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Cbt worksheets for irrational thoughts

Cbt techniques for irrational thoughts. Cbt worksheet examples. Cbt automatic thoughts examples. Cbt irrational beliefs list.

Even if you're relatively unfamiliar with psychology, chances are you've heard of cognitive-behavioral therapy, commonly known as CBT. It's an extremely common type of talk therapy practiced around the world. If you've ever interacted with a mental health therapist, a counselor, or a psychiatry clinician in a professional setting, it's likely you've participated in CBT. If you've ever heard friends or loved ones talk about how a mental health professional helped them identify unhelpful thoughts and patterns and behavior and alter them to more effectively work towards their goals, you've heard about the impacts of CBT. CBT is one of the most frequently used tools in the psychologist's toolbox. Though it's based on simple principles, it can have wildly positive outcomes when put into practice. In this article, we'll explore what CBT is, how it works, and how you can apply its principles to improve your own life or the lives of your clients. Before you read on, we thought you might like to download our three Positive CBT Exercises for free. These science-based exercises will provide you with a comprehensive insight into Positive CBT and will give you the tools to apply it in your therapy or coaching. What is CBT?

"This simple idea is that our unique patterns of thinking, feeling, and behaving are significant factors in our experiences, both good and bad. Since these patterns have such a significant impact on our experiences, it follows that altering these patterns can change our experiences" (Martin, 2016). Cognitive-behavioral therapy aims to change our thought patterns, our conscious and unconscious beliefs, our attitudes, and, ultimately, our behavior, in order to help us face difficulties and achieve our goals. Psychiatrist Aaron Beck was the first to practice cognitive behavioral therapy. Like most mental health professionals at the time, Beck was a psychoanalysis practitioner. While practicing psychoanalysis, Beck noticed the prevalence of internal dialogue in his clients and realized how strong the link between thoughts and feelings can be. He altered the therapy he practiced in order to help his clients identify, understand, and deal with the automatic, emotion-filled thoughts that regularly arose in his clients. Beck found that a combination of cognitive therapy and behavioral techniques produced the best results for his clients. In describing and honing this new therapy, Beck laid the foundations of the most popular and influential form of therapy of the last 50 years. This form of therapy is not designed for lifelong participation and aims to help clients meet their goals in the near future. Most CBT treatment regimens last from five to ten months, with clients participating in one 50- to 60-minute session per week. CBT is a hands-on approach that requires both the therapist and the client to be invested in the process and willing to actively participate. The therapist and client work together as a team to identify the problems the client is facing, come up with strategies for addressing them, and creating positive solutions (Martin, 2016). Cognitive Distortions Many of the most popular and effective cognitive-behavioral therapy techniques are applied to what psychologists call "cognitive distortions," inaccurate thoughts that reinforce negative thought patterns or emotions (Grohol, 2016). There are 15 main cognitive distortions that can plague even the most balanced thinkers. 1. Filtering Filtering refers to the way a person can ignore all of the positive and good things in life to focus solely on the negative. It's the trap of dwelling on a single negative aspect of a situation, even when surrounded by an abundance of good things.

2. Polarized thinking / Black-and-white thinking This cognitive distortion is all-or-nothing thinking, with no room for complexity or nuance—everything's either black or white, never shades of gray.

If you don't perform perfectly in some area, then you may see yourself as a total failure instead of simply recognizing that you may be unskilled in one area. 3. Overgeneralization Overgeneralization is taking a single incident or point in time and using it as the sole piece of evidence for a broad conclusion. For example, someone who overgeneralizes could bomb an important job interview and instead of brushing it off as one bad experience and trying again, they conclude that they are terrible at interviewing and will never get a job offer.

10 REBT Must Scripts for Life

1	Everyone must love, care about, approve of, or accept me and whatever I do—because if they do not all view me and whatever I do positively, then I must view myself as being negative self-concepts (stupid, worthless, defective, unwanted, weak).
2	I must be perfect, competent, successful, productive, or adequate in all things (or, at least, in one major thing)—else, I must view myself as a failure in all things.
3	People who do bad things are bad, rotten, wicked people who must be blamed, damned, and severely punished for being such bad people.
4	If I am treated unfairly or am frustrated, then that treatment is a catastrophe that must not be allowed to happen again—else, my negative treatment will prove that I am an insignificant and undesirable human being.
5	The world makes me feel the way I do, and that world must take responsibility to change and control how I feel—else, I will be blamed and damned for and as my bad feelings.
6	If something scares me, is very odd, or is very dangerous, then I must become nervous and rattle my brain about it—else, I will become like that thing and become a victim of it.
7	I must avoid responsibility, because it is easier and more satisfying to avoid responsibility than it is to learn self-discipline—else, I will be blamed and damned for being irresponsible.
8	The past must be held responsible for the present, because there is no way out of their cause-effect relationship—else, I will be blamed and damned for and as my bad experiences or mistakes in the present.
9	I or we must solve every problem in the world so that life will not be awful or a disaster—else, my failure will prove that I am inadequate and a complete failure as a human being.
10	I must have nothing to do, for then and only then will I have the time to be happy and to enjoy myself—else, I will get caught doing things badly and be blamed and damned as my failures and foibles.

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4. Jumping to conclusions Similar to overgeneralization, this distortion involves faulty reasoning in how one makes conclusions. Unlike overgeneralizing one incident, jumping to conclusions refers to the tendency to be sure of something without any evidence at all. For example, we might be convinced that someone dislikes us without having any real evidence, or we might believe that our fears will come true before we have a chance to really find out. 5.

