

2017 Worried Sick Webinar*

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Sarah's Daily Mood Log*

Upsetting Event: Standing in front of the mirror this morning.

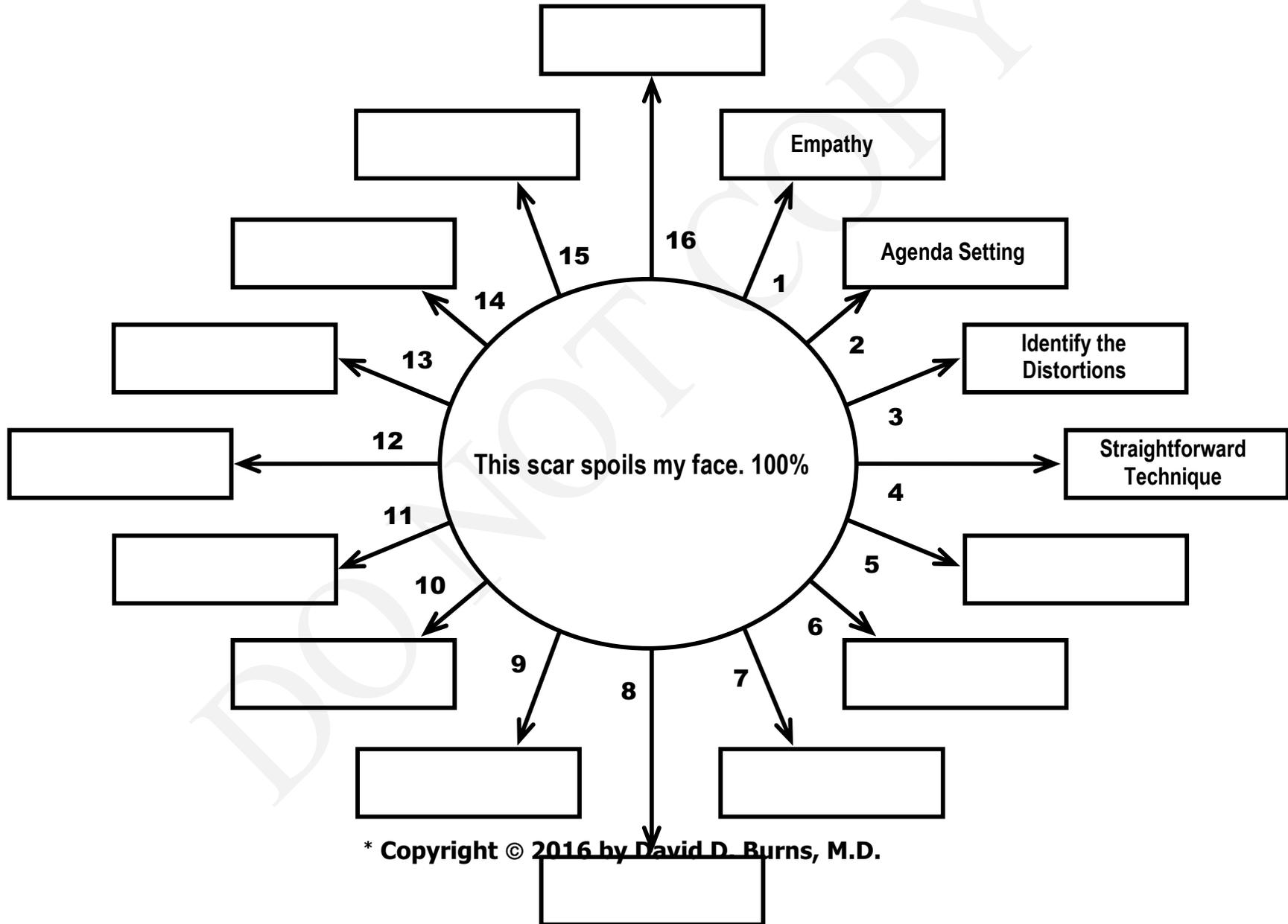
Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	75%			Embarrassed, foolish, humiliated, self-conscious	100%		
Anxious, worried, panicky, nervous, frightened	100%			Hopeless, discouraged, pessimistic, despairing	75%		
Guilty, remorseful, bad, ashamed	100%			Frustrated, stuck, thwarted, defeated	100%		
Inferior, worthless, inadequate, defective, incompetent	100%			Angry, mad, resentful, annoyed, irritated, upset, furious	90%		
Lonely, unloved, unwanted, rejected, alone, abandoned	90			Other			

Negative Thoughts (NTs)	% Now	% After	Distortions	Positive Thoughts (PTs)	% Belief
1. This scar spoils my face.	100%				
2. I'll never get a job.	100%				
3. People will be disgusted when they look at my face.	85%				

