## **Table of Contents**

	Acknowl	edgments	xi	
Introduction	on: On Pro	escriptions, Pills, and How to Use This Book	xiii	
	Why relief from negative feelings matters			
	The prescriptions		xiv	
	Why not	pills?	xvii	
	How to u	se this book	xxii	
Chapter 1	How You	Feel and Why	1	
	Rx 1.1:	Treasure this Hand Map to guide your way.	1	
	Rx 1.2:	Self-diagnose your negative emotions.	4	
	Rx 1.3:	Regard emotional distress as helpful.	6	
	Rx 1.4:	Clarify the dilemmas in your life.	7	
	Rx 1.5:	Look further when external adversities appear		
		overwhelming.	10	
Chapter 2	Depression			
	Rx 2.1:	Consider ten theories to understand depression more broadly.	13	
	Rx 2.2:	Appreciate how depression may protect you.	20	
	Rx 2.3:	Identify situations in which you have been tempted to fold.	22	
	Rx 2.4:	Alleviate depression with a Three P's visualization.	23	
	Rx 2.5:	Relieve childhood-based depression with	29	
		That Was Then. This Is Now.		

## xii | Prescriptions Without Pills

	Rx 2.6:	Strengthen yourself with AGGRESS-N,	34
	D 07	eight natural antidepressants.	62
	Rx 2.7:	Check for relationship factors that induce depression	1. 43
	Rx 2.8:	Choose couples counseling for therapy	40
		if you are married.	49
	Rx 2.9:	Handle grief and relationship endings	53
	_	without depression.	-/
	Rx 2.10:	Consider right-left prefrontal lobe energy-shifting.	56
Chapter 3	Anger		60
	Rx 3.1:	Clarify sixteen costs of anger and one core remedy.	61
	Rx 3.2:	Rate your amygdala reactivity.	72
	Rx 3.3:	Check for factors that fuel anger.	75
	Rx 3.4:	Explore your anger triggers and models,	78
		then find better solutions.	
	Rx 3.5:	Regard anger as a stop sign.	86
	Rx 3.6:	Design exit/re-entry plans to prevent arguments.	91
	Rx 3.7:	Defuse anger with That Was Then, This Is Now.	97
	Rx 3.8:	Identify what you do that invites anger in others.	100
	Rx 3.9:	Release resentments about the past.	102
	Rx 3.10:	Recognize narcissistic, borderline, paranoid,	114
		and bipolar anger.	
Chapter 4	Anxiety		123
	Rx 4.1:	Recognize anxiety, then take three steps	124
		to alleviate it.	
	Rx 4.2:	Visualize anxiety: Where is the feeling	128
		within your body?	
	Rx 4.3:	Reduce anxiety with That Was Then, This Is Now.	131
	Rx 4.4:	Choose from two calming options for	134
		anxiety surges.	
	Rx 4.5:	Minimize performance anxiety.	136
	Rx 4.6:	Halt agitation over decisions.	142
	Rx 4.7:	End worrying by seeking information.	144
	Rx 4.8:	Think of panic attacks as Find the Butterfly puzzles.	148
	Rx 4.9:	Alleviate chronic stress via three strategies.	151

		Table of Contents	xiii
	Rx 4.10:	Remove intense anxiety and eliminate	160
		PTSD with EFT.	
Chapter 5	Addictions		
	Rx 5.1:	Recognize your self-injurious habits.	164
	Rx 5.2:	Identify four stages in the journey	166
		from habits to addictions.	
	Rx 5.3:	Clarify the sources of your addictive habits.	167
	Rx 5.4:	Ask the Six Questions to End Bad Habits.	172
	Rx 5.5:	Learn from thumb-sucking, the earliest addiction.	176
	Rx 5.6:	Build new habits instead of relying on willpower	181
		to resist the old.	
	Rx 5.7:	Become savvy about the addictive nature of	183
		electronic devices.	
	Rx 5.8:	Pay attention to marijuana use.	185
	Rx 5.9:	Protect your marriage by regarding	187
		affairs as addictions.	
	Rx 5.10:	Cease the four habits that feed enabling and	193
		codependency.	
Chapter 6	Well-Being		199
	Rx 6.1:	Note quickly when collaborative dialogue	200
		becomes adversarial.	
	Rx 6.2:	Activate Word Patrol to block words from	205
		the No-Fly List.	
	Rx 6.3:	Keep sensitive discussions safe with	213
		Six Safe Sentence Starters.	
	Rx 6.4:	Disagree agreeably with Triple-A.	218
	Rx 6.5:	Generate good feelings by Emanating Positivity.	221
	Rx 6.6:	Learn the Win-Win Waltz.	225
	Rx 6.7:	Identify conflicts and decisions that need	229
		the Win-Win Waltz.	
	Rx 6.8:	Resolve inner conflicts with Do or Become.	233
	Rx 6.9:	Heal together after upsetting incidents.	236
	Rx 6.10:	Hold on to your Circle of Skills.	241
Chapter 7	Look Bac	ck and Look Ahead	244
	Rx 7.1:	Review the Hand Map and its basic assumptions.	244

## xiv | Prescriptions Without Pills

	Rx 7.2:	Write out your action plan.	245
	Rx 7.3:	Enjoy well-being.	246
Appen	dix A: Furthe	r Learning Resources from Dr. Heitler	247
	Books	Il v Salar a Recognition and substitutions before	247
	Articles		248
	Audio p	rograms	248
	Videos	Rx 5.3: Clarks the source of mused digits	248
	Online		248
Appen	dix B: How to	o Choose a Therapist	250
Endno	tes	Rs 5.6c Rolld new labits instead of celving	252