



COGNITIVE BEHAVIORAL THERAPY

TOOL

COGNITIVE BEHAVIORAL THERAPY (CBT)

Is one of the oldest and most used tools in therapy which combines cognitive and behavioral therapeutic approaches to identify how your Thought Patterns and Perceptions affect your Feelings and Behaviors.

Disclaimer: this tool is by no means a substitute to consulting a therapist or getting Professional help. The aim is to help you start identifying the issues that are causing you distress so you can sort out the mental clutter and take necessary action.

Important Note:

It is critical to acknowledge that most of our stresses and emotional overwhelm is created by “How we think” rather than what we think. Furthermore, more than 90% of our emotions are the by-product of our thinking. The rest could be due to not getting enough sleep, burnout, not getting the right nutrients (whether from food or supplements) and not moving your body frequently.

It is also important to understand that not all stress is bad stress, and not all stress is created equally. To learn more about Stress, [read this article](#).

The following tool is designed to help you identify your triggers and their accompanying emotions or coping mechanisms as well as come up with new mental and action framework.

Caution: Information is not transformation.

Print the last page of this document or put its content on a private notebook that you can keep in your pocket/purse. You may even use your mobile notes app to immediately note down your insights and behaviors. Don't count too much on remembering later in the day what you felt and thought in the morning or at the moment of the mood drop. Our minds are already overwhelmed with internal chatter, let alone the external distractions that bombard us every minute of the day.

So, the minute you have a minute for yourself, take your notes tool and follow the instructions on the following pages.

How to do this exercise:

The minute you notice your mood dropping or you start feeling down, or angry, note down in the first column what were you thinking, what triggered it? Or was it that you were unconscious drifting to the past or negative future? The idea here is to start noticing your thoughts and to start recording them and then follow the instructions in the other columns to help you start reframing your thinking and become more aware of them.

Thought/ Situation/Trigger	Initial Reaction	Negative Thoughts	Balanced Alternative Thought	Outcome/Learning
This could be an event, idea, feeling, memory, image, a comment, or criticism...	How did I feel emotionally & where did I feel the emotion in my body? What is the name of the feeling	What unhelpful negative thoughts did I notice? How long was I thinking about it?	What is a more helpful & realistic way of thinking about this? What can I do differently?	What can I learn from this to prevent the situation in the future?

Additional Tips to optimize your State of Mind and Wellbeing:

- ✓ **Get enough sleep:** Good sleep is the No.1 priority and habit of Peak Performers. Refer or Download my ***Sleep Hygiene Sheet*** on the Free Resources Page.
- ✓ **Eat Clean:** not so many are aware that highly processed food impact negatively our Cognitive functioning. Homemade food is your ally. Refer to my ***Clean Eating Sheet*** on this page.
- ✓ **Supplement your Body** with the right minerals and nutrients: Most of us are deficient on: B12, Magnesium, Zinc and Vitamin D. A simple blood test helps and consult your Physician on dose.
- ✓ **Move your Body:** It doesn't matter if you do this in the gym or from the comfort of your own room and it doesn't matter if you run, walk outside, dance or use an app. Just do it. Start with 15 mins a day and build on that. This will activate your Feel-Good Neurotransmitters and enhance your mood in addition to the fact that when we look good we feel good. Do this at least 4 times a week and preferably in the morning. Avoid late night workout so that you can guarantee a good night sleep.
- ✓ **Journal your Thoughts and Emotions:** just because you're aware of your thoughts doesn't mean you're releasing their effect from your body, even if you're venting your worries to a friend. Some things we always keep for ourselves and better we give those private thoughts a space to be acknowledged, honored, and heard. If it helps, write on a piece of paper, then tear it up. Repeat.
- ✓ **Plan your next day the night before:** not knowing what to prioritize the next day - even if you intellectually know what you will be doing the next day at work - makes our minds restless especially at night. Get into the habit of writing 5 actions you need to do the next day and block those activities that get the needle moving in your calendar.