

Upgrade Program Emotional Plan

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Introduction

This document is part of a series of upgrade plans for every [area](#) of your life. It's broadly designed for a single, middle-class, 30-something living in a major city in a developed country.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly—think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the [Actions](#) section, and then do them. Sometimes this means not doing a lot of things. The action is explicit inaction. In some cases, it might be best for you to ignore this entire document and create a separate one with, say, 3 simple lines (e.g., 1 goal, 1 mantra, 1 tool or tactic).

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time, if you choose. Or opt to not commit to all of it. That's fine, too.

It may also help to set aside a dedicated [day](#) to work exclusively on this by yourself or with friends. Or you may choose to enlist an [UP Coach](#) or a licensed therapist to co-design and execute this plan alongside you. We do strongly recommend you seek professional support in many cases. It's often very hard to explore your emotional wellbeing on your own.

Epistemic Status

This is an overview of how confident the principal [author](#) is in this plan.

- Generally moderate confidence in plan
- Based on 30+ years of experience of personal emotional work, approximately 1,000 hours of research on emotional intelligence for self and clients, coaching 100+ people through emotional challenges, and earning two certifications with [Six Seconds](#) for Emotional Intelligence and Emotional Intelligence Assessment

Objectives

Decide what objectives you have with this plan and rank them in order of importance. Below are some sample objectives.

1. Emotionally stabilize (i.e., just feel okay)
2. Achieve desired level of subjective well-being (SWB)
3. Achieve desired level of emotional intelligence (EQ/EI)

Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below are some sample metrics.

- Emotional Rating: How would you rate your emotional well-being, on a 1-10 scale?
- Flourishing Scale (FS) Score
- Satisfaction with Life Scale (SWLS) Score
- General Happiness Scale Score
- Emotional Intelligence (EQ/EI) Score

Values

List all of your relevant values and rank them in order of importance. Below are some sample values.

1. Subjective well-being (SWB)
2. Emotional intelligence (EQ/EI)
3. Happiness
4. Fulfillment
5. Satisfaction
6. Safety
7. Empathy

Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value, cost-benefit, return on investment, and/or net present value.

- Time costs: 1 - 10,000 hours
- Financial costs: \$0 - \$100,000 dollars (e.g., psychotherapists, coaches, courses, retreats, workshops, rehab, etc.)
- Benefits: \$X in potentially extremely large objective or subjective benefits (e.g., happiness, confidence, stability, compensation, status, etc.)

Strategies

Decide on your high-level strategies for achieving your objectives. Below are some sample strategies.

Key People

- Do the work on your own
- Outsource some or most of the work to experts (e.g., psychotherapists, coaches, etc.)
- Outsource some or most of the work to assistants

Key Timings

- Do whatever you can, whenever you can without focusing on a specific timeline
- Make incremental changes every day until you reach your objectives
- Make as many changes as you can over a set period (e.g., one week or one month)
- Make changes as intensively as you can until you reach your objectives

Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

General

1. Describe your [mental model](#) of emotions
 - a. Create a visual representation from memory without referencing this plan or outside sources of information
 - b. Create a new visual representation after thoroughly studying this plan and any relevant sources of information

