

CBT and other techniques to combat negative thoughts and actions.



the brain injury association
Central Lancashire

CBT

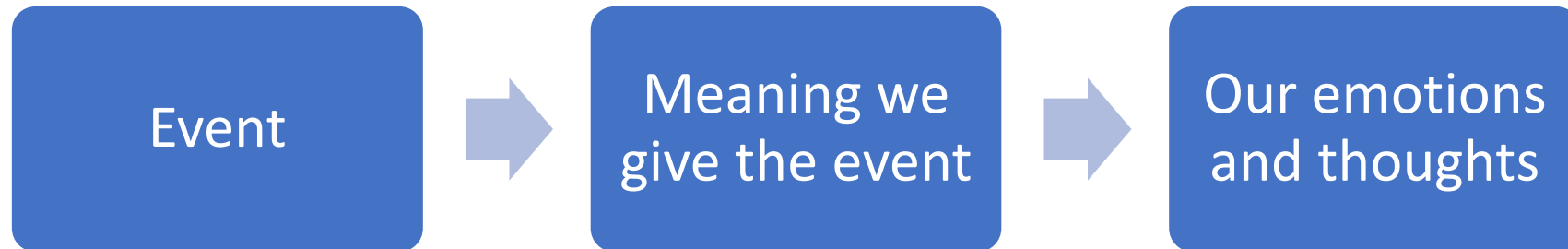
- Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.
- CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a negative cycle.
- CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.
- You're shown how to change these negative patterns to improve the way you feel.
- Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.
- It looks for practical ways to improve your state of mind on a daily basis.

CBT in practice

- If CBT is recommended, you'll usually have regular sessions with a therapist for a set number of sessions.
- You will break down your problems into their separate parts, such as your thoughts, physical feelings and actions.
- You will analyse these areas to work out if they're unrealistic or unhelpful, and to determine the effect they have on each other and on you.
- Talk to your GP, you will be referred to Mental Health Services
- There is a waiting list
- Its not for everyone
- You have to practice regularly

We are looking at thoughts today

- Our thoughts – all 70,000 to 100,000 of them every day, help us to interpret events that happen, sights, sounds, smells and feelings.
- Thoughts are not FACT, they are simply impulses in our brain.
- CBT says that its not the 'event' which causes our emotional and behavioural reactions, but the meaning we give that event and what we think about it.



Everyone experiences different thoughts about an event:



‘They look so happy, they will have a wonderful life together’.



‘They look happy today, but it won't last. Marriages always end in divorce, it's the kids I feel sorry for’.

Unhelpful thinking styles



All or nothing thinking 'If I'm not perfect I have failed'. 'Either I do it right or not at all'.



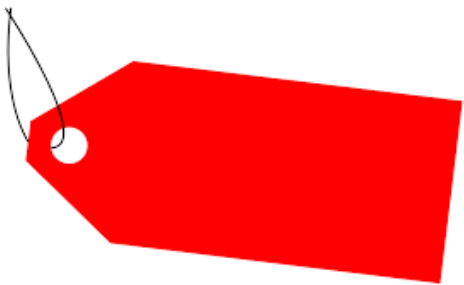
Over generalising: 'everything is always rubbish' 'nothing good ever happens'.



$$2 + 2 = 5$$

Jumping to conclusions, mind reading 'I know what they think about me'.

Fortune telling 'I just know its going to be bad'



Assigning labels to ourselves or other people 'I've got a brain injury so I must be useless' 'He is always interrupting he must be ignorant'

Unhelpful thinking styles



Catastrophising - Blowing things out of proportion

.....**should**
Must!

Using **critical words** like ‘**should** and ‘**must**’ can make us feel guilty, or like we have already failed. If we use ‘**should**’ with other people the result is often frustration

“**this is**
my fault”

