

# THE THINK CBT INTRODUCTORY Workbook

The first step in the Cognitive Behavioural Therapy process involves getting a clear understanding of the problem, defining your goals for therapy and identifying your values and strengths as a basis for supporting change and building personal resilience. Complete each of the following sections and keep a working copy of this document to support and track progress throughout the CBT process.

## Exercise 1 – Problem List

Use the first column to identify the problems that you want to work on. In the second column describe the unhelpful or unworkable behaviours that keep the problem going. In the third column, outline any skills or knowledge gaps that limit your understanding of the problem. Examples of problem statements are outlined below:

The Problem	Unhelpful / Unworkable Behaviours	What I Don't Know or Understand
Panic attacks and anxiety.	<p>Avoiding groups, public transport, social events, exercise, situations where I am in the spotlight or far from home. Continuously asking for reassurance, looking things up on the internet, visiting the GP, worrying that I will faint or collapse, Worrying about my health.</p>	<p>Why panic attacks are happening. Why I can't stop them. Why I feel physically weak and unwell. What I need to do to prevent them from happening.</p>
Low Personal Confidence.	<p>Submissive and passive behaviour with work colleagues, friends and my partner at home. Working excessive hours. Sacrificing my own needs to please other people. Constantly comparing my achievements with other people's situations. Criticising myself, procrastinating and demanding perfectionism.</p>	<p>Why I try to please or prove myself to others. Not knowing how to be assertive. Not knowing how to communicate my own needs without disappointing other people.</p>
Depressed mood.	<p>Avoiding and withdrawing from activities. Disengaging from family and friends. Negatively comparing myself with other people. Continuously criticising myself for my past decisions. Thinking about the things that have gone wrong in my life.</p>	<p>Not knowing why I feel so low and upset. Not knowing what to do to lift my mood. Not understanding what causes the depression or why I feel this way.</p>

Now try to identify your own problem statements following the examples shown above:

<b>The Problem</b>	<b>Unhelpful / Unworkable Behaviours</b>	<b>What I Don't Know or Understand</b>

## Exercise 2 – Personal Goals

Use this exercise to identify three concrete goals for therapy. Use the first column to identify the high level goal, the second column to identify small practical steps to achieve the goal and the third column to identify any new skills to support the changes that you want to make. The following three examples can be used to model your own goals:

Goal	Small Steps To Achieve The Goal	New Skills and Learning
<p>To learn how to manage my panic attacks and re-engage in travel, exercise, work and social activities within a three-month period.</p>	<p>To take a 30-minute walk from home each day. To go to the Gym for 30 minutes twice weekly. To increase the number of stops on my tube journey from 1-4 within a four-week period. To sit in a busy coffee shop on my own for 30 minutes. To take over the family shopping on Saturdays and stand in busy shopping queues.</p>	<p>To understand why my anxiety attacks happen when I am on my own or away from home. To learn techniques to handle negative thoughts when I am anxious. To learn how to ground myself when I feel physically weak or faint.</p>
<p>To improve resilience and assertiveness when dealing with difficult situations.</p>	<p>To make eye-contact when talking in meetings. To take the initiative to say hello to unfamiliar work colleagues each morning. To organise a feedback meeting with my boss every two weeks. To ask my partner to help with two hours of housework per week. To organise shared childcare to allow me to go to the gym and socialise once per week.</p>	<p>To understand why I feel so inadequate. To learn how to replace self-critical thoughts with a balanced and respectful perspective. To Develop assertive communication skills. To learn negotiating skills for resolving disagreements and conflict.</p>
<p>To re-engage in meaningful family relationships at home and at work.</p>	<p>To contact named family members or friends by email, phone or SKYPE twice weekly. To organise lunch with a friend on Wednesdays. To walk the dog three evenings after work with the kids. To book cinema tickets or organise an evening out with my partner. To commit to an exercise class once weekly. To Plan the menu for the week with my partner.</p>	<p>To understand why I feel this way. To learn how to challenge or let go of negative thoughts. To replace worry with new problem-solving skills. To understand how my negative feelings are triggered and maintained.</p>

Now try to identify your own goals following the examples shown above:

Goal	Small Steps To Achieve The Goal	New Skills and Learning

### Exercise 3 – Personal Strengths / Resources

Identifying and capitalising on your strengths and personal resources is an important part of achieving change and overcoming problems. Think about your personal skills or qualities; what you see in yourself and what other people see in you.

Personal Skills / Qualities I Can Acknowledge In Myself	Skills / Qualities That Other People Recognise In Me

## Exercise 4 – Personal Values

Values are the building blocks of personal identity. They describe who we are as individuals and what we stand up for. Use this exercise to first assess your personal values. Then decide which six “change values” will be the most instrumental in achieving your personal goals. You may find that your six “change values” are different to your current priorities. There are no right or wrong answers.