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- c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan, including the [assessments](#), [tools](#), and [resources](#) below
3. Secure a high-quality therapist and begin regular sessions (e.g., [Two Chairs](#), [Talkspace](#), etc.)
 - a. Consider any modality that resonates with you, including perhaps:
 - i. Consider [cognitive-behavioral therapy](#) (CBT)
 - ii. Consider [acceptance and commitment therapy](#) (ACT)
 - iii. Consider [solution-focused brief therapy](#) (SFBT)
 - iv. Consider [internal family systems therapy](#) (IFS)
 - v. Consider [hypnotherapy](#)
 - vi. Consider [psychedelic-assisted therapy](#)¹
4. Identify major emotional issues and write about what they do and don't mean to you
5. Take an inventory of your most common causes of positive and negative emotions, then work to eliminate the causes of the negative emotions
6. Create a stress mitigation protocol and use it when necessary (i.e., a list of actions to take when needed based off specific conditions)
7. Write out a list of books, articles, podcasts, events, workshops, trainings, courses or practitioners you can engage with to develop your emotional intelligence
 - a. Begin learning at a reasonable pace for you
8. Move your body every day
9. Moderately or intensely exercise at least three times/week
10. Create a regular mindfulness practice (i.e., the majority of times you notice your mind wandering, bring it back to the present)
11. Meditate regularly (e.g., [Insight Timer](#), [Calm](#), [Headspace](#), [Waking Up](#), etc.)
12. Identify activities that emotionally rejuvenate you and schedule recurring times for doing them
13. Surround yourself with as many emotionally intelligent friends, family, partners, colleagues, neighbors, and pets as you wish and schedule recurring times to be with them

Additional²

14. Improve your [appearance](#)
15. Improve your [behavioral mastery](#)
16. Improve your [brand](#)
17. Improve your [career](#)
18. Improve your [cognitive capacities](#)
19. Improve your [communication skills](#)

¹ Be mindful of the legality of using psychedelics.

² This can seem overwhelming, so it might make sense to deprioritize these life areas for now. Or pick and choose which might be the most beneficial for you at the moment. You can't do everything at once. Please don't stress yourself out by trying.

20. Improve your [community connections](#)
21. Improve your [consciousness](#)
22. Improve your [end of life](#)
23. Improve your surrounding [environments](#)
24. Improve your [family life](#)
25. Improve your [finances](#)
26. Improve your [fitness](#)
27. Improve your [goal attainment](#)
28. Improve your [health](#)
29. Improve your [social and environment impact](#)
30. Improve your [knowledge base](#)
31. Improve your compliance with relevant [laws](#)
32. Improve your [leisure experiences](#)
33. Improve your [life work](#)
34. Improve your [nutrition](#)
35. Improve your [perception](#)
36. Improve your [personality](#)
37. Improve your [personal philosophy](#)
38. Improve your [privacy](#)
39. Improve your [productivity](#)
40. Develop your [purpose](#)
41. Improve your [relationships](#)
42. Improve your [safety](#)
43. Develop your sense of [self](#)
44. Improve your [sex life](#)
45. Improve your [skills](#)
46. Improve your [sleep](#)
47. Improve your [social life](#)
48. Improve your [societal connections](#)
49. Improve your [spiritual life](#)
50. Improve your [personal team](#)
51. Improve your [time management](#)
52. Improve your [transportation methods](#)
53. Develop your [values](#)

Assessments

List all of the assessments you might take to understand how you're doing compared to your objectives. Below are some sample assessments.