Catastrophizing / Magnifying or Minimizing This distortion involves expecting that the worst will happen or has happened, based on an incident that is nowhere near as catastrophic as it is made out to be. For example, you may make a small mistake at work and be convinced that it will ruin the project you are working on, that your boss will be furious, and that you'll lose your job. Alternatively, one might minimize the importance of positive things, such as an accomplishment at work or a desirable personal characteristic. 6. Personalization This is a distortion where an individual believes that everything they do has an impact on external events or other people, no matter how irrational that may be. A person with this distortion will feel that he or she has an exaggerated role in the bad things that happen around them. For instance, a person may believe that arriving a few minutes late to a meeting led to it being derailed and that everything would have been fine if they were on time. 7. Control fallacies This distortion involves feeling like everything that happens to you is either a result of purely external forces or entirely due to your own actions. Sometimes what happens to us is due to forces we can't control, and sometimes what it's due to our own actions, but the distortion is assuming that it is always one or the other. We might assume that difficult coworkers are to blame for our own less-than-stellar work, or alternatively assume that every mistake another person makes is because of something we did. 8. Fallacy of fairness We are often concerned about fairness, but this concern can be taken to extremes. As we all know, life is not always fair. The person who goes through life looking for fairness in all their experiences will end up resentful and unhappy. Sometimes things will go our way, and sometimes they will not, regardless of how fair it may seem. 9. Blaming When things don't go our way, there are many ways we can explain or assign responsibility for the outcome. One method of assigning responsibility is blaming others for what goes wrong. Sometimes we may blame others for making us feel or act a certain way, but this is a cognitive distortion. Only you are responsible for the way you feel or act. 10. "Shoulds" "Shoulds" refer to the implicit or explicit rules we have about how we and others should behave. When others break our rules, we are upset. When we break our own rules, we feel guilty. For example, we may have an unofficial rule that customer service representatives should always be accommodating to the customer. When we interact with a customer service representative that is not immediately accommodating, we might get angry.

R.G. Meester et al. / Journal of Anxiety Disorders 34 (2009) 105–200

Cognitive restructuring: learning to attack unhelpful thoughts

Cognitive Restructuring: Learning to attack unhelpful thoughts

Unhelpful Thought

1. What evidence do you have for the thought?

2. What evidence do you have against the thought?

3. What would you tell a friend to help them if they had the thought?

4. Think of your calmest, most rational and supportive friend or family member. How would he/she react to the causal thought? What would he/she say?

5. Are you worrying about an outcome that you can't control? Is there any point to this type of worry?

6. What does the thought do for you? How does it make you feel? Is it helpful in any way, or is it just distressing?

7. What good things would you gain if you gave up the thought? How would you life be different if you didn't believe the thought?

8. If the causal thought was true, what is the worst outcome? Is it as bad as you think?

If we have an implicit rule that we are irresponsible if we spend money on unnecessary things, we may feel exceedingly guilty when we spend even a small amount of money on something we don't need. 11. Emotional reasoning This distortion involves thinking that if we feel a certain way, it must be true. For example, if we feel unattractive or uninteresting in the current moment, we think we are unattractive or uninteresting. This cognitive distortion boils down to: "I feel it, therefore it must be true." Clearly, our emotions are not always indicative of the objective truth, but it can be difficult to look past how we feel. 12. Fallacy of change The fallacy of change lies in expecting other people to change as it suits us. This ties into the feeling that our happiness depends on other people, and their unwillingness or inability to change, even if we demand it, keeps us from being happy. This is a damaging way to think because no one is responsible for our own happiness except ourselves. 13. Global labeling / mislabeling This cognitive distortion is an extreme form of generalizing, in which we generalize one or two instances or qualities into a global judgment. For example, if we fail at a specific task, we may conclude that we are a total failure in not only that area but all areas. Alternatively, when a stranger says something a bit rude, we may conclude that he or she is an unfriendly person in general. Mislabeling is specific to using exaggerated and emotionally loaded language, such as saying a woman has abandoned her children when she leaves her children with a babysitter to enjoy a night out.

Cognitive Distortions

Cognitive distortions are irrational thoughts that can influence your emotions. Everyone experiences cognitive distortions to some degree, but they can cause serious long-term effects.

Magnification and Minimization Exaggerating or minimizing the importance of events. One might believe their own shortcomings are catastrophic, or that their mistakes are insignificant.

Catastrophizing Seeing only the worst possible outcome of a situation.

Overgeneralization Making broad inferences from a single or few events. "I've never done this before, so I'll never do it again."

Mental Filtering The belief that one will experience unrelieved situations. "I'm a good person, but I'll never be happy."

Personalization The belief that one is responsible for events outside of their own control. "My boss is angry with me, so I must have done something wrong."

Jumping to conclusions Interpreting the meaning of a situation with little or no evidence.

Global Labeling Interpreting the thought and feelings of others without adequate evidence. "She would not go to a date with me. She probably thinks I'm ugly."

Emotional Reasoning The belief that one's feelings are reality. "I feel nervous, so I must be nervous."

Should Statements The expectation that a situation will work out perfectly without adequate evidence. "I should be a doctor, but I'm not."

Discounting the Positive Interpreting only the negative aspects of a situation while ignoring the positive. One might believe they are unqualified for an education, but focus on the single grade of a report card.

Should Statements The belief that one should be a certain way. "I should always be happy."

Overthinking Thinking about a situation such as "Should", "must", or "have to". "I never do a good enough job on anything."

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14. Always being right While we all enjoy being right, this distortion makes us think we must be right, that being wrong is unacceptable. We may believe that being right is more important than the feelings of others, being able to admit when we've made a mistake or being fair and objective. 15. Heaven's Reward Fallacy This distortion involves expecting that any sacrifice or self-denial will pay off. We may consider this karma, and expect that karma will always immediately reward us for our good deeds. This results in feelings of bitterness when we do not receive our reward (Grohol, 2016).

ABC Model