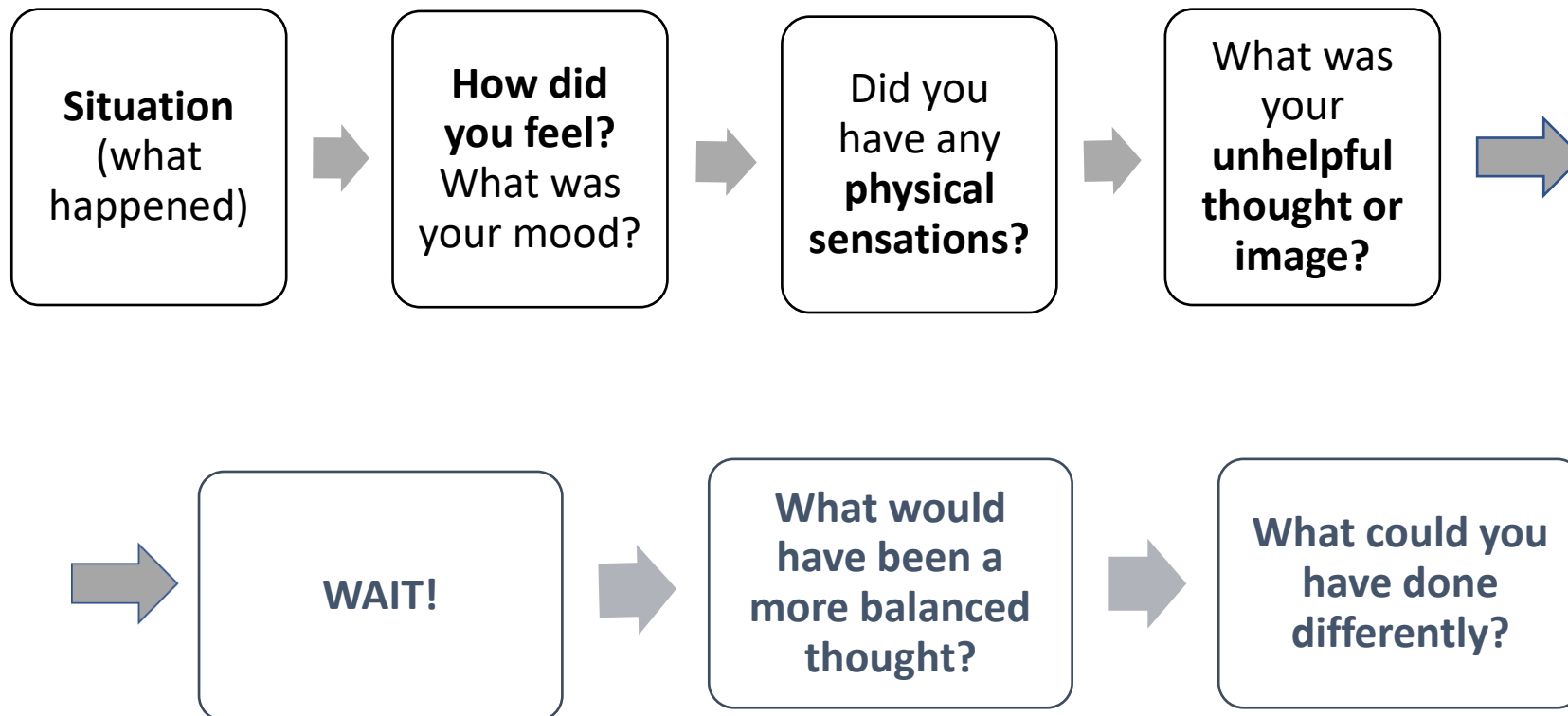
Blaming yourself or taking responsibility for something that wasn’t completely your fault. Or ...blaming other people for something that was your fault.



Discounting positive information or twisting a positive into a negative.

A thought record can help with negative thoughts...

- **Thought records** are a good way to monitor your thoughts and change your reaction to a situation and they are used in CBT, but you can use them yourself at home.



Thought Record Sheet

Situation	Emotions / Moods (rate 0 - 100%)	Physical sensations	Unhelpful Thoughts / Images	Alternative / realistic thought More balanced perspective	What I did / What I could do / Defusion technique / What's the best response? Re-rate Emotion 0-100%
<p>What happened? Where? When? Who with? How?</p>	<p>What emotion did I feel at that time? What else? How intense was it?</p>	<p>What did I notice in my body? Where did I feel it?</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?</p>	<p>STOP! 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?</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?</p>

Thought records

- Thought records can be as simple or as complex as you want to make them.
- They can help you reflect on past situations and how you reacted.
- And you can train yourself to react differently next time.

This
situation
led to
Jamie's
negative
thoughts...

The situation: Jamie is under pressure to take his daughter (Sam aged 12) out to buy some new clothes.

He is not with Sam's mum, and only see's Sam every other weekend.

He is due to see Sam next weekend, but struggling financially, and doesn't get paid until the week after.

So, he cannot buy the clothes next weekend.

What negative emotions will Jamie be feeling?

Will Jamie be experiencing any physical sensations?

What unhelpful thoughts do you think Jamie is having?

Emotions

- Fearful
- Disgusted
- Angered
- Surprised
- Happy
- Sad
- Embarrassed
- Excited
- Contempt
- Shame
- Pride
- Satisfied
- Amused
- Jealous
- Anxious
- Unhappy
- Confident
- Joyful



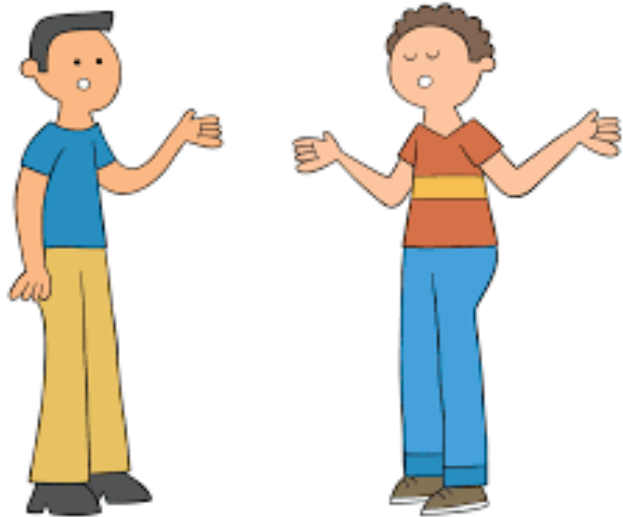
Physical Sensations

- Nausea
- Shaking
- Sweating
- Crying
- Butterflies
- Tingling
- Palpitations

- Stomach pain
- Headache
- Weakness/Fatigue
- Laughing



Challenging negative thoughts



WAIT!

What would someone else say about this situation, what's the bigger picture?

Is there another way of seeing it?

Is Jamie's reaction in proportion to the event?

What advice would you give Jamie?

What's the
best
response?

What could Jamie do and, what
will be more effective?

What's the plan?

What will the consequences
be?

BREAK FOR REFRESHMENTS

Other aids to help with negative thoughts

- Comfort box
- What else?

Real life situations.

- Situation =
- Emotion (sad/anxious...) =
- Physical sensations (dry mouth/sweating...)=
- Unhelpful thought =
- Alternative thought more balanced perspective =
- What's the best response looking back/ what could be done differently to change unhelpful thought =

Take away factsheets

- Thought record sheet
- Unhelpful thinking styles
- About automatic thoughts