

MENTAL HEALTH

COGNITIVE BEHAVIOURAL THERAPY

A HELPFUL GUIDE FOR PEOPLE
TO COMMENCE CBT WITH A
THERAPIST

IT IS AN EVIDENCE BASED TREATMENT, WHICH MEANS IT IS BASED ON RESEARCH AND CLINICAL EXPERTISE. IT ADDRESSES THE NEGATIVE BELIEFS THAT PAIR UP WITH STRONG NEGATIVE EMOTIONS THAT LEAD TO CHRONIC STRESS, IRRATIONAL THOUGHT, AVOIDANCE AND FEELINGS OF OVERWHELM.

IT IS NORMAL TO FEEL ANXIOUS OR NERVOUS ABOUT YOUR SESSION. YOUR SYMPTOMS WILL REDUCE OVER TIME. CBT REQUIRES YOU TO ACCEPT YOUR STARTING POINT AND VISUALISE YOUR GOALS FOR YOURSELF AND THERAPY.

CBT WILL HAVE A BENEFIT TO YOUR DAILY FUNCTIONING BECAUSE IT IMPROVES YOUR SELF REGULATION, ABILITY TO SOLVE PROBLEMS AND FACE YOUR FEARS IN LIFE.

YOU CAN USE OTHER THERAPIES IN COLLABORATION WITH CBT.



CBT PRACTICE FOR HOME USE

This template provides a structured approach to practicing Cognitive Behavioural Therapy (CBT) techniques at home. Remember, while self-help can be beneficial, it's always best to work with a qualified mental health professional for personalized guidance.

1 Situation

Describe the situation that triggered negative thoughts or emotions:

2 Automatic Thoughts

List the immediate thoughts that came to mind:

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-
-
-
-
-
-
-
-
-

3 Emotions

Identify and rate the intensity of your emotions (0-100%):

- Emotion 1: _____ (___%)
- Emotion 2: _____ (___%)
- Emotion 3: _____ (___%)

4 Cognitive Distortions

Identify any cognitive distortions in your thoughts:

- All-or-nothing thinking
- Overgeneralization
- Mental filter
- Discounting the positive
- Jumping to conclusions
- Magnification or minimization
- Emotional reasoning
- Should statements
- Labelling
- Personalization

5 Evidence

List evidence that supports and doesn't support your automatic thoughts:

Evidence for:

-
-
-
-

Evidence against:

-
-
-

6 Alternative Thoughts

Generate more balanced, alternative thoughts:

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-
-
-
-
-
-

7 New Emotions

Re-rate your emotions after considering alternative thoughts:

- Emotion 1: _____ (___%)
- Emotion 2: _____ (___%)
- Emotion 3: _____ (___%)



8 Action Plan

Outline steps to address the situation based on your new perspective:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.