- [Abbreviated Math Anxiety Scale \(AMAS\)](#): a 9-item questionnaire characterized by very good psychometric properties for investigating math anxiety, a negative emotion associated with mathematics-related activities
- [ADHD Assessment](#): a multi-step process, involving clinical examination, interview, behavioral observations, and completion of rating scales to determine Attention Deficit Hyperactivity Disorder (ADHD) scale
- [Adult ADHD Self-Report Scale \(ASRSv1.1\)](#): a questionnaire used to determine Attention Deficit Hyperactivity Disorder (ADHD) scale
- [Appearance Anxiety Inventory \(AAI\)](#): a 10 question self-report scale that measures the cognitive and behavioral aspects of body image anxiety in general, and body dysmorphic disorder (BDD) in particular
- [Approaches to Happiness Questionnaire](#): a questionnaire used to measure overall happiness
- [Authentic Happiness Inventory Questionnaire](#): a questionnaire to assess “authentic” happiness or overall satisfaction with life
- [Beliefs about Well-Being Scale \(BWBS\)](#): a 16-item questionnaire to measure lay conceptions of well-being along four theoretically-meaningful dimensions: experience of pleasure, avoidance of negative experience, self-development, and contribution to others
- [Bipolar Spectrum Diagnostic Scale \(BSDS\)](#): a 20 question screener for bipolar spectrum diagnosis
- [Bio-Emotive Framework](#): an assessment of core feelings for social emotions
- [Brief Irritability Test \(BITe\)](#): a measure of irritability
- [Brief Resilience Scale \(BRS\)](#): a scale to assess the ability to recover from stress
- [Brief Resilient Coping Scale \(BRCS\)](#): a 4-item measure designed to capture tendencies to cope with stress in a highly adaptive manner
- [Buss-Perry Aggression Questionnaire \(BPAQ\)](#): a 29-item, four-factor instrument that measures physical aggression, verbal aggression, anger, and hostility
- [Center for Epidemiological Studies-Depression \(CES-D\) Questionnaire](#): a 20-item measure that asks caregivers to rate how often over the past week they experienced symptoms associated with depression, such as restless sleep, poor appetite, and loneliness
- [Center for Epidemiologic Studies Depression Scale — Revised \(CESD-R\)](#): a 20 item self-report questionnaire used to measure symptoms of depression, particularly useful for tracking symptoms over time
- [Clance Imposter Phenomenon Scale](#): a test to assess the prevalence of an individual's psychological experiences with feelings of intellectual and professional fraudulence
- [Clinical Anger Scale \(CAS\)](#): an objective, valid self-report that measures the psychological symptoms presumed to have relevance in the understanding and treatment of clinical anger

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- [Clinically Useful Depression Outcome Scale \(CUDOS\)](#): a useful tool for screening for depression that covers the Diagnostic and Statistical Manual of Mental Disorders 4th edition (DSM-IV) symptoms of major depressive disorder (MDD) and dysthymic disorder
- [Depression, Anxiety, and Stress Scales with 21 items \(DASS-21\)](#): a self-report instrument for measuring depression, anxiety, and tension/stress
- [Depression Anxiety Stress Scales \(DASS\)](#): a 42-item self-report instrument for measuring depression, anxiety, and tension/stress
- [Disgust Scale](#): a self-report personality scale to measure individual differences in sensitivity to disgust and to examine the relationships among different kinds of disgust
- [Dispositional Positive Emotions Scales \(DPES\)](#): a self-report measure of the trait-like tendency to feel several distinct positive emotions including joy, contentment, pride, love, compassion, amusement, and awe on an enduring, trait-level basis
- [Dysfunctional Attitude Scale \(DAS\)](#): a scale used to measure pervasive negative attitudes of a depressed person towards self, outside world, and future
- [Empathy Quotient \(EQ\)](#): a questionnaire designed to measure empathy in adults
- [Emotional Intelligence \(EI\)](#): a test that measures how well you can read the emotions of others just by looking at their faces
- [Emotional Quotient Inventory 2.0 \(EQ-i 2.0\)](#): a test that measures an individual's emotional intelligence (fee, certification required in order to purchase)
- [Emotion Regulation Questionnaire \(ERQ\)](#): a 10-item self-report measure of two emotion regulation strategies: cognitive reappraisal and expressive suppression
- [Empathy Quotient \(EQ\)](#): a 60-item questionnaire designed to measure empathy in adults
- [Fear of Spiders Questionnaire \(FSQ\)](#): an 18-item self-report questionnaire assessing spider phobia
- [Flourishing Scale \(FS\)](#): a measure of psychosocial flourishing, based on recent theories of psychological and social well-being
- [Fordyce Emotions Questionnaire](#): a questionnaire that assesses a person's emotional well-being, measuring the affective component of Subjective Well-Being (SWB) and provides an indication of a person's perceived happiness
- [General Happiness Scale](#): a questionnaire to assess enduring happiness
- [Generalized Anxiety Disorder 7 Item Scale \(GAD-7\)](#): a questionnaire used to measure anxiety
- [Gratitude Questionnaire — Six-Item Form \(GQ-6\)](#): a 6-item self-report questionnaire designed to assess individual differences in the proneness to experience gratitude in daily life
- [Green et al. Paranoid Thoughts Scale \(GPTS\)](#): a 32-item self-report measure of paranoia, designed for both clinical and non-clinical populations
- [Hamilton Anxiety \(HAM-A\) Rating Scale](#): a questionnaire used to determine anxiety
- [Hamilton Depression \(HAM-D\) Rating Scale](#): a multiple item questionnaire used to provide an indication of depression and a guide to evaluating recovery
- [Holmes-Rahe Stress Inventory](#): an assessment to measure the stress load people carry and how they think about it
- [Implicit Happiness](#): a measure of how happy a person's subconscious is

