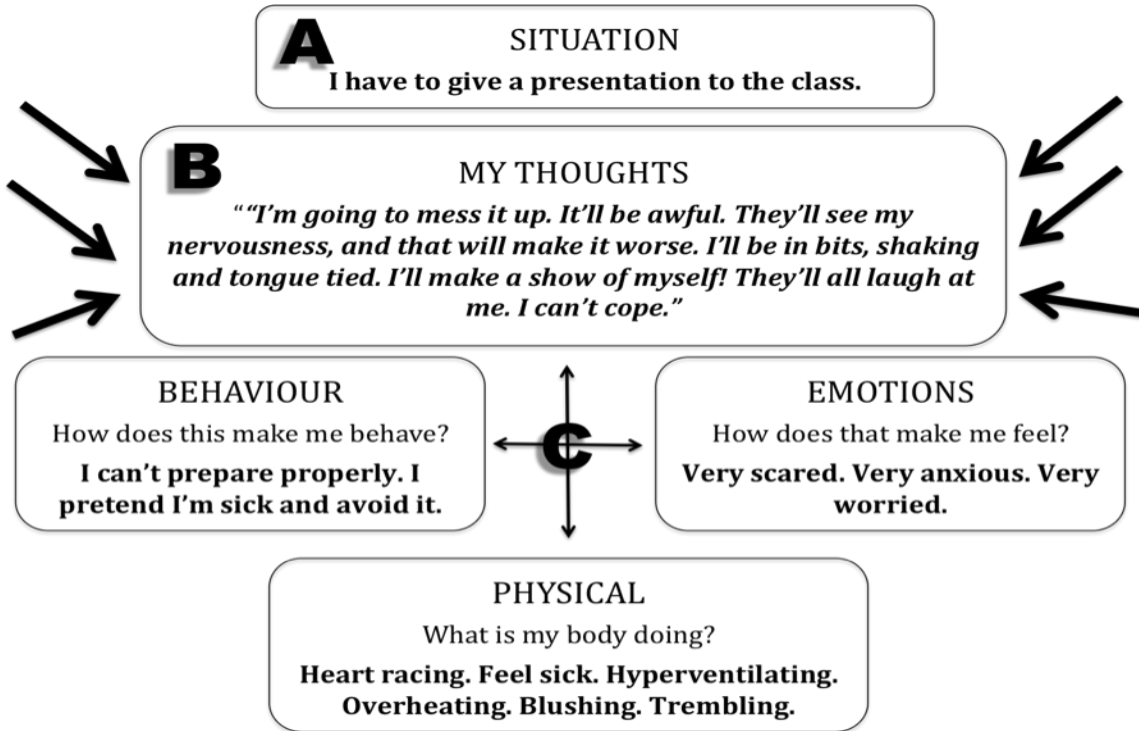


## The Simple ABC of CBT - extract from the student training workbook:

Think about your thinking – consider and discuss the following diagrams to link thoughts and feelings and behaviours :



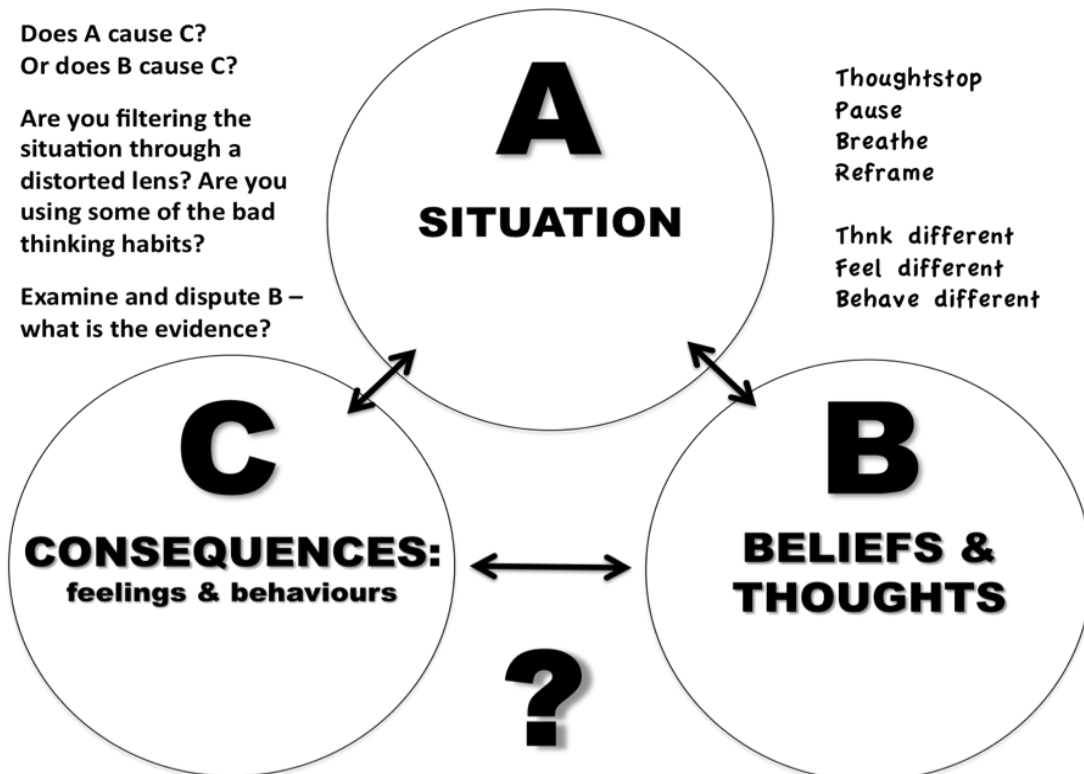
Does A cause C?  
Or does B cause C?