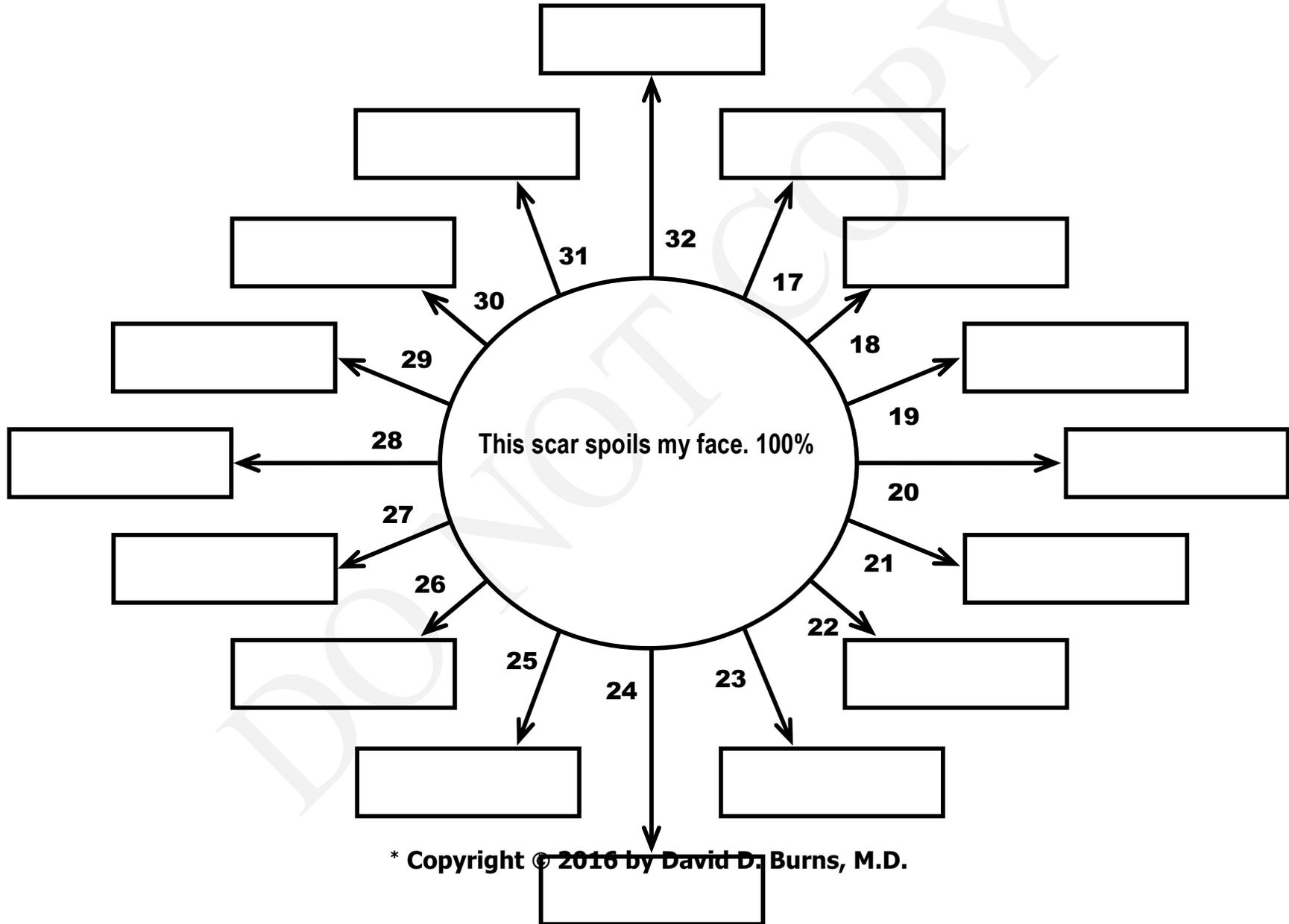
Checklist of Cognitive Distortions*

1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.	6. Magnification and Minimization. You blow things out of proportion or shrink them.
2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
3. Mental Filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the Positive. You insist that your positive qualities don't count.	9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	10. Blame. You find fault instead of solving the problem. <ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for. • Other-Blame. You blame others and overlook ways you contributed to the problem.

Sarah's Recovery Circle*



Sarah's Recovery Circle (page 2) *



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50 Ways to Untwist Your Thinking*

Basic Techniques	Role-Playing	Exposure Techniques
<ul style="list-style-type: none"> 1. Empathy 2. Agenda Setting 3. Identify the Distortions 4. Straightforward Technique 	<ul style="list-style-type: none"> 19. Externalization of Voices 20. Feared Fantasy <p>Plus: Double Standard, Acceptance Paradox, Devil's Advocate, and many of the Interpersonal Techniques</p>	Classical Exposure
Cognitive Techniques	Philosophical / Spiritual	Cognitive Exposure
Compassion-Based	Visual Imaging	Classical Exposure
<ul style="list-style-type: none"> 5. Double Standard Technique 	<ul style="list-style-type: none"> 21. Acceptance Paradox 22. Time Projection 23. Humorous Imaging 24. Cognitive Hypnosis 	<ul style="list-style-type: none"> 36. Gradual Exposure and Flooding 37. Response Prevention 38. Distraction
Truth-Based	Uncovering Techniques	Cognitive Exposure
<ul style="list-style-type: none"> 6. Examine the Evidence 7. Experimental Technique 8. Survey Technique 9. Reattribution 	Uncovering Techniques	Cognitive Exposure
Logic-Based	Uncovering Techniques	Cognitive Exposure
<ul style="list-style-type: none"> 10. Socratic Method 11. Thinking in Shades of Gray 	Uncovering Techniques	Cognitive Exposure
Semantic	Motivational Techniques	Interpersonal Exposure
<ul style="list-style-type: none"> 12. Semantic Method 13. Let's Define Terms 14. Be Specific 	Motivational Techniques	Interpersonal Exposure
Quantitative	Motivational Techniques	Interpersonal Exposure
<ul style="list-style-type: none"> 15. Self-Monitoring 16. Negative Practice / Worry Breaks 	Motivational Techniques	Interpersonal Exposure
Humor-Based	Motivational Techniques	Interpersonal Exposure
<ul style="list-style-type: none"> 17. Paradoxical Magnification 18. Shame-Attacking Exercises 	Motivational Techniques	Interpersonal Exposure
	<ul style="list-style-type: none"> 25. Individual Downward Arrow 26. Interpersonal Downward Arrow 27. What-If Technique 28. Hidden Emotion Technique 	Interpersonal Exposure
	<ul style="list-style-type: none"> 29. Straightforward and Paradoxical Cost-Benefit Analysis (CBA) 30. Devil's Advocate Technique 31. Stimulus Control 32. Decision-Making Form 33. Daily Activity Schedule 34. Pleasure Predicting Sheet 35. Anti-Procrastination Sheet 	Interpersonal Exposure
		Interpersonal Techniques
		Interpersonal Techniques
		<ul style="list-style-type: none"> 42. Smile and Hello Practice 43. David Letterman Technique 44. Self-Disclosure 45. Flirting Training 46. Rejection Practice <p>Plus: Rejection Feared Fantasy and Shame-Attacking Exercises</p>
		Interpersonal Techniques
		Interpersonal Techniques
		<ul style="list-style-type: none"> 47. Relationship Cost-Benefit Analysis (CBA) 48. Revise Your Communication Style 49. Five Secrets of Effective Communication 50. One-Minute Drill <p>Plus: Interpersonal Decision-Making</p>

Christine's Brief Mood Survey*

Instructions. Use checks (✓) to indicate how you're feeling right now. Please answer all the items.

