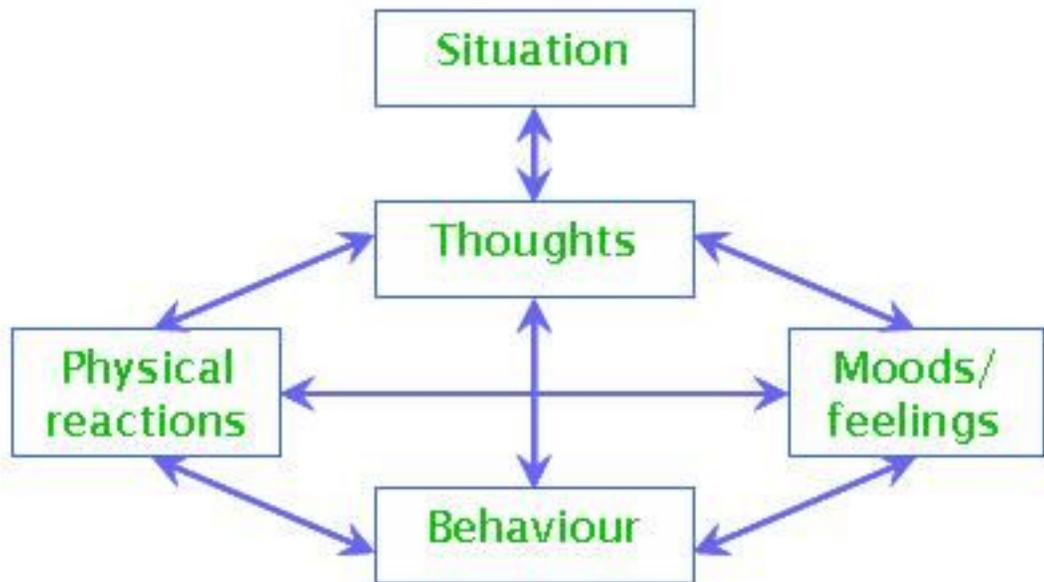


CBT Treatment Model



FEELINGS/EMOTIONS

Our mood or how we feel about a situation. Emotions are not necessarily based in logic but they are influenced by our thoughts and beliefs about a situation.

Feelings are feelings, they are normal and important signals in your body & mind.

THOUGHTS/BELIEFS

What we think or belief about a situation. How we interpret an event or situation. Can be

BEHAVIORS

A person's outward response or actions in response to a situation.

THREE TECHNIQUES :

1) FOCUS ON HOW THE FEELINGS CHANGE

Write down the feeling, acknowledge that feeling. E.g. “ I’m feeling somewhat nervous right now, which is natural”.

Then write, “When those feelings change I expect to feel calm and clear headed again”. This gives you a template. Then imagine what those expected changes will look like, think of the little changes. What are the first signs those feelings are changing? BREATHE

2) CHEW IT OVER AND ACT NORMAL

Anxiety is a survival response, not an illness. Anxiety response kicks in when we sense a threat but sometimes it can go overboard and hinders you. We can give it feedback:

Give your anxiety feedback. “Thanks for that signal... but I don’t need you right now” then we can alter the feedback loop. Sending a message to act normal, cut off the threat response. Notice your mouth. If you have gum, put a piece in your mouth a start chewing. Notice your salivary glands working. If you don’t have gum or you are already eating pretend or image you are put a piece of chewing gum in your mouth. Continue to breathe.

3) CATCH THE UNDERLYING ASSUMPTION AND CHASE DOWN LOGICAL CONCLUSIONS

If you feel anxious about something there is usually a fear of some consequence. Ask yourself, “What is the consequence I fear?” Acknowledge the fear: Go down the consequence thread. E.g. “I fear meeting new people, they might not like me, then that would make me upset. I fear that I may be unlikable” What are the consequences of that? Now think, how can I contradict this assumption or

thought pattern? “I remember that people like me, I’m likeable and funny.”
“Soon the party will be over and I can be wrong about how I assume people don’t like me.”. Shift the narrative in your thought pattern. BREATH

TAKEAWAYS:

- ⇒ Strong feelings shape thoughts, not the other way around. We can directly help lift and calm feelings so thoughts fall into line with calmer emotionality.
- ⇒ Working to reframe thoughts can be really useful.
- ⇒ Remember that feelings always change and focus on how they expect any current unpleasant feelings to change. This alone can begin to bring about the very exception they have imagined.
- ⇒ We can alter behavioral feedback so as to send the message to their sympathetic nervous system: “Nothing to report here, no emergency, stand down!” And know this is possible
- ⇒ Catch underlying assumptions and follow logical conclusions to think about how you would actually survive-- even thrive if the ‘worst’ did happen.

CONTINUE TO BREATHE