Are you filtering the situation through a distorted lens? Are you using some of the bad thinking habits?

Examine and dispute B – what is the evidence?

Thoughtstop  
Pause  
Breathe  
Reframe

Think different  
Feel different  
Behave different



Use the following form template outline to track your own distorted (irrational) thinking, and the feelings and behaviours such thinking habits could cause:

## GIVE A NEGATIVE THINKING FEELING & BEHAVIOUR EXAMPLE

**A**

SITUATION

**B**

MY THOUGHTS

BEHAVIOUR

EMOTIONS

**C**



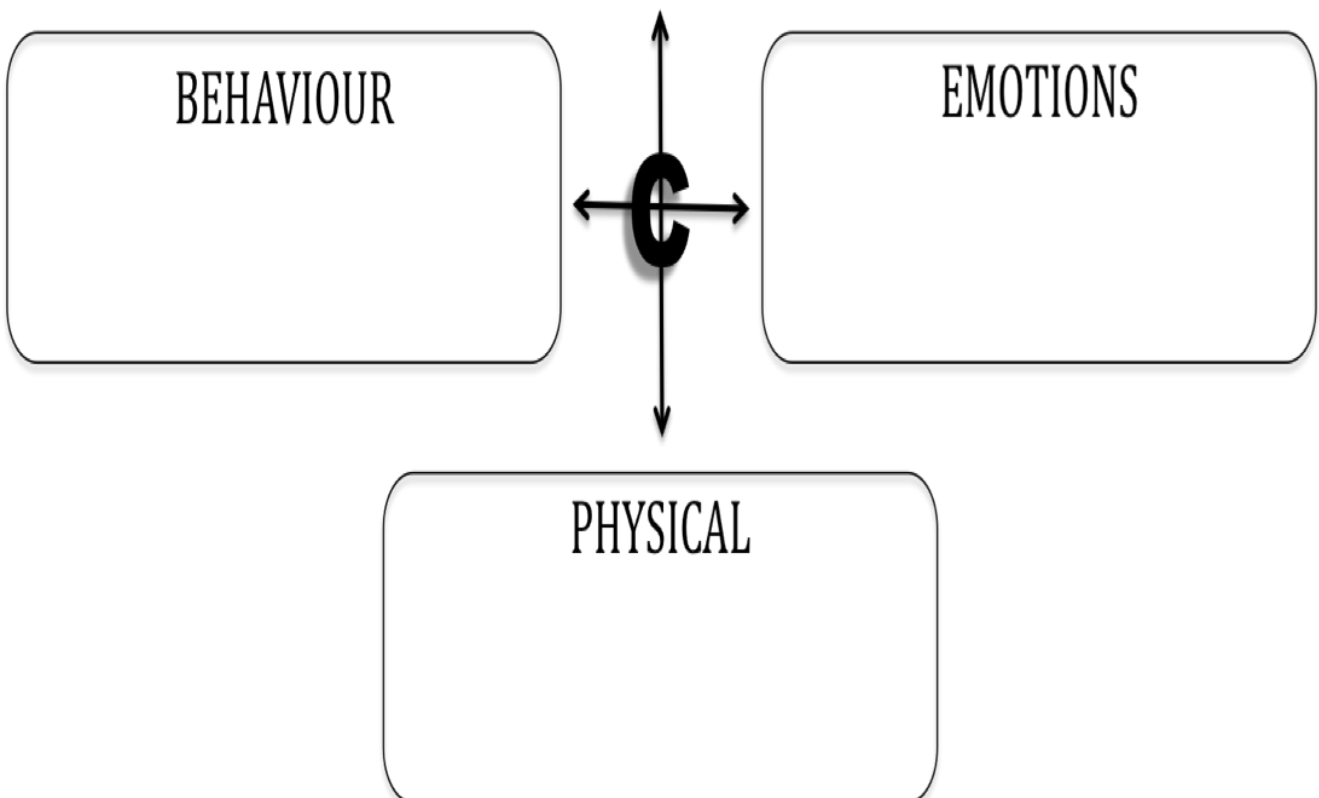
PHYSICAL

Use the following outline template to take the SAME situation, but to use RATIONAL evidence based thinking (reframe healthy thinking) that will give you appropriate healthy responses:

## GIVE A POSITIVE THINKING FEELING & BEHAVIOUR EXAMPLE

**A** SITUATION

**B** MY THOUGHTS





## Tips to ask yourself about the distorted thinking:

- What is the evidence for this thought?
- Is there any evidence against this thought?
- Am I getting things out of proportion?
- Is that a bit dramatic and unhelpful?
- How does accepting these thoughts and beliefs make me feel and behave?
- Has thinking this way been helpful in life so far, or a poison?
- What would I advise my best friend if they were thinking this way?
- What is the rational calm alternative view of this situation?
- What is it more true to say?

*Okay – you have your basic tools, go for it...*

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### Student notes: