



Class 5

Modifying Automatic Thoughts

Cognitive Behavioral Therapies
and Approaches

Goals for Today

- Evaluating and modifying automatic thoughts

Looking for Variation



<http://imagesci.com/beautiful-flower-wallpaper-7978-hd-wallpapers.html>

- “Are there times that you believe this thought with less conviction?”
- “If your thought were entirely true, then how could you believe it to be less true at certain times?” (Leahy, 2003, p. 14)

Coping Statements/Cards



www.childanxiety.net/Coping_Cards.htm

- “This too shall pass.”
 - “I don’t have to be perfect.”
- “It’s not helpful for me to dwell on this.”
- “*I’ve gotten through tough situations before and I will again.*”
 - “I am improving.”
- “Feelings are like the weather. They don’t last forever.”

Detachment

- Observing thoughts and beliefs without buying into them or acting on them
- Maintaining curiosity, rather than judgment



Problem Solving



http://www.healthproponent.com/Images/icon_cube_large.jpg

- Recall the problem-solving method
- “How have you solved similar problems in the past?”
- “What would you advise a friend to do in the same situation?”
- “What are the pro’s and con’s of each option?”

Behavioral Activation



- Graduated task assignments
- Break down activities
- Mental rehearsal
- Anticipate obstacles

Behavioral Activation (cont.)

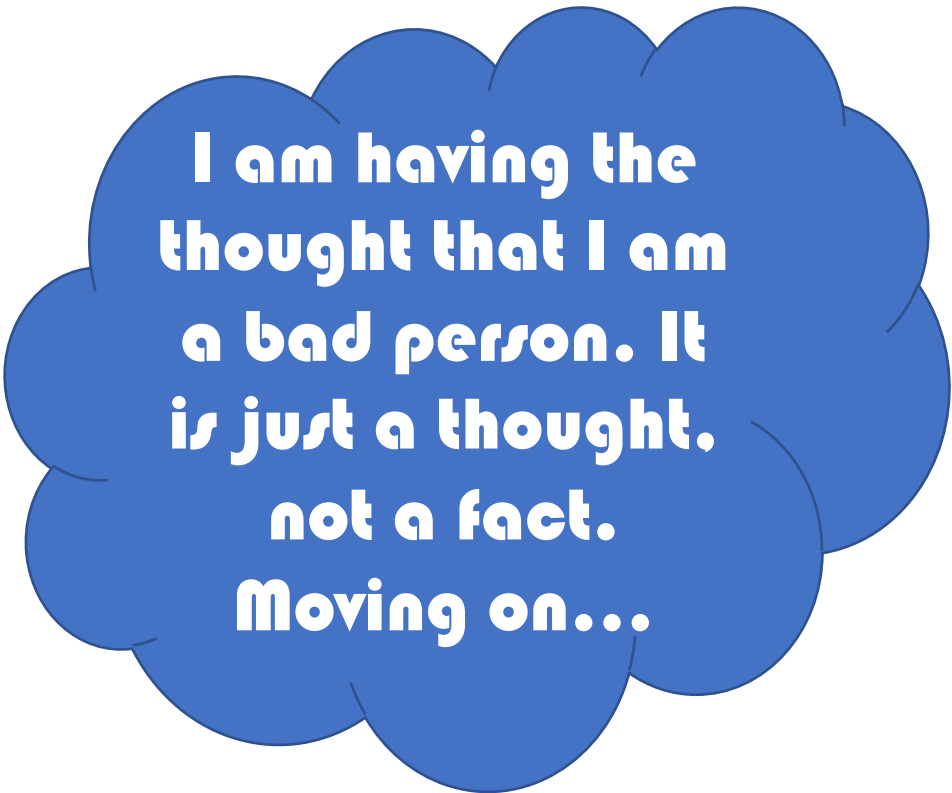
- **A**sk yourself, will what I am about to do make me more depressed? Cause more problems?
- **C**hoose to self-activate or to remain depressed for now.
- **T**ry the chosen behavior.
- **I**ntegrate the new behavior into my regular routine
- **O**bserve: Do I feel better or worse?
- **N**ever give up. Expect defeats, but keep trying.

Testing your thought

Remember, thoughts may be 100% true or 0% true or somewhere in the middle. Just because you think something doesn't necessarily mean it's true.

1. When you notice your mood getting worse, or you find yourself engaging in unhelpful behavior, ask yourself the questions on the reverse side of this worksheet and write down the answers. It will probably take about 5–10 minutes.
2. Not all questions apply to all automatic thoughts.
3. If you'd like, you can use the list below to identify cognitive distortions. You may find that more than one distortion applies.
4. Spelling, handwriting, and grammar don't count.
5. It was worth doing this worksheet if your mood improves by 10% or more.