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- [Interpersonal Reactivity Index \(IRI\)](#): a measure of dispositional empathy that takes as its starting point the notion that empathy consists of a set of separate but related constructs
- [Kutcher Adolescent Depression Scale — 11-Item \(KADS-11\)](#): a 11-item optimized version of the KADS for monitoring outcomes in adolescents (12-17 years) who are receiving treatment for major depressive disorder
- [Lerner and Keltner Trait Anger Scale](#): a 10-item face-valid anger scale that addresses the chronic tendency to experience various forms of less intense anger
- [Levenson Self-Report Psychopathy \(LSRP\)](#): a 26-item, 4-point Likert scale, self-report inventory to measure primary and secondary psychopathy in non-institutionalized populations
- [Liebowitz Social Anxiety Scale \(LSAS\)](#): a questionnaire used to assess the way that social phobia plays a role in one's life across a variety of situations
- [Major Depression Inventory \(MDI\)](#): a self-report mood questionnaire developed by the World Health Organization's Collaborating Center in Mental Health
- [Mental Health Assessment](#): an assessment to help to know whether you might have a mental problem
- [Mental Health Continuum Short Form \(MHC-SF\)](#): a 14-item instrument that assesses mental health, focusing on emotional, psychological, and social well-being
- [Montgomery-Asberg Depression Rating Scale \(MADRS\)](#): a set of questions to monitor how a patient with depression has felt over the past week
- [Nomophobia Questionnaire \(NMP-Q\)](#): a 20-item measure that covers four main dimensions of "No Mobile Phone Phobia" (NOMOPHOBIA) which consists of not being able to communicate, losing connectedness, not being able to access information, and giving up convenience
- [Optimism Test](#): a questionnaire that measures one's optimism about the future
- [Oxford Happiness Questionnaire \(OHQ\)](#): a 29-item widely-used scale to assess personal happiness
- [Oxford-Liverpool Inventory of Feelings and Experiences \(O-LIFE\)](#): a four-scale questionnaire for measuring psychosis-proneness, principally schizotypy
- [Panic and Agoraphobia Scale \(PAS\)](#): a questionnaire designed for people suffering from panic attacks and agoraphobia
- [Patient Health Questionnaire \(PHQ-9\)](#): a 9-item depression module from the full Patient Health Questionnaire (PHQ) which is designed to be entirely self-administered by a patient (UP Top Pick)
- [Perceived Stress Scale \(PSS\)](#): a 14-item questionnaire to measure the self-reported level of stress in the respondents by assessing feelings and thoughts (UP Top Pick)
- [Positive and Negative Affect Schedule \(PANAS\) Questionnaire](#): a self-report questionnaire that consists of two 10-item scales to measure both positive and negative affect
- [Positive Thinking Skills Scale \(PTSS\)](#): a reliable and valid measure that captures the frequency of use of positive thinking skills that can help in the early identification of developing depressive thoughts
- [Positivity Self Test](#): a test that assesses the ratio of positive emotions to negative emotions you experience daily