	Before Session					After Session					
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	
How depressed do you feel <i>right now</i>?											
1. Sad or down in the dumps				✓		✓					
2. Discouraged or hopeless			✓			✓					
3. Low self-esteem, inferiority, or worthlessness				✓		✓					
4. Loss of motivation to do things			✓			✓					
5. Loss of pleasure or satisfaction in life			✓			✓					
Total →					12	Total →					0
How suicidal do you feel <i>right now</i>?											
1. Do you have any suicidal thoughts?		✓				✓					
2. Would you like to end your life?		✓				✓					
Total →					0	Total →					0
How anxious do you feel <i>right now</i>?											
1. Anxious					✓		✓				
2. Frightened					✓	✓					
3. Worrying about things					✓	✓					
4. Tense or on edge					✓	✓					
5. Nervous					✓	✓					
Total →					20	Total →					2
How angry do you feel <i>right now</i>?											
1. Frustrated					✓	✓					
2. Annoyed					✓	✓					
3. Resentful					✓	✓					
4. Angry					✓	✓					
5. Irritated					✓	✓					
Total →					20	Total →					0

	Before Session					After Session					
	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	
Positive Feelings Survey*											
Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items.											
Positive Feelings: How do you feel <i>right now</i> ?											
1. I feel worthwhile.			✓							✓	
2. I feel good about myself.		✓								✓	
3. I feel close to people.	✓									✓	
4. I feel I am accomplishing something.			✓							✓	
5. I feel motivated to do things.		✓								✓	
6. I feel calm and relaxed.	✓							✓			
7. I feel a spiritual connection to others.		✓								✓	
8. I feel hopeful.			✓							✓	
9. I feel encouraged and optimistic.			✓							✓	
10. My life is satisfying.			✓							✓	
Total →					13	Total →					39

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Evaluation of Therapy Session (not Christine)*

Instructions. Use checks (✓) to indicate how you felt about your most recent therapy session.

Please answer all the items.

0-Not at all true	1-Somewhat true	2-Moderately true	3-Very true	4-Completely true
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Therapeutic Empathy

1. My therapist seemed warm, supportive, and concerned.				✓	
2. My therapist seemed trustworthy.				✓	
3. My therapist treated me with respect.					✓
4. My therapist did a good job of listening.					✓
5. My therapist understood how I felt inside.				✓	
Total →					17

Helpfulness of the Session

6. I was able to express my feelings during the session.				✓	
7. I talked about the problems that are bothering me.				✓	
8. The techniques we used were helpful.			✓		
9. The approach my therapist used made sense.			✓		
10. I learned some new ways to deal with my problems.			✓		
Total →					12

Satisfaction with Today's Session

11. I believe the session was helpful to me.				✓	
12. Overall, I was satisfied with today's session.				✓	
Total →					6

Your Commitment

13. I plan to do therapy homework before the next session.		✓			
14. I intend to use what I learned in today's session.			✓		
Total →					3

Negative Feelings During the Session

15. At times, my therapist didn't seem to understand how I felt.			✓		
16. At times, I felt uncomfortable during the session.			✓		
17. I didn't always agree with my therapist.		✓			
Total →					5

Difficulties with the Questions

18. It was hard to answer some of these questions honestly.		✓			
19. Sometimes my answers didn't show how I really felt inside.		✓			
20. It would be too upsetting for me to criticize my therapist.			✓		
Total →					4

What did you like **the least** about the session? When you asked why I wasn't doing my psychotherapy homework and whether I was willing to stop blaming my wife for our marital problems.

What did you like **the best** about the session? When we used the Externalization of Voices.

Five Secrets of Effective Communication*

E = Empathy

1. **The Disarming Technique (DT).** Find some truth in what the other person is saying, even if it seems totally unreasonable or unfair.
2. **Empathy.** Put yourself in the other person's shoes and try to see the world through his or her eyes.
 - **Thought Empathy (TE).** Paraphrase the other person's words.
 - **Feeling Empathy (FE).** Acknowledge how the other person is probably feeling, based on what she or he said.
3. **Inquiry (IN).** Ask gentle, probing questions to learn more about how the other person is thinking and feeling.

A = Assertiveness

4. **"I Feel" Statements (IF).** Express your own ideas and feelings in a direct, tactful manner. Use "I feel" statements, such as "I feel upset," rather than "you" statements, such as "You're wrong!" or "You're making me furious!"

R = Respect

5. **Stroking (ST).** Convey an attitude of respect, even if you feel frustrated or angry with the other person. Find something genuinely positive to say to the other person, even in the heat of battle.

The Law of Opposites*

If you **disagree** with a criticism that is totally untrue and unfair, you will immediately prove that the criticism is entirely valid.



This is a paradox.



In contrast, if you genuinely **agree** with a criticism that is totally untrue and unfair, you will instantly put the lie to it.



This is also a paradox.

Feeling Words Chart*

Depression	Depressed	Blue	Down	Unhappy	Disheartened
		Sad	Disappointed	Despairing	Low
		Hurt	Lost	Dejected	Miserable
	Guilty	Ashamed	At fault	Bad	Responsible
	Hopeless	Discouraged	Pessimistic	Desperate	Defeated
	Inferior	Inadequate	Worthless	Flawed	Second-rate
		Useless	Undesirable	Incompetent	Defective
Tired	Exhausted	Weary	Fatigued	Sleepy	
	Drained	Worn out	Lethargic	Wiped out	
Unmotivated	Uninterested	Bored	Turned off	Burdened	
Lonely	Abandoned	Alone	Rejected	Unloved	
	Unwanted	Isolated	Lonesome	Friendless	
Anxiety	Anxious	Worried	Afraid	Scared	Nervous
		Apprehensive	Uptight	Tense	Terrified
		Panicky	Fearful	Frightened	Alarmed
	Shy	Foolish	Self-conscious	Flustered	Awkward
		Humiliated	Mortified	Embarrassed	Timid
	Stressed	Overworked	Burned out	Tense	Frazzled
Pressured		Strained	Besieged	Overwhelmed	
Anger	Angry	Mad	P. O.'d	Ticked off	Irate
		Resentful	Irritated	Incensed	Annoyed
		Upset	Furious	Enraged	Aggravated
	Criticized	Picked on	Put down	Insulted	Judged
		Blamed	Intimidated	Defensive	Condemned
	Frustrated	Stuck	Thwarted	Stymied	
	Jealous	Envious	Mistrustful	Suspicious	Paranoid

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50 Ways to Untwist Your Thinking*

By David D. Burns, M.D.

