

## Cognitive Behaviour Therapy Resources

### FIVE STEP THINKING DIARY

From [www.livingcbt.com](http://www.livingcbt.com)

#### Instructions – How to complete this Diary:

Keep a diary of any “problem” times or when you experienced any of the following unhelpful feelings: Depression – Anxiety – Fear – Anger – Hurt – Jealousy – Guilt – Shame – Embarrassment

Complete STEP 1 - what were you doing/what `triggered' your feelings/behaviour?

Complete STEP 2 - make a note of your unhelpful feelings and behaviour - RATE how unhelpful your feelings and behaviour are on a scale of 1 to 10 (1 = helpful to 10 = unhelpful).

OFTEN WE APPEAR TO GO FROM STEP 1 TO STEP 2 WITHOUT BEING FULLY AWARE OF WHAT WE WERE THINKING - consider what you were thinking in relation to STEP 1 and complete STEP 3

Be aware of when you are telling yourself absolute demands about yourself, others, or the world. These often take the form of SHOULD, OUGHT OR MUST type thoughts, or extreme beliefs, for example `I should..' `They must...' `It would be AWFUL', I can't bear it', `I can't stand it' etc.

Now complete STEP 4 and STEP 5:

STEP 4 - identify more `helpful' thoughts that allow you, others and the world to be fallible (less than perfect!). Ask yourself the following questions about your STEP 3 Thoughts:

- 1 what musts, shoulds, oughts or ABSOLUTE demands am I telling myself about STEP 1
- 2 Where is it written that these things are ABSOLUTELY ESSENTIAL for me to obtain or achieve or have - rather than accept that I may strongly want, wish, desire or prefer them?
- 3 Who says I can only accept situations. people, myself , the world if I am 100% comfortable?
- 4 If my best friend or someone I loved thought this way what would I tell them to help them feel less stressed and think more realistically?

Using these questions NOW rephrase your thoughts in a more helpful way.

New thoughts may include strong preferences, wishes, wants, desires, for example `I'd really prefer to...' rather than unhelpful demands, for example `I or THEY or IT MUST/SHOULD/OUGHT...'

Once you have identified more helpful thoughts START TO PRACTICE TELLING YOURSELF THESE. Write them down, rehearse them and PRACTICE THINKING DIFFERENTLY.

STEP 5 - Use techniques to help you manage unhelpful feelings. These include Relaxation techniques (for example, breathing exercises, physical exercise etc.) and Distraction techniques (for example, focusing on something positive, listening to music etc.) and distract yourself from unhelpful thinking habits.

The aim is to experience more helpful feelings and behaviour, for example MORE HELPFUL FEELINGS are: concern, annoyance, regret, remorse, sadness etc.

AND ACCEPT SOME DISCOMFORT OR FRUSTRATION IN LIFE AS NORMAL HUMAN EXPERIENCE.

NOW RATE how helpful and realistic your feelings and behaviour are on a scale of 1 to 10 (1 = helpful to 10 = unhelpful) when you think more helpfully.

<b>STEP 1</b> What was I doing/situation/ 'trigger'	<b>STEP 2</b> Unhelpful feeling/ behaviours RATE on scale of 0=low to 10=high INTENSITY	<b>STEP 3</b> What I was telling myself/unhelpful negative thoughts/shoulds .. oughts.. musts	<b>STEP 4</b> More helpful or realistic/constructive thoughts I could think instead	<b>STEP 5</b> How I might feel or behaviour in a more helpful/realistic way	<b>NOTES</b> Often we go straight to our feelings and behaviour in reaction to a 'trigger' without being fully aware of what we are telling ourselves about the event or situation or memory. Actively challenge unhelpful thinking and use relaxation techniques to feel more in control.
AN EXAMPLE: ATTENDING A JOB INTERVIEW	Feel anxious (Rate 8) Feel sick (Rate 7) Start to perspire (Rate 8)	"If I don't get this job it will be awful. The interviewers will see how nervous I am and think I am stupid. I mustn't appear stupid. I shouldn't be here."	"I would like this job - if I don't succeed it does not make me a failure. I can see this interview as a good chance to rehearse. Calm down."	Relax posture - Smile! Stay Calm - keep breathing slowly. Feel in control.	At the end of each column is an example to help you think about situations where you experience unhelpful feelings/behaviour.