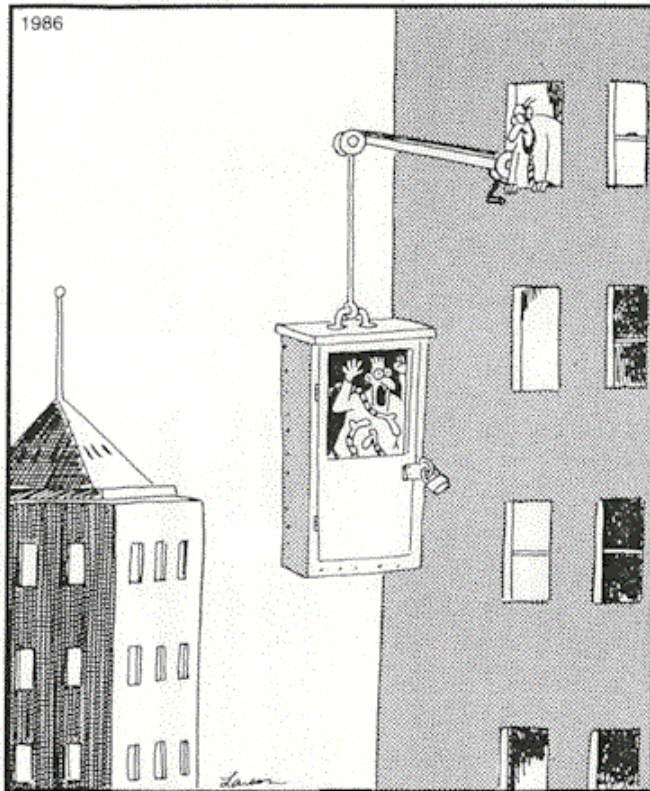
Thought Labeling (& Refocusing)



**I am having the
thought that I am
a bad person. It
is just a thought.
not a fact.
Moving on...**

- View thoughts as an observer
- Label them for what they are
- (Re)focus on the task at hand

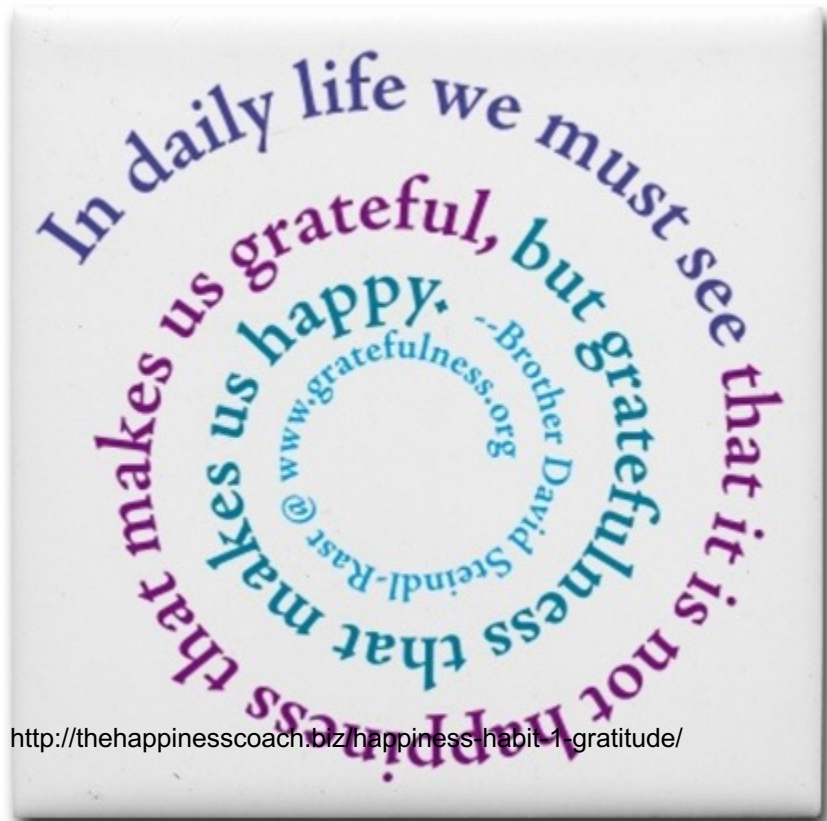
Behavioral Experiment



Professor Gallagher and his controversial technique of simultaneously confronting the fear of heights, snakes, and the dark.

- Identify a feared, but necessary, experience
- Make predictions about what doing it will be like
- Imagine it
- Do it, incrementally as necessary
- Test the accuracy of the prediction

Gratitude List



<http://thehappinesscoach.biz/happiness-habit-1-gratitude/>

*“What you
focus on,
expands”*

Practice : Case study and CBT techniques

Reading Reflection

Why is it important to help clients identify their values, aspirations, and goals?

There are so many techniques in CBT. How will you decide which ones to use?



Questions?

<http://hairycurmudgeon.com/2011/12/07/questions-of-the-day-because-im-actually-grappling-with-an-issue/>