

CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS
THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 4

Ground Rules

Respect others

Please respect everyone's confidentiality

Please do not share with the class personal stories of trauma or suicidal or violent thoughts

Talk to us

If you are distressed, please talk to staff members individually

Class Outline

Mindfulness

Review of Previous Action Plan

Anger, Assertiveness, Self-Compassion

Problem-Solving

Your Action Plan

Mindfulness Meditation – 5 min

Observe without judgement

Helpful for stress reduction

Mindfulness apps (free)

- MindShift, Mindfulness Coach, UCLA Mindful, Healthy Minds

Anywhere, anytime

- Observe breath, object, activity, sounds

Video on next
slide!



CBTm



<https://youtu.be/DWTAuuuuPpM?si=HiC-dH5YJa0t7whD>

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Class Outline

Mindfulness

Review of Previous Action Plan

Anger, Assertiveness, Self-Compassion

Problem-Solving

Your Action Plan

Review of last week's Action Plan

Mindfulness 5 min twice a day

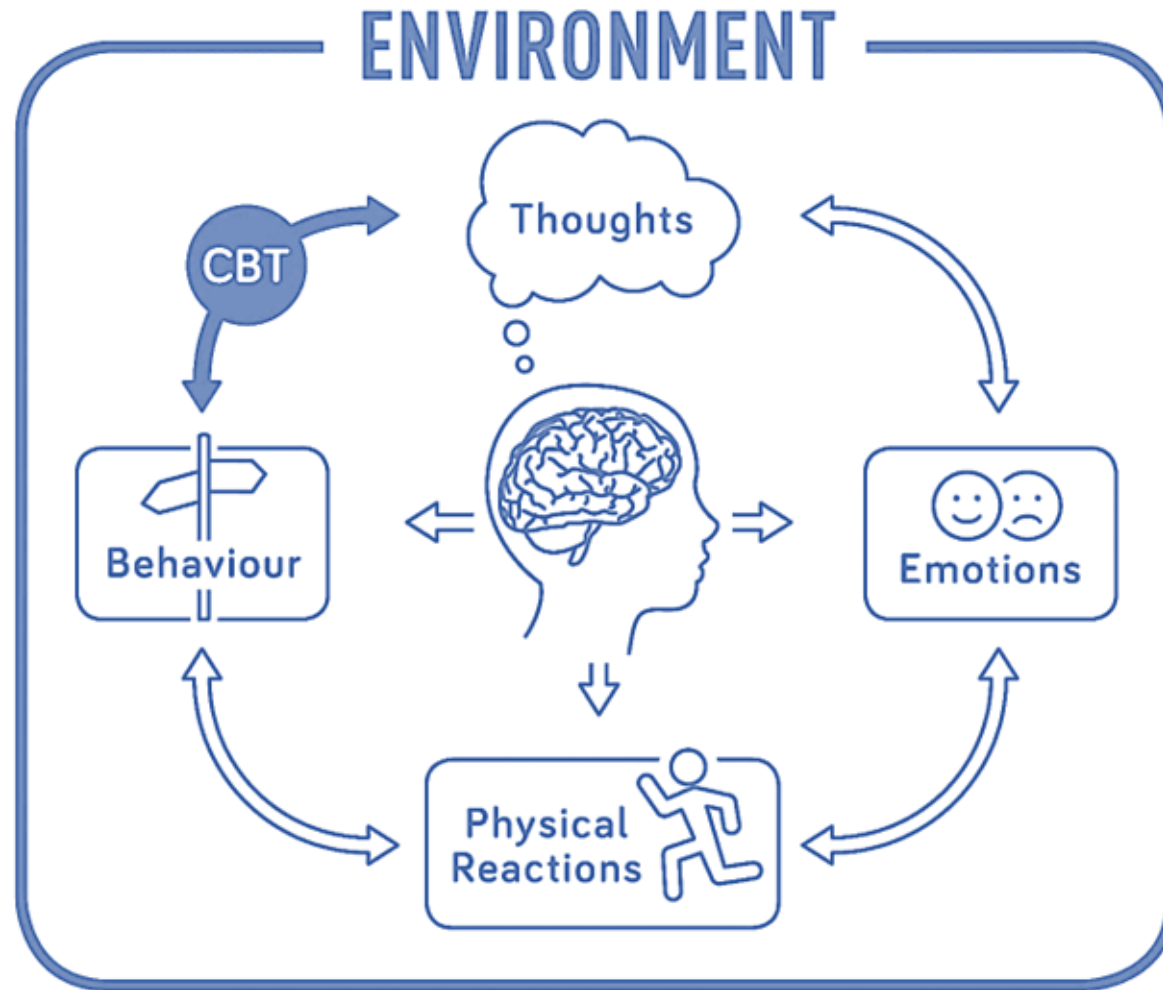
2 goals for this week

90% likelihood of completing the goals

Include at least one Healthy Living goal

- Exercise
- Nutrition
- Reduce caffeine
- Reduce alcohol/drugs
- Sleep

The CBT Model



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Anger

Normal human emotion

- Appropriate response to perceived injustice against oneself or others
- Anger itself not a problem, but how anger is expressed or dealt with can be