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- [Post Traumatic Stress Index Test](#): a 144-item test to typify reactions experienced by victims of child abuse
- [Primary Care PTSD Screen \(PC-PTSD-5\)](#): a 5-item test designed to identify individuals with probable PTSD
- [Project Implicit Health \(PIH\)](#): an assessment to measure thoughts about mental and physical health that are difficult to consciously control
- [PTSD Scale-Self Report for DSM-5 \(PSS-SR5\)](#): a 20-item self-report measure that assesses the 20 DSM-5 symptoms of PTSD
- [Regulatory Mode Questionnaire \(RMQ\)](#): a questionnaire to assess individuals' self-regulation concerns
- [Rosenberg's Self-Esteem Scale](#): a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self
- [Ruminative Response Scale \(RRS\)](#): a self-report measure of describing one's responses to depressed mood, consisting of 22 items and three factors (Depression, Brooding, and Reflection)
- [Satisfaction with Life Scale \(SWLS\)](#): a short 5-item instrument designed to measure global cognitive judgments of satisfaction with one's life (UP Top Pick)
- [Scale of Positive and Negative Experience \(SPANES\)](#): a brief 12-item scale, with six items devoted to positive experiences and six items designed to assess negative experiences (UP Top Pick)
- [Self-Compassion Scale \(SCS\)](#): a method to assess individual differences in self-compassion
- [Short Health Anxiety Inventory \(HAI-18\)](#): a questionnaire used to measure anxiety
- [Six Seconds Emotional Intelligence \(EQ\) SEI](#): an assessment of the eight EQ competencies that drive people-performance in a context of key performance outcomes (effectiveness, relationships, wellbeing, quality of life) (fee, inquiry required)
- [Six Seconds SEI 360](#): an assessment that measures EP – emotional intelligence performance – or the impact of EQ on others (fee, inquiry required)
- [Social Intelligence Test](#): a test that assesses how well you can read the emotions of others just by looking at their eyes
- [Social Phobia Inventory \(SPIN\)](#): a questionnaire used in screening for, and measuring the severity of social anxiety disorder
- [Spider Phobia Questionnaire \(SPQ\)](#): a 31-item true/false measure of fear and avoidance of spiders
- [State Adult Attachment Measure \(SAAM\)](#): a measure that provides a multidimensional individual profile of attachment security, anxiety, and avoidance
- [Stress & Empathy Questionnaire](#): a questionnaire used to measure empathy, stress, and overall health
- [Subjective Happiness Scale \(SHS\)](#): a 4-item self-report measure developed to assess an individual's overall happiness as measured through self-evaluation
- [Taylor Manifest Anxiety Scale \(TMAS\)](#): a test of anxiety as a personality trait
- [Transgression Motivations Questionnaire](#): a self-report instrument that assesses the motivations assumed to underlie forgiving, consisting of avoidance and revenge
- [UP Loneliness Assessment Scale \(UPLAS\)](#): a measure of negative self-perceptions, depression, and several emotional states associated with loneliness and thus establishing a higher convergent validity

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- [Well-Being Survey](#): an assessment to measure well-being
- [Zung Self-Rating Anxiety Scale \(SAS\)](#): a rating instrument for anxiety disorder
- [Zung Self-Rating Depression Scale \(SDS\)](#): a 20-item self-report questionnaire that is widely used as a screening tool, covering affective, psychological, and somatic symptoms associated with depression

Tools

List all of the tools you might use to achieve your objectives. Below are some sample tools.