Basic Techniques	
1. Empathy	<p>When we're upset, we need someone to listen and see the world through our eyes <i>without</i> trying to cheer us up, help us, or give us advice. Although this won't usually lead to a cure, it can be a relief to know that someone's listening.</p> <p>You can learn to empathize when you're trying to help a friend or family member who feels upset. Usually, all they really want is for you to be a good listener.</p>
2. Agenda Setting	<p>Agenda Setting is the most basic and important technique of all. First, try to define the problem you want help with. It must be real and specific as to person, place, and time. Ask yourself, "When was I upset? What time of day was it? Where was I? Who was I interacting with? What was going on?"</p> <p>Now ask yourself if you're willing to roll up your sleeves and work on it <i>now</i>, rather than just talking about it endlessly. Ask yourself, "What would it be worth to me to solve this problem? How hard would I be willing to work on the solution?"</p>
3. Identify the Distortions	<p>Use the Checklist of Cognitive Distortions to identify the distortions in each negative thought.</p>
4. Straightforward Technique	<p>Try to substitute a more positive and realistic thought for each negative thought. Ask yourself, "Is this negative thought really true? Do I really believe it? Is there another way to look at the situation?"</p>
Compassion-Based Techniques	
5. Double Standard Technique	<p>Instead of putting yourself down, talk to yourself in the same compassionate way you might talk to a dear friend who was upset. Ask yourself, "Would I say such harsh things to a friend with a similar problem? If not, why not? What would I say to him or her?"</p>
Truth-Based Techniques	
6. Examine the Evidence	<p>Instead of assuming that your negative thought is true, examine the evidence for it. Ask yourself, "What are the facts? What do they show?"</p>
7. Experimental Technique	<p>Do an experiment to test the validity of your negative thought, in much the same way that a scientist would test a theory. Ask yourself, "How could I test this negative thought to find out if it's really true?" For example, if you believe you're on the verge of losing control and cracking up during your panic attacks, you can test this belief by trying to drive yourself crazy though willful effort. You can roll around on the floor, flail your arms and legs in the air, and speak gibberish. It can be a relief to discover that you <i>can't</i> go crazy, no matter how hard you try.</p>
8. Survey Technique	<p>Conduct a survey to find out if your thoughts are realistic. Ask yourself, "How do other people think and feel about this? Could I ask some friends and get some feedback?" For example, if you believe that social anxiety is rare or shameful, you could simply ask several friends if they've ever felt that way.</p>
9. Reattribution	<p>Instead of blaming yourself entirely for a problem, think about the many factors that contributed to it. Ask yourself, "What caused this problem? What did I contribute and what did others contribute? What can I learn from the situation?"</p>

Logic-Based Techniques	
10. Socratic Method	<p>Ask yourself questions that will lead to the inconsistencies in your negative thoughts. For example, you might ask yourself, "When I say that I'm a 'failure at life,' do I mean that I fail at some things some of the time, or all things all of the time?"</p> <p>If you say, "some things some of the time," you can point out that this is true of all human beings. If you say, "all things all of the time," you can point out that this isn't true of anyone, since no one fails at everything.</p>
11. Thinking in Shades of Gray	<p>Instead of thinking about your problems in black-and-white categories, you can evaluate them in shades of gray. When things don't work out as well as you'd hoped, you can think of the experience as a partial success or learning opportunity. Pinpoint your specific errors instead of writing yourself off as a total failure.</p>
Semantic Techniques	
12. Semantic Method	<p>Substitute language that's less colorful and emotionally loaded. Instead of thinking, "I <i>shouldn't</i> have made that mistake," you can tell yourself, "It would be <i>preferable</i> if I hadn't made that mistake." This method is especially helpful for Should Statements and Labeling.</p>
13. Let's Define Terms	<p>When you label yourself as "inferior," "a fool," or "a loser," ask yourself what those labels mean. What's the definition of "a fool" or "a loser"? When you try to define these terms, you'll discover there's no such thing as "a fool" or "a loser." Foolish behavior exists, but "fools" and "losers" do not.</p>
14. Be Specific	<p>Stick with reality and avoid judgments about reality. For example, instead of thinking of yourself as defective or worthless, you can focus on your <i>specific</i> strengths and weaknesses.</p>
Quantitative Techniques	
15. Self-Monitoring	<p>Keep track of repetitious negative thoughts or anxiety-producing fantasies by counting them. You can keep a 3x5 card in your wallet or pocket and put a tick mark on it each time you have a negative thought. Alternatively, you can wear a wrist-counter like the ones golfers use to keep track of their scores. Record the total number of negative thoughts each day on your calendar. Often, the upsetting thoughts will diminish or disappear within two to three weeks.</p>
16. Negative Practice / Worry Breaks	<p>Schedule time to intentionally worry or criticize yourself. For example, if you constantly beat up on yourself because of your shortcomings, you can schedule several five-minute periods each day to berate yourself and feel miserable. At those times, you can be as self-critical as you want and rip yourself to shreds with gusto. Use the rest of your time for positive, productive living.</p>
Humor-Based Techniques	
17. Paradoxical Magnification	<p>Instead of trying to refute your negative thoughts, you can buy into them and exaggerate them. Try to make them as extreme as possible. For example, if you feel inferior, you could tell yourself, "Yes, it's true. In fact, I'm probably the most inferior person in California at this time." Paradoxically, this can sometimes provide objectivity and relief. Of course, if you're really upset, this technique may have the unintended effect of making you feel even worse. If so, try another method.</p>
18. Shame-Attacking Exercises	<p>If you suffer from shyness, you probably have intense fears of looking foolish in front of other people. Shame-Attacking Exercises are a specific and potent antidote to these kinds of fears. You intentionally do something foolish in public so you can get over this fear. For example, you could stand up and announce each stop on a bus or shout out the time in a crowded department store.</p> <p>When you make a fool of yourself on purpose, you discover that the world doesn't come to an end after all, and that people don't really look down on you. This discovery can be liberating.</p>

Role-Playing Techniques	
19. Externalization of Voices	<p>This technique transforms intellectual understanding into emotional change at the gut level. It's the most powerful of all the CBT techniques, but it can be quite challenging and even a bit upsetting at first.</p> <p>You and another person will take turns playing the role of your negative thoughts and the role of your positive thoughts. The person playing the negative thoughts attacks, and the person playing the positive thoughts defends. Use role-reversals when you get stuck.</p> <p>In the "I-I" version of the Externalization of Voices, both of you will speak in the first person, "I." In the "You-I" version, the person playing the negative thoughts will speak in the second-person, "You," and the person playing the positive thoughts will speak in the first person, "I." The "I-I" method is gentle and safe, but less effective. The "You-I" method is more intimidating and challenging, but has far greater healing power.</p>
20. Feared Fantasy Technique	<p>Like the Externalization of Voices, this is a two-person technique. You and the other person act out your worst fears, such as being rejected by an exceptionally hostile critic because you aren't smart enough or good enough. When you face your worst fear, you often gain liberation from it. Your worst fears don't usually turn out to be real monsters, but figments of your imagination that you can defeat with a little logic, compassion, and common sense.</p>
Other Role-Playing Methods	<p>Many techniques are much more effective in a role-playing format. They include Cognitive Techniques like the Double Standard Technique (#5) and, Acceptance Paradox (#21), Motivational Techniques like the Devil's Advocate (#30), and Exposure Techniques like the David Letterman Technique (#43) and Flirting Training (#45). The Interpersonal Techniques, such as the Five Secrets of Effective Communication (#49) and One-Minute Drill (#50) also work extremely well in a role-playing format.</p>
Philosophical / Spiritual Techniques	
21. Acceptance Paradox	<p>Instead of defending against your own self-criticisms, you can find truth in them and accept your shortcomings with tranquility. Tell yourself, "It's true that I have <i>many</i> inadequacies. In fact, there is very little, if anything, about me that couldn't be improved considerably."</p>
Visual Imaging Techniques	
22. Time Projection	<p>Future Projection. If you're depressed, you can take a mental trip into the future and imagine that you've recovered. The current self who feels worthless and defeated can have a conversation with the future self who feels joy and self-esteem. The outpouring of emotion will often have a cathartic effect.</p> <p>Past Projection. You can also take a mental trip into your past and have a conversation with someone who hurt or abused you. This will give you the chance to express thoughts and feelings that have been bottled up and eating away at you for many years.</p>
23. Humorous Imaging	<p>When you feel consumed with anxiety or anger, it can sometimes help to visualize something humorous. A depressed woman obsessed about the fact that she'd gotten screwed in her divorce settlement. She could barely make ends meet, and became furious every time she fantasized about her ex-husband cavorting with his new trophy wife on his yacht and living in the lap of luxury. The constant feelings of anger and resentment were making her miserable. She found that picturing him at a board meeting in his underpants made her giggle. This was a useful antidote to the feelings of rage that were plaguing her.</p>