Consider: Relaxation strategy and/or a thought record



CATCH IT

1. What is the situation?
John does not take out the garbage when it's his turn.
2. What am I thinking or imagining?
He never pulls his weight around the house.
3. How much do I believe it? (*a little, medium, or a lot*)
I believe it a lot.
4. How does that thought make me feel? (*e.g., angry, sad, nervous, etc.*)
Angry.
5. How strong is the feeling on a scale of 0-100?
About a 85 out of 100.



CHECK IT

6. What makes me think the thought is true?
He often puts off his chores and I end up doing them.
7. What makes me think the thought is not completely true?
He does do the dishes often
8. What's the worst that could happen?
John doesn't take out the garbage until the whole house starts to smell.
9. What's the best that could happen?
He takes the garbage out immediately, all on his own.
10. What will probably happen?
I will remind him to take out the garbage and he will take it out sometime today.



CHANGE IT

11. What will happen if I keep telling myself the same thought?
I will snap at John and cause us to get into a fight.
12. What could happen if I changed my thinking?
I could appreciate the things he does do and talk to him about the garbage calmly.
13. What would I tell my friend Pat if this happened to them?
I would tell my friend that although that's frustrating to deal with, it's not worth ruining your relationship over.
14. What's another way of thinking about this?
John sometimes doesn't do chores as quickly as I would like, but there are other ways that he contributes. I'll wait a bit and talk to him calmly.
15. How do I feel now? Rerate the intensity on a scale of 0-100.
A little bit better. I feel a bit less angry. About a 60 out of 100 now.

Find this in
your handouts!

Use a thought record
when feeling angry

RESPECT FOR SELF		
	+	—
RESPECT FOR OTHERS		
	Aggression Selfishness	

Anger

RESPECT FOR SELF		
	+	—
RESPECT FOR OTHERS	+	Passivity ↓ Depression, Anxiety
	—	Aggression Selfishness

Anger

RESPECT FOR SELF		
	+	—
RESPECT FOR OTHERS	+	Passivity ↓ Depression, Anxiety
	—	Aggression Selfishness Passive Aggression

Anger

RESPECT FOR SELF		
	+	—
RESPECT FOR OTHERS	+	Assertiveness Passivity ↓ Depression, Anxiety
	—	Aggression Selfishness Passive Aggression

Anger

Anger

Aggression

- Overvalue own needs and ignore the needs of others

Passivity

- Overvalue the needs of others and ignore your own needs

Passive-Aggression

- Not express own needs and then get angry with/resent others for not meeting your needs

Assertiveness

- Balance own needs with the needs of others in a way that is consistent with your personal values

Assertiveness – Basic Skills

Assertiveness
is a skill, not
a personality
type

It's about
controlling
your own
behaviour,
not others'

Does not
mean always
getting your
way

Start small,
like with any
new skill

You don't
have to be
assertive all
the time

Assertiveness – Basic Skills

Body
language/non-
verbal behaviours

Get more
information

Check your own
distortions/thinking
traps

“I” statements

Express your
wishes clearly

Try to hear others’
wishes

It’s okay to “buy
time”

Assertiveness – Basic Skills

Brace yourself for
resistance from
others

Don't set limits
you won't keep

Start with one
relationship, not
your most
conflicted one

Don't
overcompensate
with aggression

Try not to make it
about who wins

ASSERTIVENESS

adapted from AnxietyCanada

Assertive communication is the honest expression of one's own needs, wants and feelings, while respecting those of the other person. When you communicate assertively, your manner is non-threatening and non-judgemental, and you take responsibility for your own actions.

If you have anxiety or depression, you may have some difficulty expressing your thoughts and feelings openly. Assertiveness skills can be difficult to learn, especially since being assertive can mean holding yourself back from the way you would normally do things. For example, you maybe afraid of conflict, always go along with the crowd, and avoid offering your opinions.



As a result, you may have developed a **passive** communication style. Alternatively, you may aim to control and dominate others and have developed an **aggressive** communication style.

However, an assertive communication style brings many benefits. For example, It can help you to relate to others more genuinely, with less anxiety and resentment. It also gives you more control over your life, and reduces feelings of helplessness. Furthermore, it allows OTHER people the right to live their lives.

Remember: Assertiveness is a learned skill, not a personality trait you are born with. It is what you *do*, not who you are.

Step 1: Identifying your trouble spots

To start, ask yourself the following questions to identify what area(s) to work on:

- Do I struggle to ask for what I want?
- Is it hard to state my opinion?
- Do I have trouble saying no?