- [3,4-Methylenedioxymethamphetamine \(MDMA\)](#)
- [40 Years of Zen](#)
- [7Cups](#)
- [Acupuncture](#)
- [Alternatives](#)
- [AmpCoil](#)
- [Apollo](#)
- [Apeiron Zoh](#)
- [Awareness](#)
- [Ayahuasca](#)
- [BetterHelp](#)
- [Blue Zones Project](#)
- [Bonusly](#)
- [Bravely](#)
- [Breathe2Relax](#)
- [Brightside](#)
- [Buddhify](#)
- [Calm](#)
- [Cerebral](#)
- [Changes](#)
- [Daylight](#)
- [Decadoo](#)
- [E-couch](#)
- [Emotional brain training \(EBT\)](#)
- [Emotion Sense](#)
- [EmWave2](#)
- [Entheogen](#)
- [Evryman](#)
- [Eye movement desensitization and reprocessing \(EMDR\)](#)
- [Feel](#)
- [Floatation tank / isolation tank](#)
- [Getaway](#)
- [Hapacus](#)

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- [Happier](#)
- [Happify](#)
- [Headspace](#)
- [Headway](#)
- [Holosync](#)
- [Human Anonymous](#)
- [Hypnotherapy](#)
- [Incense](#)
- [Insight Timer](#)
- [Jacuzzi](#)
- [Ketamine](#)
- [Kratom](#)
- [Leafy](#)
- [Limeade](#)
- [Lysergic acid diethylamide \(LSD\)](#)
- [Meditation](#)
- [Mightier](#)
- [Mind Strong](#)
- [Mindfulness-based stress reduction \(MBSR\)](#)
- [Mindset Health](#)
- [MindShift](#)
- [Mood Meter](#)
- [Mood Tracker](#)
- [Moodgym](#)
- [MoodKit](#)
- [MoodPanda](#)
- [Moodpath](#)
- [Moodscope](#)
- [MoodTools](#)
- [Muse](#)
- [N,N-Dimethyltryptamine \(DMT\)](#)
- [NeoRhythm](#)
- [NHS Apps Library](#)
- [Noisli](#)
- [Omvana](#)
- [Overcome](#)
- [Portable sauna](#)
- [Psilocybin](#)
- [Psychedelics](#)
- [Psychology Tools](#)
- [Raindrop Nebulizing Diffuser](#)
- [Rainy Mood](#)
- [Replika](#)

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- [ReWi](#)
- [Sanvello](#)
- [Sauna](#)
- [School-Based Family Counseling](#)
- [SelfEcho](#)
- [Sensate](#)
- [Shine](#)
- [Simple Habit](#)
- [Soundrown](#)
- [Stellate Ganglion block](#)
- [Stoic](#)
- [Stress Check](#)
- [SuperBetter](#)
- [Talkspace](#)
- [Ten Percent Happier](#)
- [The Mindfulness App](#)
- [Therapist Aid](#)
- [Therapy Sessions Recordings Database](#)
- [Therasage Thera360 Portable Sauna](#)
- [Thync](#)
- [Tictrac](#)
- [Tide](#)
- [Track Your Happiness](#)
- [Tripp](#)
- [Two Chairs](#)
- [UP Actions](#)
- [UP Appearance Plan](#)
- [UP Assessments](#)
- [UP Behavioral Plan](#)
- [UP Brand Plan](#)
- [UP Career Plan](#)
- [UP Cognitive Plan](#)
- [UP Communication Plan](#)
- [UP Communities Plan](#)
- [UP Consciousness Plan](#)
- [UP Curriculum](#)
- [UP Emotional Plan](#)
- [UP End of Life Plan](#)
- [UP Environmental Plan](#)
- [UP Family Plan](#)
- [UP Financial Plan](#)
- [UP Fitness Plan](#)
- [UP Goals Plan](#)