<p>24. Cognitive Hypnosis</p>	<p>You'll need a therapist who uses hypnosis if you want to try this technique, and you'll have to be hypnotizable—this includes about a third of us. After inducing a trance, the hypnotist may suggest that you're standing in a special library with two sets of shelves. The shelves on the left contain intensely negative books, like "The Book of Rape" and "The Book of Despair," and the shelves on the right contain positive books, like "The Book of Joy" and "The Book of Self-Esteem."</p> <p>When you take a book from the shelf on the left, you'll discover that it's about you. It contains descriptions of all your negative thoughts, memories, and fears. When you read from this book, you'll feel overwhelmed with feelings of depression, anxiety, hopelessness and shame. Your hypnotist will guide you as you destroy this book. You can burn it, bury it, or shred it.</p> <p>Then you'll find yourself in the library again, where you'll take a book from the shelf on the right. Once again, you'll discover that it's all about you, but this time, it's filled with positive messages of self-esteem, creativity, and optimism. As you read from this book, you'll be flooded with feelings of inner peace.</p>
<p>Other Visual Imaging Techniques</p>	<p>Cognitive Flooding (#39), Image Substitution (#40), and Memory Rescripting (#41) are also Visual Imaging Techniques, but they're categorized as Cognitive Exposure Techniques because they're extremely useful in the treatment of anxiety.</p>
<p>Uncovering Techniques</p>	
<p>25. Individual Downward Arrow</p>	<p>Draw a downward arrow under a negative thought on your Daily Mood Log and ask yourself, "Why would it be upsetting to me if this thought were true? What would it mean to me?" A new negative thought will come to mind. Write it down under the arrow and repeat this process several times. When you review the chain of negative thoughts, along with the list of Common Self-Defeating Beliefs (SDBs), you can pinpoint the attitudes and beliefs that make you vulnerable to depression and anxiety, such as Perfectionism, the Achievement Addiction, or the Brushfire Fallacy.</p>
<p>26. Interpersonal Downward Arrow</p>	<p>Draw a downward arrow under a negative thought on your Daily Mood Log and ask yourself, "If that were true, what would it tell me about the type of person s/he is? The type of person I am? The type of relationship we have?" A new negative thought will come to mind. Write it down under the arrow and repeat this process several times. The thoughts you generate will help you uncover the Self-Defeating Beliefs that lead to problems in your relationships with other people, such as Entitlement, Truth, or Submissiveness.</p>
<p>27. What-If Technique</p>	<p>This Uncovering Technique was developed specifically for anxiety. Draw a downward arrow under a negative thought on your Daily Mood Log and ask yourself, "What if that were true? What's the worst that could happen? What do I fear the most?"</p> <p>A new negative thought or fantasy will come to mind. Write it down under the arrow and repeat this process several times. You'll generate additional thoughts that will lead to the fantasy that frightens you the most. Then you can ask yourself, "How likely is it that this would happen? And could I live with it if it did?"</p>
<p>28. Hidden Emotion Technique</p>	<p>This technique is based on the idea that when you're anxious, you may be avoiding a personal problem that you don't want to face. Bringing the problem to conscious awareness and expressing your feelings will often eliminate your anxiety. Ask yourself, "Am I focusing on my anxiety to avoid dealing with something upsetting? What's the real problem that's bothering me? Do I secretly resent my spouse or my job? Am I unhappy about being in school? How do I really feel?"</p>

Motivational Techniques	
29. Straightforward and Paradoxical Cost-Benefit Analysis (CBA)	<p>When you do a Straightforward CBA, you list the advantages and disadvantages of a negative thought ("I'm such a loser") or Self-Defeating Belief ("I should be perfect"). You can also do a CBA for a negative feeling (like anger, guilt, inferiority or anxiety), a habit (such as drinking, using drugs, overeating or procrastinating), or a relationship problem (such as blaming your spouse for your marital problems).</p> <p>Ask yourself, "What are the advantages and disadvantages of this belief, feeling or habit? How will it help me, and how will it hurt me?" After you list all the advantages and disadvantages, balance them against each other on a 100-point scale so you can see whether the costs or the benefits of your mindset are greater.</p> <p>When you do a Paradoxical CBA, you list only the advantages of a negative thought, belief, feeling, habit, or relationship problem. Now ask yourself, "Given all these advantages, why should I change?" This will make you aware of the powerful forces that keep you stuck.</p>
30. Devil's Advocate Technique	<p>This is a Role-Playing Technique. Another person plays the role of the Devil who tempts you to drink, overeat, procrastinate, or date the wrong person. Your job is talk back to those thoughts in real time. Use role-reversals when you get stuck.</p> <p>For example, if you're struggling to stick with your diet, imagine being in a mall where fast food is sold. The Devil might say, "Gee, why don't you go and get one of those hot, buttery cinnamon buns? They just came out of the oven. It would taste so good. You deserve it!"</p> <p>You can fight back and say, "I don't need a cinnamon bun, and I'll feel terrible if I give in. I'm determined to stick with my diet, and I'm looking forward to fitting into more attractive clothes." The Devil will try to break you down again, and you can fight back.</p> <p>This method can be surprisingly challenging, especially if the Devil is familiar with your own rationalizations and expresses them in a seductive and persuasive manner.</p>
31. Stimulus Control	<p>If you're trying to break a bad habit, such as alcoholism or overeating, you can reduce temptation rather than struggling with it. For example, if you drink too much, you can get rid of all the alcoholic beverages in your house and avoid going to places where alcohol is served. Stimulus Control is not a complete treatment for any addiction, but it can be an important part of a more comprehensive program.</p>
32. Decision-Making Form	<p>If you're stuck on the horns of a dilemma, the Decision-Making Form can help you sort out your options and get unstuck. It won't tell you what you should do, but will show you what the real issues are and how you feel about them.</p>
33. Daily Activity Schedule	<p>When you're depressed, everything seems overwhelming. Nothing seems worth doing, so you may give up on life. The Daily Activity Schedule can help you overcome do-nothingism. Record what you do each hour from the time you get up in the morning to the time you go to bed at night. Rate how satisfying each activity was on a scale from 0 (not at all satisfying) to 5 (the most satisfying). A review of the schedule will show you which activities boost your mood the most.</p>
34. Pleasure Predicting Sheet	<p>Schedule a series of activities with the potential for pleasure, learning, or personal growth. Indicate who you plan to do each activity with. Include activities you can do by yourself (such as jogging) as well as activities with other people.</p> <p>Predict how satisfying each activity will be on a scale from 0% (the least) to 100% (the most). After you complete each activity, record how satisfying it actually turned out to be on the same scale. Now compare your actual satisfaction ratings with your predictions. Many depressed people find that lots of activities turn out to be more rewarding than they predicted. This discovery can boost your motivation to become more actively involved in life again.</p> <p>You can also compare the satisfaction you get from being alone to the satisfaction you feel from being with other people. This can help you test Self-Defeating Beliefs such as, "If I'm alone, I'm bound to feel miserable."</p>

