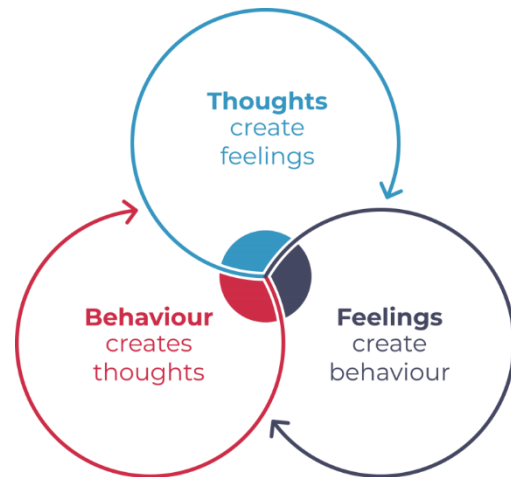


Cognitive Behavioural Therapy (CBT)



CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.



The purpose of CBT is to gain awareness of our automatic thoughts (those that come into our head without us realising), think about the way that they make us feel and how they affect our behaviour – then challenge them with more realistic and positive solutions.

Here's an example of challenging negative thoughts:

First, **identify** the distressing emotions, feelings, and thoughts...

Trigger/Situation: Going into the kitchen and seeing a pile of washing up

Emotion/Mood: Sad, Guilty

Physical Sensation/Feeling: Heavy feeling in my stomach/chest area, tense shoulders

Thoughts: I'm a failure. If I can't do the washing up how am I supposed to do anything else?

Next, **challenge your thoughts** "I'm a failure. If I can't do the washing up how am I supposed to do anything else", ask yourself:

What is the evidence that my thoughts are true? Think rationally, use the facts!

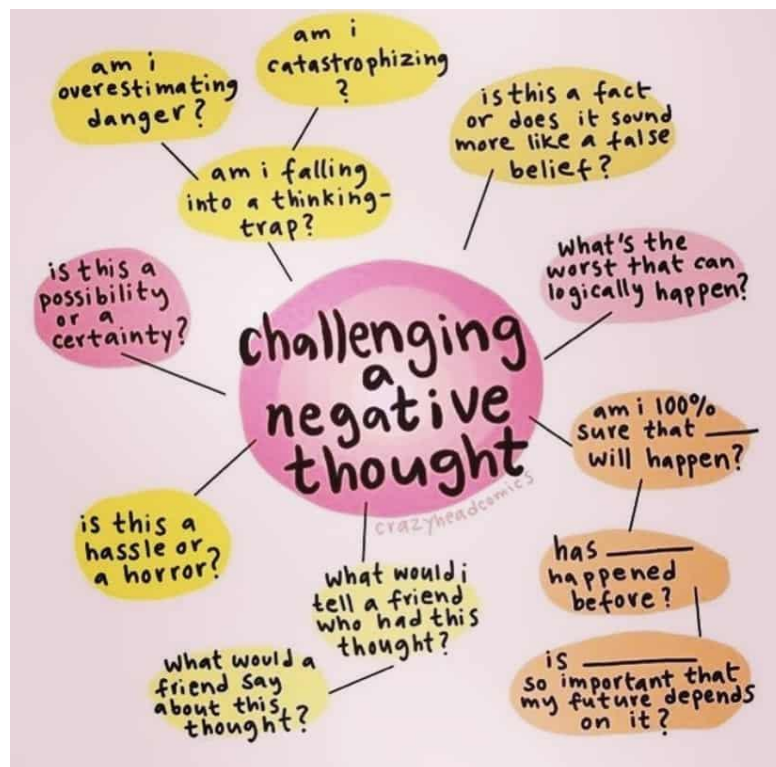
What evidence is there that these thoughts are not true, or what tells you that these thoughts are not true 100% of the time?

Finally, **create alternative, more realistic thoughts about the situation**

I've been going through a lot recently and washing up hasn't been my priority.

There's been multiple times I've done the washing up in the past.

I'm more than capable of doing the washing up.



Below you'll find your own worksheet for identifying and challenging negative automatic thoughts. The more awareness you gain of your automatic thoughts, the easier you'll find it to challenge them. This process takes practice, so I'd recommend completing one worksheet per day, for as long as you find it useful.

In addition to this, you can access a free online CBT course "Living Life to the Full for Adults", which you can start right away, at: <https://courses.lltff.com/user/register>

Challenging Negative Automatic Thoughts

Situation/Trigger	Emotion/ Mood	Physical Sensation/ Feeling	Thoughts	Alternative/ More Realistic, Positive Thoughts – Think, what’s the evidence that my negative thoughts are true?	What did I do/ What could I do? What's the best response?
<p>What happened? Where? When? Who with? How? I woke up this morning feeling exhausted.</p>	<p>What emotion did I feel at that time? What else? How intense was it? Sad/ Low/ Useless</p>	<p>What did I notice in my body? Where did I feel it? Heavy sensation in my stomach/chest</p>	<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen? I don't want to go to work. I can't face talking to people today. I don't have the energy to get up.</p>	<p>Take a breath.... Is this fact or opinion? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems? I have gone to work feeling bad before, and survived. Usually when I go to work, I feel much better by the end of the day.</p>	<p>What could I do differently? What would be more effective? Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be? I should go to work. I'll probably have a nice day, I will feel proud of myself for going in.</p>