

Class #3: Danger Signals, Stop Signs and Adaptive Thoughts

What We Will Cover in Class #3:

1. Review homework:
 - Relaxation Diary
 - Diary of Thoughts
 - Reading about "Unhelpful Ways of Thinking"
2. Danger Signals and Stop Signs
3. Unhelpful Ways of Thinking
4. Relaxation Ratings and Practice
5. Homework for the next class



Review of 10 Unhelpful Thinking Patterns

1. Thinking "All or Nothing"

"I can't do anything right."
"I can't satisfy anyone."

2. Overgeneralizing

"Nobody appreciates what I'm doing."
"No one will ever know what it's like."

3. Mental Filter

"My mom's accusing me of stealing from her. She's never trusted me, or anybody."

4. Discounting the Positive

"We had a good morning, but it'll never happen again."

5. Jumping to Conclusions

"David said he would care for Dad today. I wonder what he really wants."
"If I give him a bath, he'll just fall down and hurt himself."

6. Exaggerating or Reducing the Significance of Events

"How can I ever take care of the household finances when I can't even balance my own checkbook?"
"Well, sure I'm good with plants, but anyone can take care of plants."

7. Reasoning Emotionally

"I'm afraid for what will happen in the future, thus things will definitely get worse."

8. Thinking "I Should"

"I should not even consider putting Mom in a nursing home. I must carry on."

9. Labelling

"I'm a bad daughter because I'm selfish. I want to go out and have a good time, but I have to stay at home."

10. Personalizing

"If I hadn't left town for two days, he wouldn't have gotten sick."

Reading for this week: Adapted from Table 3-1, "Definitions of Cognitive Distortions" from *Feeling Good: The New Mood Therapy*, by David D. Burns, M.D. Copyright © 1980 by David D. Burns, M.D. By permission of William Morrow & Company, Inc.

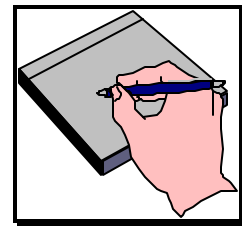
Homework to Do Before Class #4

1. Daily relaxation practice and evaluation:

use Relaxation Diary

2. Complete at least one blank Diary of

Thoughts (sections 1 through 5) for next time. You may complete more than one Diary of Thoughts if you wish, but only do sections 1 through 5 at this time. We encourage you to do several diaries each week, if possible.



Diary of Thoughts: Model/Example

1. Situation Causing Me to Feel Upset or Angry

My husband urinated on the floor.

2. My Feelings

Anger!

3. Automatic or Negative Thoughts I Had About Myself in This Situation

Once again! He does this so I don't have time to go out.

4. Danger Signals, Stop Signs

Breathe deeply. Tell yourself: "Relax!" Notice the tension in your shoulders. Remember how they felt when you were relaxed.

5. Distortions, Unhelpful Thought Patterns

Mind Reading.

Personalizing.

ONLY COMPLETE SECTIONS 1 THROUGH 5.

6. Adaptive Thoughts, More Adaptive Ways to See the Situation

Diary of Thoughts (to use in class)

1. Situation Causing Me to Feel Upset or Angry

2. My Feelings

3. Automatic or Negative Thoughts I Had About Myself in This Situation

4. Danger Signals, Stop Signs

5. Distortions, Unhelpful Thought Patterns

6. Adaptive Thoughts, More Adaptive Ways to See the Situation

Class #3: Danger Signals, Stop Signs and Adaptive Thoughts

	Before relaxing: _____	
	After relaxing: _____	

Diary of Thoughts

1. Situation Causing Me to Feel Upset or Angry

2. My Feelings

3. Automatic or Negative Thoughts I Had About Myself in This Situation

4. Danger Signals, Stop Signs

5. Distortions, Unhelpful Thought Patterns

ONLY COMPLETE SECTIONS 1 THROUGH 5.

6. Adaptive Thoughts, More Adaptive Ways to See the Situation