<p>35. Anti-Procrastination Sheet</p>	<p>Rather than telling yourself you have to do everything all at once, break an overwhelming task down into tiny steps that you can tackle one step at a time. List each step in the left-hand column of the Anti-Procrastination Sheet. In the next two columns, predict how difficult and how satisfying each step will be on a scale from 0% – 100%. After completing each small step, record how difficult and how satisfying it turned out to be in the last two columns. Now compare your predictions with the outcome. Many people discover that each step is far easier and more rewarding than they expected.</p>
<p>Other Anti-Procrastination Techniques</p>	<p>Socratic Method. If you're struggling with procrastination, you can ask yourself a series of questions that will lead to the absurdity of your claim that you just "can't" seem to get started on the task you've been avoiding. First, break the task down into tiny steps. What's the first thing you'd have to do? The second thing? Then ask yourself, "What do I mean when I claim that I can't do the first step? Or the second step?"</p> <p>Problem-Solution Method. Schedule a time when you can do five minutes of the task you've been avoiding. Let's say you decide to start organizing the mess on your desk at 3:00 PM. Draw a line down the center of a piece of paper and list all the problems that will get in your way and all the excuses you'll give yourself for not getting started at 3:00 in the left-hand column. You might put, "A friend may call and need to talk," or "It may seem too anxiety-provoking," or "I may decide that I need to rest for a while first." You can put solutions to each problem in the right-hand column.</p>
<p>Classical Exposure Techniques</p>	
<p>36. Gradual Exposure and Flooding</p>	<p>When you use Gradual Exposure, you expose yourself to the thing you fear in small steps. For example, if you have an elevator phobia, you could get on an elevator, go up one floor, and get off. Once you're comfortable with that, you could ride the elevator for two floors. You can gradually increase the length of time you spend in the elevator. You can use Gradual Exposure for any phobia, such as the fear of heights, needles, or dogs, as well as other forms of anxiety, such as shyness or Obsessive-Compulsive Disorder.</p> <p>You can also create a Fear Hierarchy, listing the least threatening situation as +1, and the most threatening as +10. You can record the type and amount of exposure you perform each day, as well as how anxious you felt, between 0% and 100%.</p> <p>When you use Flooding, you expose yourself to the thing you fear all at once. For example, if you have an elevator phobia, you can force yourself to get on an elevator and ride up and down, no matter how anxious you feel, until your fear disappears. Flooding is more frightening than Gradual Exposure, but it works more rapidly. Both approaches have been used successfully in the treatment of nearly all forms of anxiety, so you can use the approach that appeals to you the most.</p>
<p>37. Response Prevention</p>	<p>Response Prevention is an important key to the treatment of all forms of anxiety. It's often combined with exposure. For example, let's say you have a powerful urge to check the mailbox over and over after you drop a letter in. Using Response Prevention, you would drop the letter in the mailbox and walk away without checking it as you usually do. Your anxiety will temporarily get worse, and you'll feel compelled to check it. But if you refuse to give in to this urge, your anxiety will eventually disappear.</p>
<p>38. Distraction</p>	<p>If you feel anxious, you can distract yourself from the upsetting thoughts by concentrating intensely on something else. For the best results, you can combine Distraction with Gradual Exposure or Flooding. For example, if you feel panicky during an airplane flight, you can work on a crossword puzzle or engage the passenger next to you in conversation.</p> <p>Some therapists recommend moving the eyes back and forth from left to right during exposure. This is called EMDR (Eye Movement Desensitization and Reprocessing). Others recommend tapping rhythmically on some part of your body, like your clavicle or eyebrow, during exposure. This is called TFT (Thought Field Therapy). Although these techniques are controversial, there's no harm in trying them, and they might make the exposure somewhat less upsetting.</p>
<p>Cognitive Exposure Techniques</p>	