- [UP Health Plan](#)
- [UP Impact Plan](#)
- [UP Knowledge Plan](#)
- [UP Legal Plan](#)
- [UP Leisure Plan](#)
- [UP Life Work Plan](#)
- [UP Nutrition Plan](#)
- [UP Perception Plan](#)
- [UP Personality Plan](#)
- [UP Philosophy Plan](#)
- [UP Privacy Plan](#)
- [UP Productivity Plan](#)
- [UP Purpose Plan](#)
- [UP Relationships Plan](#)
- [UP Safety Plan](#)
- [UP Self Plan](#)
- [UP Sex Plan](#)
- [UP Skills Plan](#)
- [UP Sleep Plan](#)
- [UP Social Plan](#)
- [UP Societal Plan](#)
- [UP Spirituality Plan](#)
- [UP Team Plan](#)
- [UP Time Plan](#)
- [UP Tools](#)
- [UP Transportation Plan](#)
- [UP Values Plan](#)
- [UrPower Essential Oil Diffuser](#)
- [Vida](#)
- [Virgin Pulse](#)
- [Virtual EMDR](#)
- [Vitruvi Stone Diffuser](#)
- [Waking Up](#)
- [White noise machine](#)
- [Woebot](#)
- [WooBoard](#)

Resources

List all of the resources you might use to achieve your objectives. Below are some sample resources.

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- [APA Dictionary of Psychology](#)
- [APA Thesaurus of Psychological Index Terms](#) (UP Top Pick)
- [Atlas of Emotions](#)
- [Biohack Stack](#)
- [BioMindmap](#)
- [Circling](#)
- [Cognitive-Behavioral Therapy \(CBT\)](#)
- [Collective Insights](#)
- [Core Transformation: Reaching the Wellspring Within](#)
- [Different Approaches to Psychotherapy](#)
- [Effective Mental Health Navigator](#)
- [Effective Self-Help: Improving your subjective wellbeing](#)
- [Emotional classification](#)
- [Emotions Evoked by Video \(uncensored version\)](#) (UP Top Pick)
- [Encyclopedia of Psychology: 8 Volume Set](#)
- [Every Mental Disorder Diagnosis in the DSM-5](#)
- [Feeling Good: The New Mood Therapy](#) (UP Top Pick)
- [Flourish: A Visionary New Understanding of Happiness and Well-being](#)
- [Hoffman Process](#)
- [Greater Good List of Practices](#)
- [Hakomi Method](#)
- [How to Flourish: Practical Activities Supported by Scientific Research](#)
- [Internal Family Systems Therapy \(IFS\)](#)
- [List of Psychotherapies](#)
- [Nature Therapy](#)
- [Psychedelic-Assisted Therapy](#)
- [Psychology Applied to Modern Life: Adjustment in the 21st Century](#)
- [Psychology Dictionary](#)
- [Psychotherapy: Three Approaches Evaluated](#)
- [Somatic Experiencing \(SE\)](#)
- [StarSlateCodex Psychiat-List](#)
- [Stress- Effective ways to reduce it](#)
- [Tension and Trauma Releasing Exercises \(TRE\) \(video\)](#)
- [The Body Keep The Score: Brain, Mind, and Body in the Healing of Trauma](#) (UP Top Pick)
- [The How of Happiness: A Scientific Approach to Getting the Life You Want](#) (UP Top Pick)
- [Therapist Aid](#) (UP Top Pick)
- [Therapy Sessions Recordings Database](#)
- [Wholebeing Happiness - Wholebeing Institute](#)
- [World Database of Happiness](#)

Supplements & Treatments for PTSD - Limited Evidence

- [5-HTP³](#)
- [Apigenin⁴](#)
- [Ashwagandha⁵](#)
- [Brainwave Optimization⁶](#)
- [Cannabidiol \(CBD\) oil⁷](#)
- [Cereset](#)
- [Hyperbaric Oxygen Therapy⁸](#)
- [Kava⁹](#)
- [L-Theanine¹⁰ \(Sublingual\)](#)
- [Lemon balm extract / Melissa officinalis](#)
- [LENS Neurofeedback](#)
- [Lief Therapeutics](#)
- [Lithium Orotate](#)
- [Nicotinamide](#)
- [Phosphatidylserine](#)
- [Polygala Tenuifolia¹¹](#)
- [Propranolol](#)
- [Quantitative Electroencephalography \(QEEG\)](#)
- [Saffron](#)
- [Taurine Prazosin \(Taurine\)](#)
- [Vagus Nerve Stimulation¹²](#)
- [Vielight Brain Photobiomodulation](#)
- [Vitamin C Liposomal](#)
- See also [UP Nutrition Plan - Supplements](#)

