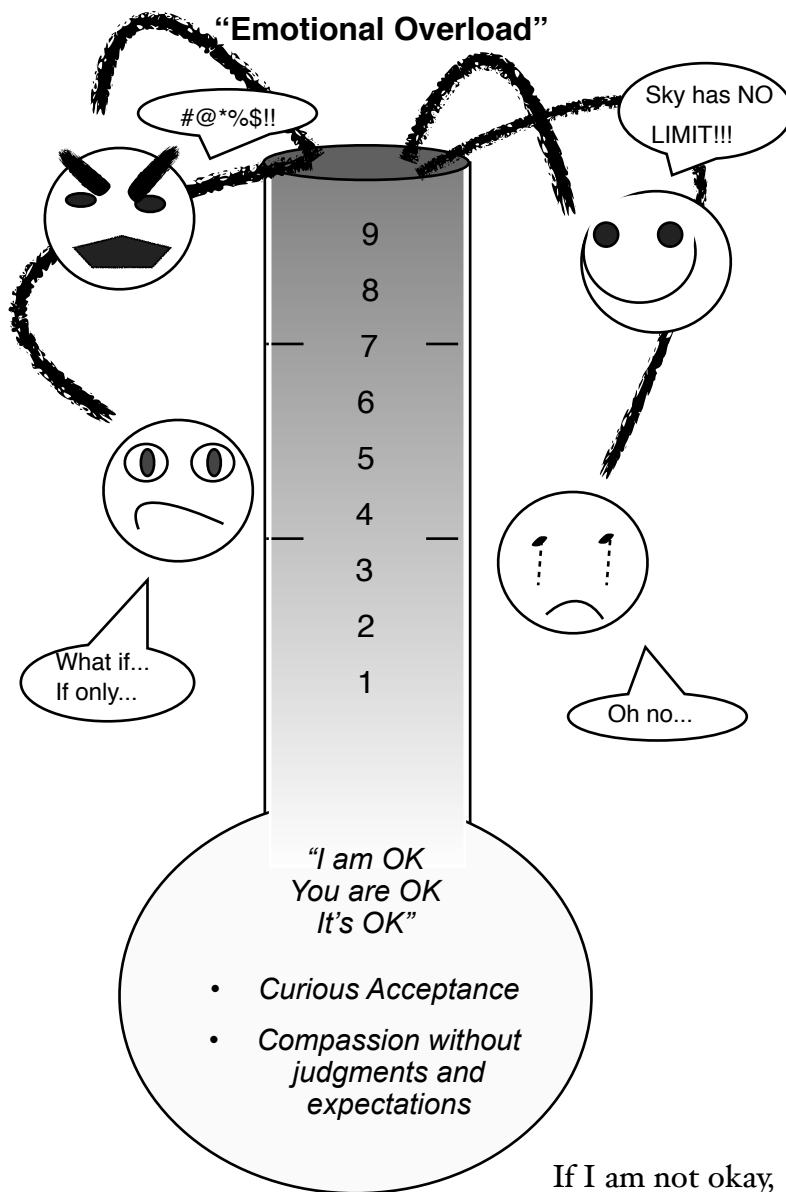


CBT: Reciprocal relationship between THOUGHTS, FEELINGS, BEHAVIOR & NEURO-BIOLOGY within a CONTEXT

✦ Learn to be “**your own therapist**” in the process of unraveling the escalating cycles of beliefs, thoughts, feelings, and behavior. We sometimes refer to this process as self-therapy. The key here is “removing” ourselves from the **ESCALATION OF RUNAWAY EMOTIONS AND THOUGHTS**.

✦ Emotions, thoughts, and behaviors are normal, natural, and adaptive; nevertheless, “too little, no-good”--likewise, “too much, no-good.” Emotions, thoughts, and behaviors become mal-adaptive when they are in “not in balance.”

Try to use the “Emotional Thermometer” as a guide to try to avoid “all or nothing” reactions, and aim towards “all and nothing” reactions; remember shades of grey or the facilitating zone (~ 4-7) as opposed to the debilitating zones of 1 only or 10 only.



If I am not okay,
you are not okay,
and it is not okay
— that is okay.

- * Validate FEELINGS (e.g. diary, rehearsed imagery, poetry, or music).
- * Nevertheless, keep in mind that extreme emotions are not always facts.
- * Be aware of EMOTIONALLY-DRIVEN BEHAVIORS such as avoidance.
- * Evaluate and expand your PERCEPTION OF THE MOMENT. (e.g. ATR-- Automatic Thought Record or Mindfulness Practice).
- * Identify patterns of: Belief -> Focus -> Behavior
- * Engage in PROBLEM SOLVING or other ADAPTIVE BEHAVIORS, such as ASSERTIVENESS, GUIDED IMAGERY, RELAXATION, or CONTROLLED BREATHING EXERCISES.
- * Behavioral Activation: Specify goals for the week, and work towards meeting those goals. These goals take the form of masterful and pleasurable activities that are consistent with the life you want to live.
- * Perhaps engage in regular exercise, meditations, nutritional balance, or medication to increase the probability of PHYSIOLOGICAL-BIOLOGICAL balance.
- * Evaluate your ENVIRONMENT: Are there ways to find greater “win-win”/”self and others context”?