<p>39. Cognitive Flooding</p>	<p>Cognitive Flooding is useful when you can't expose yourself to the thing you fear in reality. For example, if you have a fear of flying, you can't expose yourself to an actual airplane crash in order to overcome your fears! However, you can confront this fear in your mind's eye using Cognitive Flooding.</p> <p>Visualize your worst fear, such as feeling trapped in a plane that's crashing toward the earth in a ball of flames while all the passengers scream in terror. Try to endure the anxiety for as long as you can. If you become panicky, don't fight it! Instead, try to make the panic even worse. Eventually, the anxiety will burn itself out because your body simply cannot create anxiety indefinitely.</p>
<p>40. Image Substitution</p>	<p>Substitute a more positive or peaceful image for a frightening one. For example, during an airplane flight, you can fantasize landing safely or relaxing on a beach instead of imagining the plane crashing in flames.</p>
<p>41. Memory Rescripting</p>	<p>If you've been a victim of sexual or physical abuse, you may experience flashbacks with vivid memories of the traumatic episode. These mental pictures can be likened to a horrifying internal movie that you replay over and over, in exactly the same way every time. You can edit the frightening scenes in this movie in much the same way that you can change your negative thoughts.</p> <p>For example, if your best buddy was killed by a hand grenade when you were fighting together in Vietnam, horrifying memories of his body being blown apart may haunt you. You can bring him back to life in your mind's eye and tell him all the things you never got to say before he died. Then you can give him a proper burial and say goodbye.</p> <p>Changing the images can create a sense of mastery and help you overcome the feelings of helplessness that resulted from being a victim. In addition, the intentional exposure will desensitize you, and the traumatic memories will lose their power to intimidate you.</p>
<p>Other Cognitive Exposure Techniques</p>	<p>Negative Practice / Worry Breaks (#16), the Feared Fantasy (#20) and the Acceptance Paradox (#21) are all forms of Cognitive Exposure.</p>
<p>Interpersonal Exposure Techniques</p>	
<p>42. Smile and Hello Practice</p>	<p>If you're shy, you can force yourself to smile and say hello to 10 or 20 strangers each day. Use a 3x5 card to record how many people respond positively, neutrally, and negatively. You'll often discover that people are much friendlier than you expected. This discovery can help you overcome your fears of rejection or looking foolish.</p>
<p>43. David Letterman Technique</p>	<p>You can learn how to make casual conversation with anyone by using the Five Secrets of Effective Communication (#49), especially the Disarming Technique, Inquiry, and Stroking. These are the same skills used by successful talk-show hosts like David Letterman and Jay Leno. They appear charming, personable and relaxed because they always keep the spotlight on the other person.</p> <p>Instead of trying to impress people by talking about yourself, you can focus on them in a friendly way. Find truth in what they say. Express curiosity and admiration. Ask questions and encourage them to open up. You'll find that most people are somewhat bored and lonely, and love to be the center of attention.</p>
<p>44. Self-Disclosure</p>	<p>Instead of shamefully hiding your feelings of shyness or nervousness in a social situation, you can disclose them openly. This technique requires a good sense of self-esteem to be effective. If it's done skillfully, it will allow you to form real relationships with people instead of trying to put on a show and pretend to be something that you're not. This technique is based on the rather unintuitive idea that shyness without shame is actually an asset, because it makes you seem more human and personable.</p>
<p>45. Flirting Training</p>	<p>You learn to flirt in a playful, light-hearted way, rather than interacting with others in such a formal, heavy manner. Paradoxically, when you lighten up and learn to stop taking people so seriously, they're more likely to find you attractive and may even start chasing you.</p>
<p>46. Rejection Practice</p>	<p>If you're shy and afraid of rejection, you can try to accumulate as many rejections as you can instead of trying so hard to find someone to love you. Although this takes tremendous courage, you'll discover that the world doesn't actually come to an end when you're rejected. Paradoxically, when you stop fearing rejection, you stop getting rejected.</p>

<p>Other Interpersonal Exposure Techniques</p>	<p>Shame-Attacking Exercises (#18) are categorized as Humor-Based Techniques, but they're also Interpersonal Exposure Techniques. The Rejection Feared Fantasy is a variation of the Feared Fantasy Technique (#20). Let's say that you're intensely shy and afraid of rejection. You can enter an Alice-in-Wonderland nightmare world where your worst fears come true. A friend or therapist can play the role of the most rejecting, hostile person you can imagine. She or he will be far worse than any real human being would ever be, and will try to rip you to shreds. If you respond with the Acceptance Paradox, you'll discover that you can easily handle anything the Hostile Critic throws at you without getting perturbed. Use role-reversals if you get stuck.</p>
<p>Interpersonal Techniques</p>	
<p>47. Relationship Cost-Benefit Analysis (CBA)</p>	<p>List the advantages and disadvantages of blaming the other person for the problems in your relationship. You'll discover that there are lots of advantages:</p> <ul style="list-style-type: none"> • You can feel morally superior. • You won't have to examine your own role in the problem. • You'll feel like truth is on your side. • You can get back at the other person without feeling guilty. • You can feel powerful. • You can tell your friends what a loser the other person is, and they'll probably agree with you. <p>There may also be some disadvantages. You won't be able to resolve the problem or get close to the person you're mad at. The conflict will go on and on, and you'll feel consumed by feelings of frustration and anger. Your friends may get tired of your constant complaining. And there won't be any room for personal or spiritual growth.</p> <p>Once you've listed all the advantages and disadvantages on the CBA form, balance them against each other on a 100-point scale. Ask yourself whether the costs or the benefits of this mind-set are greater. If you decide to keep blaming the other person, the prognosis for the relationship will be extremely poor. The willingness to stop blaming them and examine your own role in the problem is the key to developing a more satisfying relationship.</p>
<p>48. Relationship Journal (RJ)</p>	<p>The Relationship Journal can help you improve your relationships with family members, friends and colleagues. There are five steps:</p> <p>Step 1. Write down one thing the other person said to you.</p> <p>Step 2. Write down <i>exactly</i> what you said next.</p> <p>Step 3. Analyze what you wrote down in Step 2. Was it an example of good or bad communication? You'll find helpful checklists on the back of the RJ.</p> <p>Step 4. Think about the consequences of what you wrote down in Step 2. How will the other person think and feel? What will she or he say next? Will your response make the situation better or worse?</p> <p>Step 5. Generate a more effective response using the Five Secrets of Effective Communication.</p>
<p>49. Five Secrets of Effective Communication</p>	<p>The Five Secrets of Effective Communication can help you resolve virtually any relationship problem quickly. These techniques require considerable practice and must come from the heart or they'll backfire.</p> <ol style="list-style-type: none"> 1. The Disarming Technique. Find some truth in what the other person is saying, even if it seems totally unreasonable or unfair. 2. Empathy. Try to see the world through the other person's eyes. Paraphrase their words (Thought Empathy) and acknowledge how they're probably feeling, based on what she or he said (Feeling Empathy). 3. Inquiry. Ask gentle, probing questions to learn more about what the other person is thinking and feeling. 4. "I Feel" Statements. Express your own ideas and feelings in a direct, tactful manner. Use "I Feel" Statements, such as "I'm feeling upset," rather than "You" statements, such as "You're making me furious!" 5. Stroking. Convey an attitude of respect, even if you feel angry with the other person. Find something genuinely positive to say, even in the heat of battle.