Value Description	Highly Important	Moderately Important	Less Important
<b>Accepting:</b> Open to and willing to experience thoughts and feelings without resistance or judgement.			
<b>Affectionate:</b> Displaying and expressing love or strong feelings for others.			
<b>Aspiring:</b> Actively seeking opportunities and striving for success.			
<b>Assertive:</b> Respectfully standing up for my rights and balancing my needs with the needs of others.			
<b>Authentic:</b> Being genuine, honest and true to myself.			
<b>Caring:</b> Helpful and considerate to myself and others.			
<b>Challenging:</b> Willing to examine and challenge unhelpful or unworkable patterns of behaviour.			
<b>Compassionate:</b> Recognising and acting to alleviate suffering for myself and others.			
<b>Conforming:</b> Respectful and obedient of helpful rules and obligations.			
<b>Cooperating:</b> Working collaboratively and harmoniously with others.			
<b>Courageous:</b> Brave and persistent in the face of fear, threat or difficulty.			
<b>Creative:</b> Imaginative, resourceful and innovative.			
<b>Curious:</b> Open-minded, exploratory and interested in new and alternative approaches.			
<b>Emotionally aware:</b> Receptive to my own feelings and the feelings of others.			
<b>Encouraging:</b> Promoting and rewarding behaviour that I value in myself and others.			
<b>Equality:</b> Treating others fairly, consistently and equally.			
<b>Fairness:</b> Just, rational and reasonable.			
<b>Fitness:</b> Maintaining or improving my physical, psychological and emotional wellbeing.			
<b>Flexible:</b> Adjusting and adapting readily to changing circumstances.			
<b>Forgiving:</b> Coming to terms with or letting go of negative feelings towards myself and others.			

<b>Friendliness:</b> Friendly and companionable towards others.			
<b>Generosity:</b> Sharing and offering time, attention and resources to myself and others.			
<b>Gratitude:</b> Appreciative and valuing of the things that I have in my life.			
<b>Honesty:</b> Truthful and sincere with myself and others.			
<b>Humility:</b> Modest about my contributions whilst allowing my achievements to speak for themselves.			
<b>Humour:</b> Seeking out and engaging in the humorous side of life; not taking myself too seriously.			
<b>Independent:</b> Self-directive, contained and able to support myself.			
<b>Industrious:</b> Hard-working and productive with my time and resources.			
<b>Open-minded:</b> Approaching issues from an objective position, listening and considering other views.			
<b>Orderly:</b> Planning, prioritising and being organized in my life.			
<b>Patient:</b> Waiting calmly and in line for what I want or need.			
<b>Respectful:</b> Polite, considerate and showing positive regard to others.			
<b>Safe:</b> Acting in a secure, protective and stable manner.			
<b>Self-aware:</b> Aware of my own thoughts, feelings and actions, considering how I come across to others.			
<b>Self-disciplined:</b> Acting according to my values and commitments, over my mood or vulnerabilities.			
<b>Tenacious:</b> Persisting despite problems and difficulties and without giving up.			
<b>Tolerant:</b> Coming to terms with, acknowledging and respecting things that clash with my own opinions.			
<b>Trusted:</b> Discrete, loyal, faithful, sincere and reliable.			
<b>Other:</b>			
<b>Other:</b>			
<b>Priority</b>	<b>Which of the Above Values Will Be Instrumental In the Achievement of My Personal Goals?</b>		
1.			
2.			
3.			
4.			
5.			
6.			



## Exercise 5 – Costs / Benefits Balance-Sheet

Use this exercise to identify the costs and benefits of committing to change. On the cost side of this balance sheet, include the short-term difficulties, personal challenges and avoidance behaviours that you will be prepared to let go of or tolerate to achieve your goals. On the benefits side of the balance sheet, identify the advantages and opportunities that committing to change will provide.

Costs	Benefits

## Exercise 6 – CBT Learning Log

Use this table to record the most important learning points from each CBT session and describe how you will implement the changes.

Session	What did we cover?	What were the key learning points?	How Will I Transfer This To My Daily Life?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

## Exercise 7 – The CBT Junction Model

Use this exercise to set direction and make choices that are helpful, workable and sustainable. Use the left side of the model to identify unhelpful thoughts, behaviours and avoidance patterns that you get caught up in or struggle with. Use the right side of the model to identify action that is consistent with your sense of purpose, goals, values and opportunities for change.

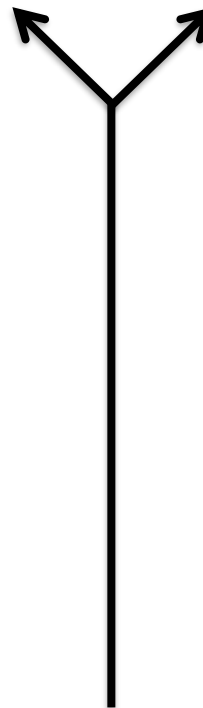
Acting according to my mood, vulnerabilities, avoidance patterns and self-limitations

*Unhelpful thoughts that I get caught up in, emotions that I struggle with, counter-productive behaviours, self-defeating habits and patterns of avoidance*

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Acting according to my purpose, values, goals, strengths and opportunities for change

*Willingness to pause, reality check, reappraise, notice, unhook from and normalise unhelpful thoughts and feelings without resistance. Acting in the service of my values and goals.*



Unhelpful / Unworkable / Unsustainable

Trigger

Helpful / Workable / Sustainable