## ACTIVITY SCHEDULE

<http://www.livingcbt.com/freeselfhelp.html>

**INSTRUCTIONS:**

- 1) For each hour of each day insert in the time box what activity you are going to do.
- 2) Include specific tasks you hope to achieve in the time slot – for example, making telephone calls, jobs to be done etc.
- 3) Try and set yourself some realistic and achievable goals for each day.
- 4) For each hour identify a short relaxation activity you plan to do, for example a simple breathing exercise. Insert this in the relaxation activity box.

**Day of the week: .....**

<b>MORNING</b>					
<b>7 am</b>	<b>8am</b>	<b>9am</b>	<b>10am</b>	<b>11am</b>	<b>12am</b>
<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>
<b>Relaxatio n activity:</b>	<b>Relaxatio n activity:</b>	<b>Relaxatio n activity:</b>	<b>Relaxatio n activity:</b>	<b>Relaxatio n activity:</b>	<b>Relaxatio n activity:</b>

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<b>AFTERNOON</b>					
<b>1pm</b>	<b>2pm</b>	<b>3pm</b>	<b>4pm</b>	<b>5pm</b>	<b>6pm</b>
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:
<b>EVENING</b>					
<b>7pm</b>	<b>8pm</b>	<b>9pm</b>	<b>10pm</b>		
Activity:	Activity:	Activity:	Activity:		
Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:		

## THOUGHT DIARY

From [www.livingcbt.com](http://www.livingcbt.com)

### Instructions:

1. Keep a note of when you feel any of the following: *anxiety, fear, hurt, anger, shame, guilt, depression* in the **FEELINGS** column. Rate how strongly you experience the feeling on a scale of 0 (low) to 10 (high).
2. Note what you were doing at the time in the **SITUATION** column.
3. Think about what you were saying to yourself about the situation and identify any unhelpful thoughts. Write these into the **THOUGHTS** column.
4. Try to generate more helpful, realistic and supportive thoughts in the **ALTERNATIVE THOUGHTS** column. Helpful thoughts tend to *a) promote acceptance of self, others and the world. b) state preferences, wishes or wants rather than making **absolute demands** like 'should, ought or must.'*
5. Practise thinking these new **ALTERNATIVE THOUGHTS** next time you are in, or entering a similar situation.
6. **MONITOR** what **NEW FEELINGS** you experience and rate these on a scale of 0 - 10. More helpful feelings can include: *annoyance, concern, regret, sadness, remorse, etc.*

<b>DAY</b>	<b>SITUATION</b> What were you doing?	<b>THOUGHTS</b> Anxious, Negative, Pessimistic	<b>FEELINGS</b> 0 (low) – 10 (high)	<b>ALTERNATIVE THOUGHTS</b> Helpful Thoughts	<b>NEW FEELINGS</b> 0 (low) – 10 (high)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Sunday					
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### Cognitive behaviour therapy self-help website

Lots of free download therapy sheets (Activity schedules, thought record sheets, mood diary, food diaries plus dozens more)

<http://www.getselfhelp.co.uk>

### Anxiety and Mood Diary Apps

There are many good anxiety and mood apps out there. Happtic Pty Ltd has a good one called 'anxiety and mood diary', but there are loads to choose from. Pick one that works best for you and your needs.

### Example Situation

<http://www.rcpsych.ac.uk/mentalhealthinfo/treatments/cbt.aspx>

You've had a bad day, feel fed up, so go out shopping. As you walk down the road, someone you know walks by and, apparently, ignores you. This starts a cascade of:

	<b>Unhelpful</b>	<b>Helpful</b>
<b>Thoughts:</b>	He/she ignored me - they don't like me	He/she looks a bit wrapped up in themselves - I wonder if there's something wrong?
<b>Emotional: Feelings</b>	Low, sad and rejected	Concerned for the other person, positive
<b>Physical:</b>	Stomach cramps, low energy, feel sick	None - feel comfortable
<b>Action:</b>	Go home and avoid them	Get in touch to make sure they're OK