

# COGNITIVE BEHAVIOURAL THERAPY FLOWCHART

IDENTIFY A

What do you want to work on today?  
How did you respond?  
How do you feel about?



ASSESS C

Behaviour- What did you do?  
Intensity- On a scale of 1-10  
Physiology- What sensations did you experience?



SECONDARY C

How do you feel about feeling.....?



IDENTIFY B

Inference- What's going on in your head/thoughts  
You feel angry because?  
Demands- The Shoulds. What were you expecting  
Evaluations- Anxiety: What's the worst thing about that?  
Depression: What does that mean about you?  
Anger: What does that mean about them?



B- C CONNECTION

Has there ever been a time when A occurred and you felt differently?



YES

What were you thinking?  
What were you feeling?



NO



Can you think that someone else may  
experience A but feel differently?



YES

What were they thinking?  
What were they feeling?

NO- so does the entire world  
think like you  
What were they thinking?  
What were they feeling?



CLARIFY THE GOAL- What's the difference between you on those occasions/you and the other person? If you/someone else can experience A but respond with helpful thoughts and feelings can you see that it is your thinking that leads to your emotions? If that's true, that your thinking is the problem. Can we look at your thinking?

**DISPUTING**

EXPLORE UNHELPFUL BELIEFS - REFLECT THEIR THOUGHTS BACK TO THEM

INFERENCES    DEMANDS    EVALUATIONS

**LOGICAL DISPUTING**

Ask - Why should...  
Does everyone/Does that mean we all have to?  
What's the difference between you and this person?  
Why are you special?  
Change to "so you'd like to..."  
Where is it written?  
What makes someone worthwhile?  
Are we only worthwhile because...?

**PRAGMATIC DISPUTING**

Are your thoughts helpful?  
Why choose a philosophy of life that doesn't help you?  
What would you say to ...  
Is your...solving the problem?

**EMPIRICAL EVIDENCE DISPUTING**

Write a list of evidence to support and counter inference  
Examine the evidence  
Is your belief realistic?  
If you focussed on the positive evidence what would happen to... your thoughts/feelings

**DEVELOP HELPFUL THOUGHTS**

Write helpful thoughts down. Explore how the client would feel if they could think these thoughts.

**SET HOMEWORK**

Design strategies to support the helpful thinking. Put the helpful thinking somewhere that prompts them. Dedicate a few mins a day to helpful thinking. Practise imagery when you overcome the challenge successfully using helpful thinking. Set experiential homework /graded exposure and overcome with helpful thinking. Inspirational Movies/Books/Songs.

**DISCOMFORT**

Educate in fight flight. Awfulising scale. Place discomfort on scale. Stop the catastrophizing and verbalise the reality. It's a normal part of life. Challenge their black and white thinking. Discomfort is a normal part of life. Use imagery to re imagine more helpful reactions. Helpful self talk.

**APPROVAL**

Why must you have the approval of others? So you would like the approval of others, that would be nice. But not necessary- you need air, water and food. Do you like everyone you meet? Why should everyone like you? Is it realistic to be liked by everyone. Do you like everything your friend does? Are you still friends? Could people still like you?

**SELF ACCEPTANCE**

If you are not worthwhile, what makes you worthwhile? So does that mean everyone who cannot...is worthless? If they say yes, then should we exterminate the groups who are worthless? So if they have value so do you.

**CERTAINTY/CONTROL**

Help client accept they can't predict the future. It is unrealistic to expect to know the future. You cannot control everything. What terrible thing will happen if you don't. Can everyone control everything. Get to, you can only control yourself.

**NEGATIVE THOUGHTS**

Use Evidence list to challenge thoughts. Challenge catastrophizing statements with the incremental scale. 100% is worst down to least awful. Place the current problem on the scale to put in perspective. I can't cope- Demonstrate they have coped so far- use statistics. I can't stand it- demonstrate you can and have.

**PERFECTION**

Why should you be perfect? So you would like to be perfect. Where is it written that you should be perfect? Write down 5 perfect people you know? Does everyone have to be perfect? I don't need to be perfect. Your best is good enough. Do you expect perfection from others. Mistakes are ok.