



Couch Conversations

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Psychotherapy and Counseling, Inc.

Cognitive Behavior Therapy (CBT)

What is Cognitive Behavior Therapy?

- Cognitive Behavior Therapy (CBT) is a form of treatment in psychotherapy that closely examines the **thoughts, behaviors, and emotions** that are experienced in a given **situation**.
- The **situations** are generally stressful in nature and often increase anxiety, depression, panic, fear, and many other difficult symptoms.

Understanding My Thoughts, Behaviors and Emotions

Thoughts

- Most people experience Automatic Thoughts in difficult or stressful situations. These Automatic Thoughts usually happen without your awareness and usually stem from your Core Beliefs.
- Automatic Thoughts are generally rigid, judgmental, and not based in your reality which is why they are also referred to as Cognitive Distortions.
- It is important to bring these unhelpful thoughts to your awareness so that you begin to realize when you are engaging in these thoughts and make different decisions in similar situations.
- Identify the common thought patterns that you experience in different situations, ask yourself if they are helpful or unhelpful, and challenge cognitive distortions by searching for evidence in your environment that do not support this thinking.
- Challenging these thoughts will require a lot of practice.

Behaviors

- What are the behaviors that you are engaging in during stressful situations? Identify those behavioral patterns and ask yourself, are these behaviors helpful or unhelpful during those situations and what can you do instead?
- Consider if you do any of the following: avoidance, withdrawal, defensiveness, rumination, worry, escaping or numbing.
- Some helpful and adaptive behaviors include taking a pause, deep breathing, appropriate communication of your feelings, and effective expression of your needs in that situation.

Emotions

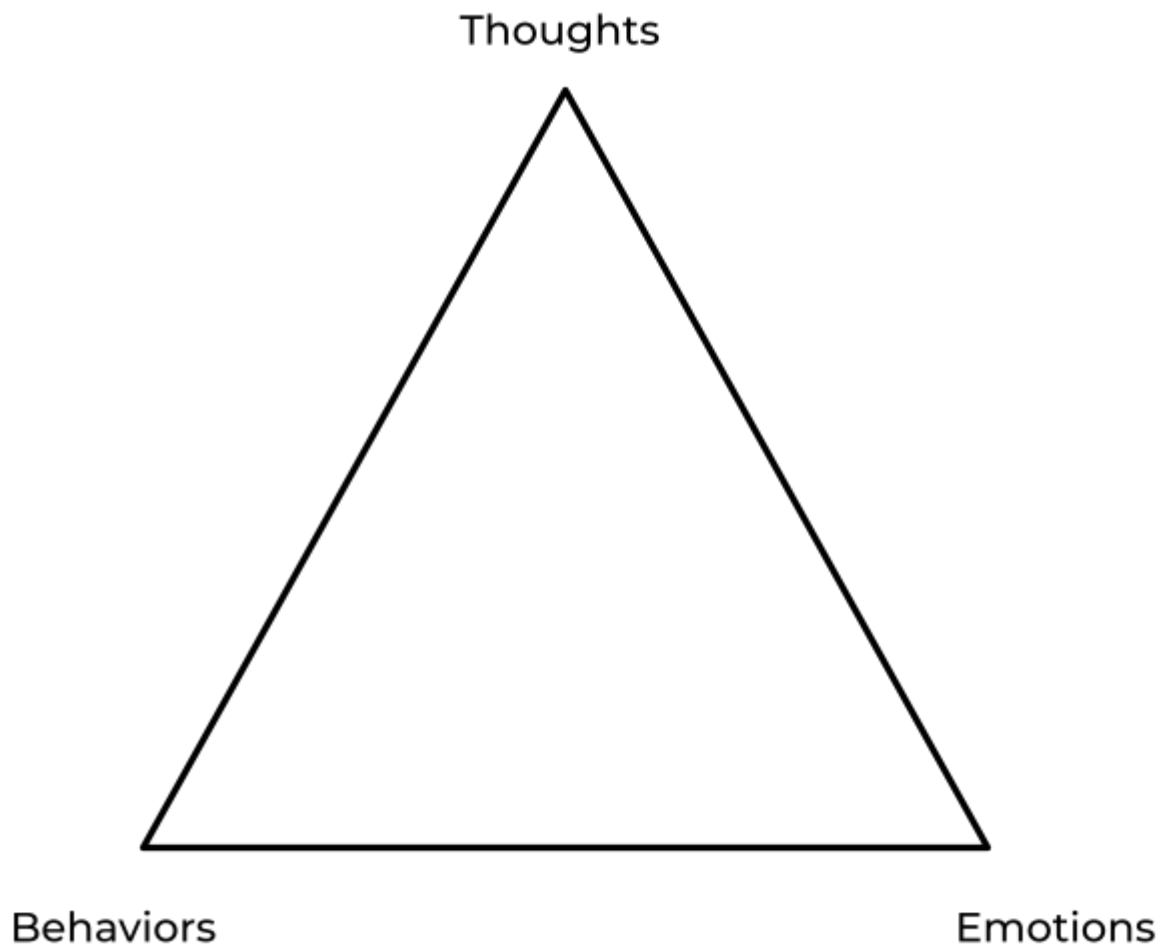
- Stressful situations may promote emotions that are characterized by sadness, fear, anger, or disgust.
- While you cannot change these emotional reactions, you can learn to understand them and determine how you “respond” to the stressful situation, instead of “react” to it.

www.couchconversationstherapy.com

Cognitive Behavior Therapy (CBT) Handout

The following handout helps you identify a stressful situation and the Thoughts, Behaviors, and Emotions that were at play during that time. Take a “Snapshot” of that moment in time, and carefully examine what you were thinking, doing and feeling. From there, you will be able to identify whether those thoughts and behaviors were helpful or unhelpful, and how they impacted your emotions or vice versa.

DESCRIBE THE SITUATION:



How Can Therapy Help? A therapist who uses CBT in their treatment with clients understands the importance of addressing the underlying unhelpful thinking patterns that are impacting their progress and works in collaboration with clients to challenge those cognitive distortions. Additionally, a therapist will address the healthy versus unhealthy behaviors that result as a part of the thinking patterns, as well as assist clients in understanding how their underlying emotions are also playing a role in their thoughts and behaviors. If you are ready to use CBT to become the best version of yourself in therapy, head to www.couchconversationstherapy.com for more information.