

BIG FIVE

The 'Big Five' is a review of the five most important elements that are found in each example. We spot on each element to reduce/eliminate our symptoms.

*After the group members spot on each example**, we work through the 'Big Five'.

1. Angry Temper-negative judgments (resentment, impatience, indignation, disgust, hatred) directed against another person or situation.
2. Fearful Temper-negative judgments (discouragement, preoccupation, embarrassment, worry, hopelessness, despair, sense of shame, feelings of inadequacy) directed against oneself.
3. Muscle Movement- commanding the muscles to do something that we are resistant to do (Example: attending an R.I. meeting when we'd rather stay home).
4. Muscle Control- controlling the impulse to do something that would be bad for our mental health (Example: controlling our speech muscles).
5. Sabotage- when we ignore or choose not to practice what we have learned in R.I. When we do not do what is best for our mental health. (Example: not endorsing).

Remember: We do the 'Big Five' at the end of each example presented.

**Note: Only the person facilitating the example and the panel do the "Big 5" - the example giver does not participate in the "Big 5"*