

Dr. Thomas A. Parker & Associates



THE 168 PRINCIPLE

There are 168 hours in a week. Most counseling sessions are held weekly. The counseling session is only 1 hour during the course of a week. The other 167 hours are very important because lots of things can happen to hurt the progress you made during a session as well as one can develop negative ways of thinking or behaviors that become **Self Sabotaging Actions (SSAs)**. **Default Negative thoughts and beliefs as well as ruminations can lead to DEFAULT EMOTION RESPONSES (DERs) and BEHAVIORS.**

Be aware of the 168 Principle when you respond to homework given or assigned. Assignments may include handouts, exercises or some books and videos that can help you develop the skills to better cope with issues on which you are working. Just like with any skill, the more you work on it or practice it, the better you become using that skill(s).

Dr. Thomas A. Parker, LPC, CPCS