

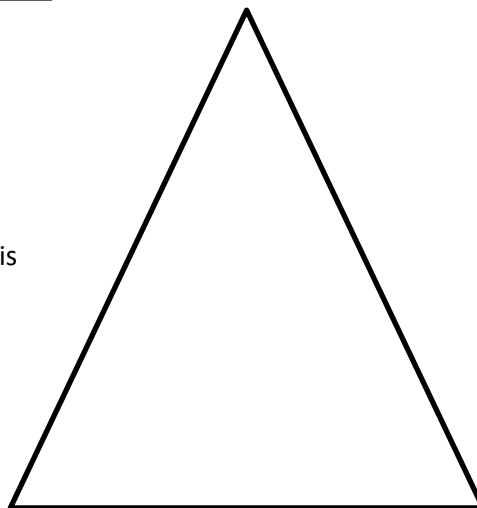
Negative or unhelpful thinking

- 1) Affect our emotions
- 2) Affect our behaviors

Negative / Unhelpful Thinking

When I see all the pill bottles on the counter in the morning:

Perception: All these medications are proof that I am never going to get better and will only get worse. Thought: "It's all downhill from here"



Behavior associated with this thinking

Mope, go back to bed

Emotion associated with this thinking

Feeling word: Depressed, Discouraged

Sensations in my body: Heavy

Rate: 1—2—3—4—5—6—7—8—9—10

What can we do to help? Cognitive coping

- 1) Identify a different way of perceiving or thinking about the situation
- 2) Replace the thought associated with the old perception with a new, more helpful thought associated with the new perception

Replacing unhelpful thoughts helps people 1) feel better 2) engage in more helpful behavior and 3) break the habit of negative/unhelpful thinking

We can use a cognitive coping triangle to come up with a new, more helpful way of thinking and a specific thought clients can tell themselves. Triangles also help to teach the concept that thinking influences emotions and behaviors.

Remember, we need to **repeatedly practice** the new thought or way of thinking about the situation, and need to do triangles with other unhelpful thinking about other situations.

What is one way to do the cognitive coping exercise?

- 1) Identify a situation:

What is a recent situation that triggered negative emotions (depressed/anxious/fearful)?

- 2) Identify the thinking in that situation:

What is the client's perception of that situation?
What is the specific thought that is associated with the situation? If having trouble, ask the client, what does the situation mean to you?

- 3) Identify another way of perceiving the situation that is more helpful. Consider:
 - a. What is a less extreme way to perceive things?
 - b. What is more compassionate way to talk to oneself?
 - c. What is a less negative way of thinking?
- 4) Create a specific new, more helpful thought that the client can tell himself in the situation.

Note: Find a new thought that the client is willing to use and helps the client, but try not to get stuck on whether something is "true" or not. Changing beliefs is what cognitive reprocessing is for.