

Cognitive Reframe: Using CBT Skills to Break Down Unhealthy Thought Patterns

Objectives

- Learn basic tenets of Cognitive Behavioral Therapy (CBT)
- Identify unhealthy thought patterns and explore strategies to adaptively reframe them
- Converse and connect with fellow Dorm parents

Intro to Cognitive Behavioral Therapy

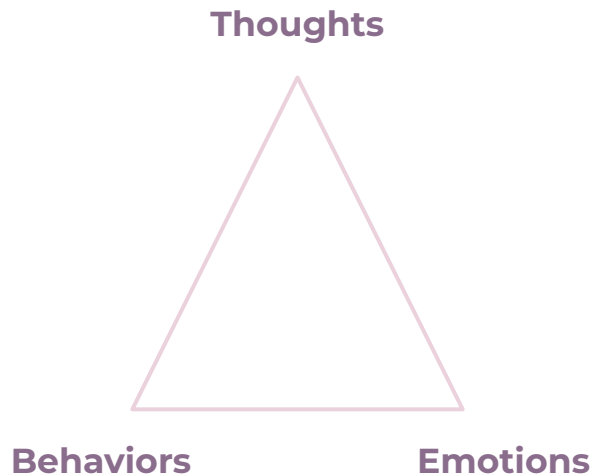
CBT is an evidence-based intervention that assists a person in understanding **how their thoughts and behaviors influence their feelings, and, in turn, reinforce thought or behavioral patterns.** *CBT is a Solutions-oriented intervention.*

Factors:

- Present day issues
- Core beliefs
 - Life experiences
 - External influences
- Genetic predispositions

Goals:

- Learn to identify maladaptive and dysfunctional thoughts and actions.
- Replace with adaptive cognitions and behaviors.



Cognitive Behavioral Therapy Cont.

Through CBT, a person learns:

- To identify their unhealthy ways of thinking & current maladaptive behaviors
- To investigate how these unhealthy patterns affect their mood and general wellbeing
- To explore values & core beliefs
- Strategies to positively modify their thoughts and behaviors
- Tools for emotional regulation

Identifying Maladaptive Behaviors

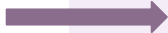
***Maladaptive behaviors* are harmful to physical or mental health.**

- Examples: substance use, smoking, avoidance, isolation, risky sexual behaviors, explosive conflicts
- Explore how behaviors influence mood
- Explore how behaviors influence thoughts

Reflect: what are your child's unhealthy behavioral habits? What are yours?

- Maladaptive parental behaviors examples: setting unclear boundaries, helicopter parenting, jumping to conclusions

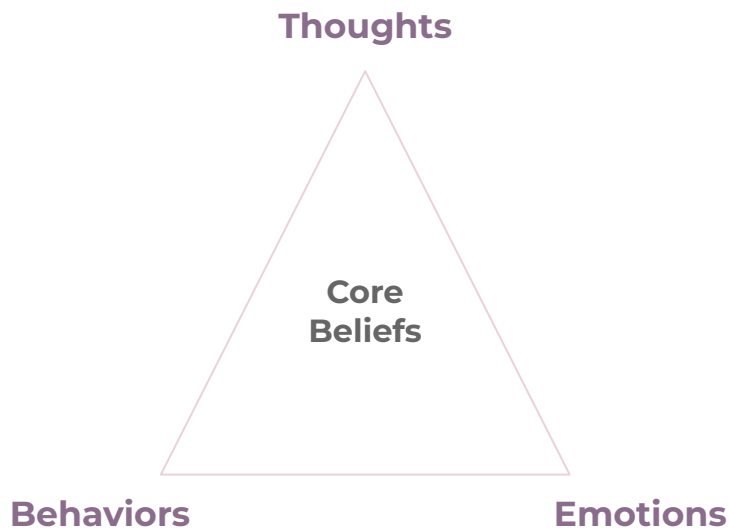
Identifying Maladaptive Cognitions

- **Thoughts that are harmful to physical or mental health**
 - **Characterized as “cognitive distortions”**
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Common Cognitive Distortions

- All or nothing thinking
 - Magnifying & minimizing
 - Black & white; always, never
 - Catastrophizing
- Emotional reasoning
- Personalization
- Magical Thinking, Fortune Telling, & Mind Reading
- Should statements
- Overgeneralizing
- Disqualifying the positive
- Beliefs that one cannot tolerate discomfort, negative events

Core Beliefs



- Central beliefs, ideas, or philosophies around self, others, and the world
- Yield to 'rules' or frequent thoughts & behaviors
- Foundation for automatic thoughts
- Examples:
 - "Others can't be trusted"
 - "Everything I do is wrong"
 - "I am unworthy"
 - "I don't belong"

CBT Tools

- Psychoeducation
 - Teaching behavioral activation
 - Mood tracking
 - Identifying Values
 - Automatic Thought Records
 - **Cognitive Reframe**
- SMART Goals
 - Exposure & Desensitization
 - Relaxation Techniques

The Cognitive Reframe

Cognitive Reframe

- **Write out thoughts as statements**
- **Examine Evidence**
 - Facts that support statement
 - Facts that do not support statement
 - What are all the possible explanations?
 - What are my possible biases?
 - How likely is this event to happen?
 - How would I/my child cope if it did happen?
- **Identify possible distortion/s**
- **Rewrite with more adaptive construction**
 - Use dialectical approach
 - Reduce or eliminate cognitive distortions
 - Stay curious about possibilities

Automatic Thought Record

AUTOMATIC THOUGHT RECORD

When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" As soon as possible, fill in the table below.

Date, Time	Situation	Automatic Thoughts (ATs)	Emotion/s	Adaptive Response	Outcome
	• What led to the unpleasant emotion? • What distressing physical sensations did you have?	• What thought/s or image/s went through your mind? • How much did you believe the thought at the time (0-100%)?	• What emotion/s did you feel at the time? • How intense was the emotion (0-100%)?	• Which thinking styles did you engage in? • Use questions below to respond to the automatic thoughts/s. • How much do you believe each response (0-100%)?	• How much do you now believe your ATs (0-100%)? • What emotion/s do you now feel? At what intensity?

Questions to compose an Adaptive Response: (1) What is the evidence that the automatic thought is true? Not true? (2) Is there an alternative explanation? (3) What's the worst that could happen? What's the best that could happen? What's the most realistic outcome? (4) If a friend were in this situation and had this thought, what would I tell him/her?

Automatic Thought Record

- **Describe** situation, what led to the event?
- **Identify automatic thoughts** & rate how much you believed them. Identify possible distortions or irrational beliefs
- Name your **emotions**. Rate the intensity of the emotion.
- **Adaptive Response:** check the facts, consider possible alternatives, worst/best case scenario & most realistic, how would you speak to a friend, use dialectics!
- **Reevaluate:** how much do you believe AT now? What is emotional intensity?

Cognitive Reframe Examples

Example Thoughts:

- “My child is not progressing fast enough.”
Progress is a unique process and I am noticing areas of growth and areas of opportunity.
- “If my child could just stop *blank*, things would be okay.”
It would be great if my child stopped doing *blank* and I recognize that changing ingrained behavior takes time.
- “Things will always be like this.”
I am unable to predict the future and will do my best to take the actionable steps I am capable of making.
Things are always changing.
- “That will never work”
I am unsure if that will be effective, however, open to giving it a try.

Questions to Consider

- In what ways does my child practice CBT skills? In what ways do I?
- What might be the story your child tells themselves about themselves?
- How can I remind myself and my child to use cognitive reframing?
- Can I identify my negative core beliefs? If yes, how do these influence repetitive negative thoughts?