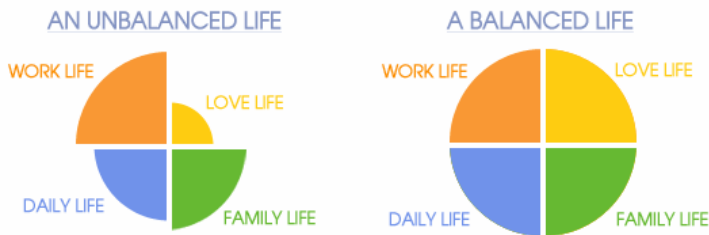
Mastering My Life—Focusing on...

TAKING CARE OF TODAY:

Mastering My Life can help individuals find what they're looking for: **a day-to-day life free from unnecessary stress, depression and anxiety.** By "Taking Care of Today," individuals actively solve problems when they arise and attend to the four parts of everyone's life:

1. Work Life
2. Relationships
3. Daily Life
4. Family Life

Mastering My Life helps individuals create a balanced life by working on those aspects of life that need immediate attention. Then, using the personalized Guided Sessions, *Mastering My Life* will put each and every problem to rest. The best part is that the individual is in control the whole time. Individuals can work on many problems at once and can also take as much time as they want.



BUILDING A SOLID FUTURE:

Solving problems in the present is not the only thing an individual has to master in his/her life. He/She must also **work at building a bright and solid future.** If the future doesn't seem hopeful then depression, anxiety and stress is bound to be just around the corner. Building a solid future involves:

1. Fulfilling Potential
2. Nurturing Stable Relationships
3. Improving Communication
4. Learning the Skills Necessary to Manage Day-to-Day Stress



For those individuals in an intimate relationship, *Mastering My Life* provides a special Relationship Repair Kit, which takes stock of a current relationship, and gives the insight and assistance needed to get it back on track.

LETTING GO OF THE PAST:

Although The past is behind, its effects can linger on and hold individuals back. That's why Dealing With The Past directly is such an important part of *Mastering My Life*. If an individual does not overcome negative experiences, then a bright and happy future will be blocked by the past, always just out of reach. *Mastering My Life* **takes aim at the active remnants of the past that are the easiest to recognize: self doubts and negative emotions.**

Self-doubts, for example; feelings of inferiority, powerlessness, weakness, or the habit of being overly critical, invariably have his-

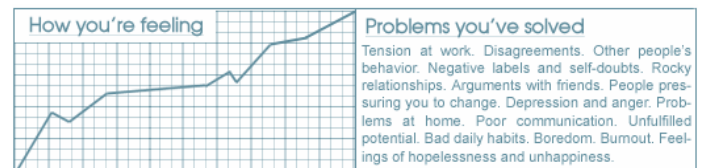


torical origins that need to be understood and put to rest. *Mastering My Life* will help individuals through this process by providing Guided Sessions (online) and Workbooks (homework) designed to get them to rise above their worst self-doubts.

MONITORING THE PROGRESS:

Mastering My Life knows that **monitoring progress** is an important part of any process. Every week the program will automatically monitor how the individual is feeling. It will ask the individual to take a fresh look at his/her life and how it is going. It will guide the individual to examine his/her coping methods, unhealthy behavior, negative feelings, physical symptoms and much more.

ABOUT THE AUTHOR: DR. ROGER GOULD



Dr. Gould is a medical doctor, a psychiatrist, and a psychotherapist with 40 years of experience in one-on-one counseling and 20 years of background developing his interactive therapeutic approach. His methods have been tested on over 20,000 people and recent studies show that each of Guided Sessions hold as much therapeutic benefit as a meeting with a live therapist.



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