<p>50. One-Minute Drill</p>	<p>You and your partner take turns playing the roles of Talker and Listener. The Talker spends 30 seconds expressing his or her feelings about a relationship problem. The Listener paraphrases what the Talker said as accurately as possible. The Talker rates the Listener's accuracy from 0% – 100%. Once the Listener receives a rating of 95% or better, you can do a role-reversal.</p> <p>This technique ensures nearly perfect communication. It quickly breaks the pattern of accusation, self-defense, and hostility, and shifts the dialogue to a level of greater vulnerability and intimacy.</p>
<p>Other Interpersonal Techniques</p>	<p>Interpersonal Decision-Making. When you're at odds with someone, you have three choices: you can settle for the status quo, work to make the relationship better, or leave the person you're not getting along with. Most of time, people know what they want, but sometimes it's confusing. You may ask yourself: "Should I get engaged or break up and look for someone more exciting?" Or, "Should I get divorced or try to make my marriage better?"</p> <p>The Decision-Making Form (#32) can help you sort out your options when you're having a tough time making up your mind. A wide variety of patterns can emerge, and each one will lead to a unique solution.</p>

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Common Self-Defeating Beliefs*

Achievement	Depression
<p>1. Perfectionism. I must never fail or make a mistake.</p> <p>2. Perceived Perfectionism. People will not love and accept me as a flawed and vulnerable human being.</p> <p>3. Achievement Addiction. My worth as a human being depends on my achievements, intelligence, talent, status, income, or looks.</p>	<p>13. Hopelessness. My problems could never be solved. I could never feel truly happy or fulfilled.</p> <p>14. Worthlessness / Inferiority. I'm basically worthless, defective, and inferior to others.</p>
	Anxiety
Love	<p>15. Emotional Perfectionism. I should always feel happy, confident, and in control.</p> <p>16. Anger Phobia. Anger is dangerous and should be avoided at all costs.</p> <p>17. Emotophobia. I should never feel sad, anxious, inadequate, jealous or vulnerable. I should sweep my feelings under the rug and not upset anyone.</p> <p>18. Perceived Narcissism. The people I care about are demanding, manipulative, and powerful.</p> <p>19. Brushfire Fallacy. People are clones who all think alike. If one person looks down on me, the word will spread like brushfire and soon everyone will look down on me.</p> <p>20. Spotlight Fallacy. Talking to people feels like having to perform under a bright spotlight on a stage. If I don't impress people by being sophisticated, witty, or interesting, they won't like me.</p> <p>21. Magical Thinking. If I worry enough, everything will turn out okay.</p>
<p>4. Approval Addiction. I need everyone's approval to be worthwhile.</p> <p>5. Love Addiction. I can't feel happy and fulfilled without being loved. If I'm not loved, then life is not worth living.</p> <p>6. Fear of Rejection. If you reject me, it proves that there's something wrong with me. If I'm alone, I'm bound to feel miserable and worthless.</p>	
Submissiveness	
<p>7. Pleasing Others. I should always try to please others, even if I make myself miserable in the process.</p> <p>8. Conflict Phobia. People who love each other should never fight or argue.</p> <p>9. Self-Blame. The problems in my relationships are bound to be my fault.</p>	
Demandingness	
<p>10. Other-Blame. The problems in our relationship are all your fault.</p> <p>11. Entitlement. You should always treat me in the way I expect.</p> <p>12. Truth. I'm right and you're wrong.</p>	Other
	<p>22. Low Frustration Tolerance. I should never be frustrated. Life should be easy.</p> <p>23. Superman / Superwoman. I should always be strong and never be weak.</p>

Cost-Benefit Analysis*

List the attitude, feeling, or habit you want to change:

Advantages	Disadvantages

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Reattribution Exercise

An attractive but painfully shy young man was standing in line at the grocery store, waiting to check his groceries. He thought the woman checking groceries was giving him the eye, and wanted to say something or flirt with her when he got to the front of the line. However, he was terrified because he was telling himself, "If she rejects me, it will prove that I'm a loser."

See if you can list five or more good reasons why she might not respond positively to his attempts to flirt with her, other than the idea that he's "a loser."

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Exercise with “Let’s Be Specific” + “Thinking in Shades of Gray

Select one of the Negative Thoughts (NTs) below, or use a similar NT that contains All-or-Nothing Thinking, Overgeneralization, or Labeling,

- “I’m a bad mom” (or dad, therapist, teacher, etc.)
- My marriage was a failure because it ended in divorce. (Or, “I’m a failure because my marriage ended in divorce.”)
- I’m a lousy therapist.
- I should be better than I am.
- I’m defective.

Record your Negative Thought here: _____

List at least 5 qualities of a "good" marital partner, therapist, parent, or human, etc.	Rating (0 to 100) when you're		
	at your worst	at your best	on average
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Now focus on one SPECIFIC quality / characteristic you'd like to improve, and list several specific steps could you take to improve in that area.

1. _____
2. _____
3. _____

Exercise: List the Distortions in each of Angelina’s Negative Thoughts in the right-hand column, using abbreviations such as AON for All-or-Nothing Thinking.

Negative Thoughts (NTs)	% Belief	Distortions
1. I’m letting my family down.	100%	
2. They can’t exist without me.	100%	
3. It’s my fault I got cancer.	85%	

Checklist of Cognitive Distortions*

1. All-or-Nothing Thinking (AON). You view things in absolute, black-and-white categories.	6. Magnification and Minimization (Mag/Min). You blow things out of proportion or shrink them.
2. Overgeneralization (OG). You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. Emotional Reasoning (ER). You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
3. Mental Filter (MF). You dwell on the negatives and ignore the positives.	8. Should Statements (SH). You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the Positive (DP). You insist that your positive qualities don't count.	9. Labeling (LAB). Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions (JC). You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading (MR). You assume that people are reacting negatively to you. • Fortune-Telling (FT). You predict that things will turn out badly. 	10. Blame. You find fault instead of solving the problem. <ul style="list-style-type: none"> • Self-Blame (SB). You blame yourself for something you weren't entirely responsible for. • Other-Blame (OB). You blame others and overlook ways you contributed to the problem.

Relapse Prevention Daily Mood Log*

Upsetting Event: Having a sudden relapse several weeks from now and feeling anxious and depressed again.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	100			Embarrassed, foolish, humiliated, self-conscious	100		
Anxious, worried, panicky, nervous, frightened	100			Hopeless, discouraged, pessimistic, despairing	100		
Guilty, remorseful, bad, ashamed	100			Frustrated, stuck, thwarted, defeated	100		
Inferior, worthless, inadequate, defective, incompetent	100			Angry, mad, resentful, annoyed, irritated, upset, furious	90		
Lonely, unloved, unwanted, rejected, alone, abandoned	100			Other			

Negative Thoughts (NTs)	% Now	% After	Distortions	Positive Thoughts (PTs)	% Belief
1. The therapy didn't really work.	100				
2. Things are hopeless.	100				
3. My problems are real. Therapy couldn't possibly help.	100				
4. I was just fooling myself when I thought I was feeling better.	100				
5. I really am a worthless loser.	100				
6. I knew it could never last.	100				