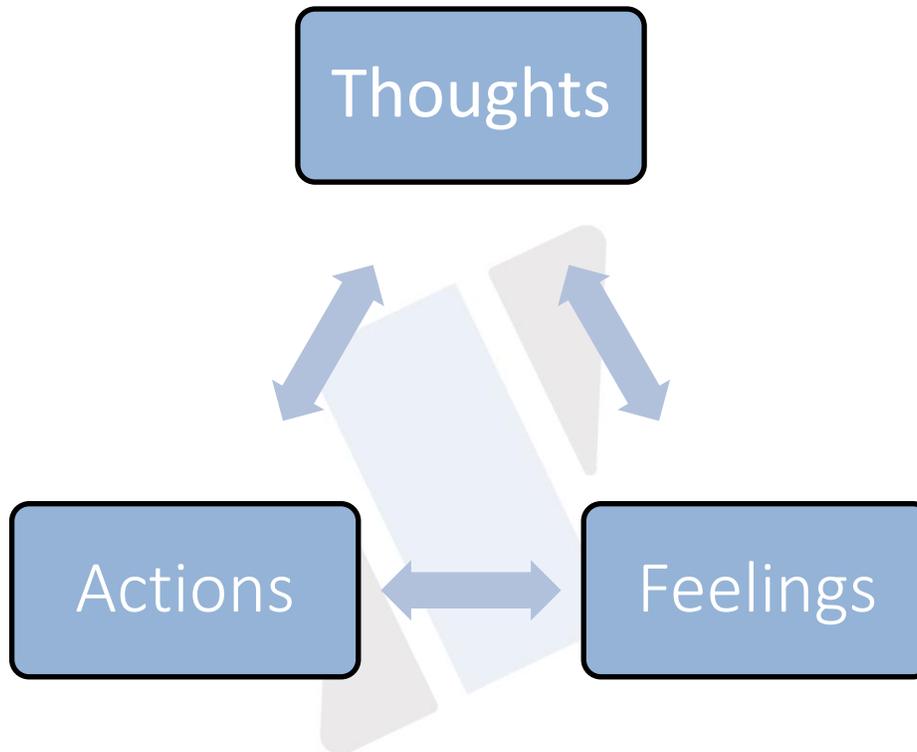


## Cognitive Behavioral Therapy (CBT)



The CBT treatment model emphasizes the connections between thoughts, feelings, and behaviors in a given situation. The cognitive part of Cognitive Behavioral Therapy involves the way in which thoughts contribute to how people feel and act. The behavior thought of CBT involves the way in which actions contribute to how people feel and think. Learning to think differently about situations and to adjust or engage in specific actions can affect (improve or change) mood.

## Using CBT to build on successful experiences

Utilize critical thinking and follow action steps when faced with situations that may trigger anxiety, depression, anger, or other negative emotions:

1. *Thoughts - Challenge negative thinking and employ positive self-talk.*  
Research has demonstrated that positive self-talk has a powerful effect in decreasing negative emotion and improving performance. Avoiding thinking traps by challenging negative thoughts and providing a logical alternative can be a helpful step for improving mood. Here are some challenge questions:
  - a. What is the evidence that my thought is true/not true?
  - b. Is this a 'possibility' or a 'probability'?
  - c. How will I handle the situation if it does occur?
  - d. Is my thought more of a 'half empty' or a 'half full' thought?
2. *Thoughts – Acknowledge positives, progress, and mental and physical successes to build confidence*
3. *Actions - Develop coping strategies to manage negative emotions and better tolerate distress*
  - a. When overwhelmed, count to 10, take 3 deep breaths, notice objects in the environment, or engage in a pleasurable activity
  - b. *Progressive muscle relaxation* can help release tension by systematically tensing then releasing different muscle groups
  - c. Take a “time out” from worries by finding ways to relax and unwind

4. *Actions - Practice situations that cause distress in non-confrontational environments.* Take control of emotions, and learn to use coping strategies in a gradual fashion by simulating stressful situations, making a plan, and slowly practicing situations that feel difficult.

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