

## Challenging Stinkin' Thinkin'

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## Cognitive Distortions

- Occur with minimal awareness of their inaccuracy
- Negative
- Convincing
- We all have them!

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## Examples...It's a Long List

- "I've ruined my diet!"
- "I'm always late!"
- "Nobody likes me anymore."



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### A Few More...



- Mind reading or fortune telling
- Mental filter – always focusing on the negative
- Are my feelings facts?

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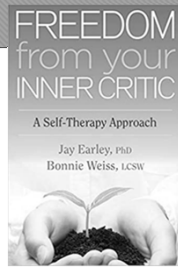
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### Our Thoughts, Our Downfall

- Rarely are our own thoughts objective in nature
- Internal messenger delivers critical dialogue into every day life
  - Inner Critic




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### Watch Out For

- |  |                        |
|--|------------------------|
| ○ Resentment of others                   | ○ Selfish inclinations |
| ○ Feelings of superiority OR inferiority | ○ Blaming others       |
| ○ Extreme perspectives                   | ○ Overly pessimistic   |

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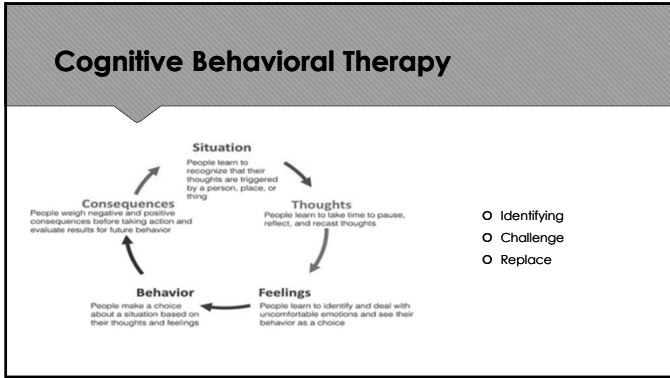
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### Exercise: Thought Record

- Trigger thought and situation
- Feeling
- Unhelpful thoughts
- Facts that Support the Negative Thought
- Facts that don't support the negative thought
- Substitution

**Putting Thoughts on Trial**

In this exercise, you will put a thought on trial by writing as a defense attorney, prosecutor, and judge to determine the accuracy of the thought.

**Prosecutor and Defense:** Gather evidence to support it, and against, your thought. Evidence can only be used if it is verifiable fact, not assumptions, guesses, or opinions.

**Judge:** Come to a verdict regarding your thought. Is the thought accurate and fair? Are there other thoughts that could explain the fact?

<p><small>The Thought</small></p> <div style="border: 1px solid black; height: 20px; width: 100%;"></div>	<p><small>The Prosecutor Evidence for the thought</small></p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	<p><small>The Defense Evidence against the thought</small></p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>
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### Exercise: Identifying Feelings

- Feelings versus facts
  - Review or process situations which evoked feelings
  - Identify the specific words or phrases that communicated the feelings

Am I basing this thought on facts, or on feelings? \_\_\_\_\_

Is this thought black and white, when reality is more complicated? \_\_\_\_\_

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## Resources

- APA: American Psychological Association
- Change Companies
- Hazelden Publishing
- Carey Guides

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