³ [5-Hydroxytryptophan \(5-HTP\): Natural Occurrence, Analysis, Biosynthesis, Biotechnology, Physiology and Toxicology](#)

⁴ [The Therapeutic Potential of Apigenin](#)

⁵ [An investigation into the stress-relieving and pharmacological actions of an ashwagandha \(Withania somnifera\) extract](#)

⁶ [HIRREM™: a noninvasive, allostatic methodology for relaxation and auto-calibration of neural oscillations](#)

⁷ [A Cross-Sectional Study of Cannabidiol Users](#)

⁸ [Hyperbaric Oxygen Therapy and Quality of Life: A Systematic Review](#)

⁹ [The effectiveness and safety of Kava Kava for treating anxiety symptoms: A systematic review and analysis of randomized clinical trials](#)

¹⁰ [Effects of L-Theanine on Cognitive Function in Middle-Aged and Older Subjects: A Randomized Placebo-Controlled Study](#)

¹¹ [Protective Effects and Mechanism of Radix Polygalae Against Neurological Diseases as Well as Effective Substance](#)

¹² [Efficacy of transcutaneous vagus nerve stimulation as treatment for depression: A systematic review](#)

Model of Emotional Intelligence (EQ)¹³

- Self-Awareness
 - Emotional awareness: Recognizing one's emotions and their effects
 - Accurate self-assessment: Knowing one's strengths and limits
 - Self-confidence: Sureness about one's self-worth and capabilities
- Self-Regulation
 - Self-control: Managing disruptive emotions and impulses
 - Trustworthiness: Maintaining standards of honesty and integrity
 - Conscientiousness: Taking responsibility for personal performance
 - Adaptability: Flexibility in handling change
 - Innovativeness: Being comfortable with and open to novel ideas and new information
- Self-Motivation
 - Achievement drive: Striving to improve or meet a standard of excellence
 - Commitment: Aligning with the goals of the group or organization
 - Initiative: Readiness to act on opportunities
 - Optimism: Persistence in pursuing goals despite obstacles and setbacks
- Social Awareness
 - Empathy: Sensing others' feelings and perspective, and taking an active interest in their concerns
 - Service orientation: Anticipating, recognizing, and meeting customers' needs
 - Developing others: Sensing what others need in order to develop, and bolster their abilities
 - Leveraging diversity: Cultivating opportunities through diverse people
 - Political awareness: Reading a group's emotional currents and power relationships
- Social Skills
 - Influence: Wielding effective tactics for persuasion
 - Communication: Sending clear and convincing messages
 - Leadership : Inspiring and guiding groups and people
 - Change catalyst: Initiating or managing change
 - Conflict management: Negotiating and resolving disagreements
 - Building bonds: Nurturing instrumental relationships
 - Collaboration and cooperation: Working with others toward shared goals
 - Team capabilities: Creating group synergy in pursuing collective goals

¹³ [Understanding and Developing Emotional Intelligence](#)

Schedule

Decide on which days you will take which actions. You should add these dates to your calendar now.

- [Date]: Finalize plan
- [Dates]: Execute plan
- [Dates]: Review plan's outcomes

Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].

- Combined: We predict with an average [X]% confidence that [Name] will [Y] by [Z].

Outcomes

Objectively record how well you achieved your objectives.

- [Date #1]: [Outcomes]
- [Date #2]: [Outcomes]
- [Date #3]: [Outcomes]
- [Date #4]: [Outcomes]
- [Date #5]: [Outcomes]
- [Date #6]: [Outcomes]
- [Date #7]: [Outcomes]
- [Date #8]: [Outcomes]
- [Date #9]: [Outcomes]
- [Date #10]: [Outcomes]

Notes

Add any random thoughts, questions, and uncertainties you may have.

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