Tips for Communicating Assertively:

Many people find it hard to ask for what they want, feeling that they don't have the right to ask, or fearing the consequences of the request. For example, you may think, "What if he says no?" or "She would think I am rude for asking".

Find this in your handouts!

More on assertiveness

Self-Compassion

Self-kindness vs.
Self-judgement

Common
humanity vs.
Isolation

Mindfulness vs.
Over-
identification

<https://vimeo.com/65859796>

For more information on Dr. Kristin Neff's
work on self-compassion, see her website:
<http://self-compassion.org/>

Class Outline

Mindfulness

Review of Previous Action Plan

Anger, Assertiveness, Self-Compassion

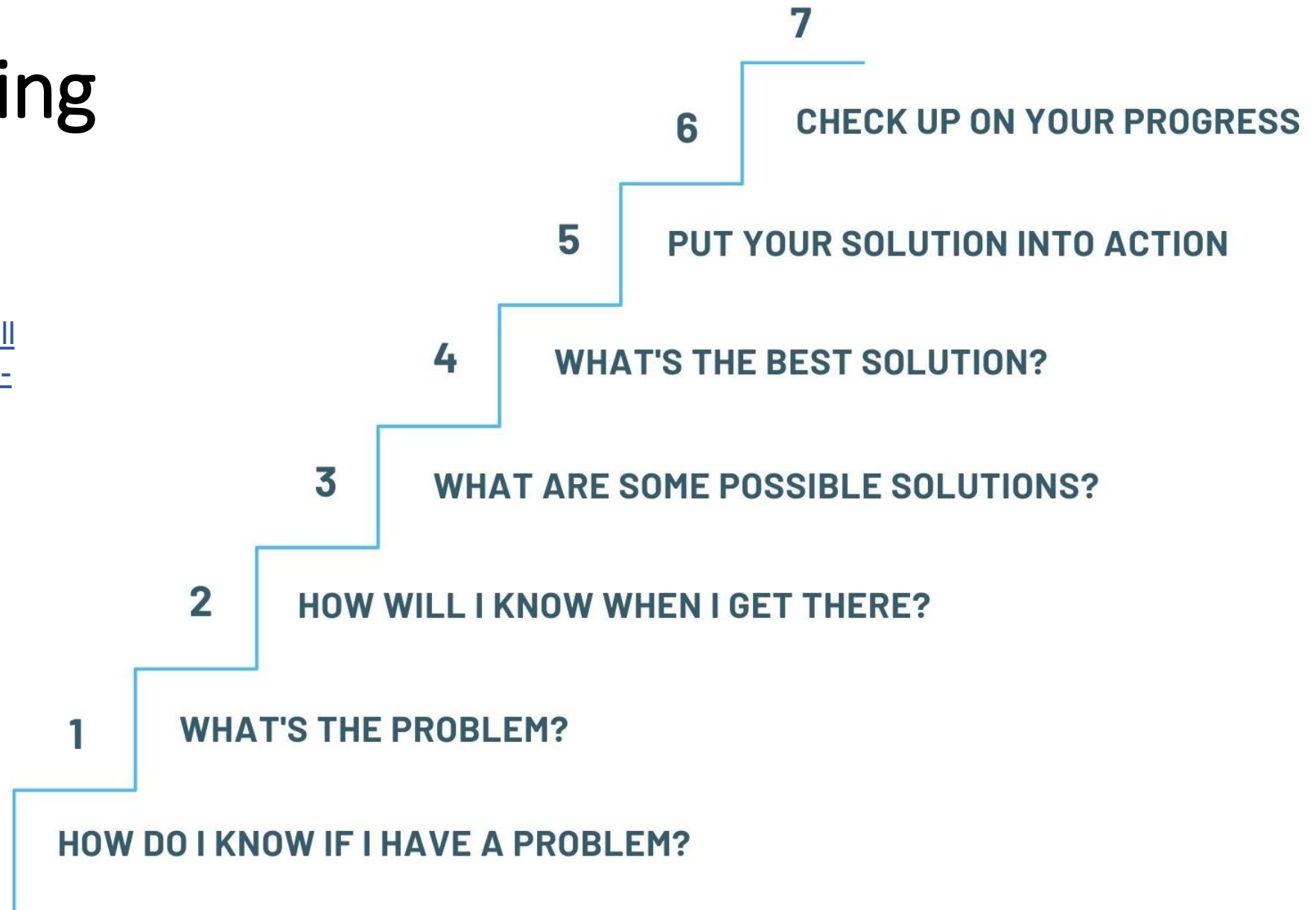
Problem-Solving

Your Action Plan

Problem Solving

To read more visit:

<https://www.heretohelp.bc.ca/wellness-module/wellness-module-4-problem-solving>



Step 1: How do I know if I have a problem?



Pay attention to your feelings

e.g., Are you frustrated? Anxious? Depressed?



What is happening? Describe the situation.



Try not to focus on negatives, instead look for opportunities



Try making a list of problems that come up again and again for you

Step 2: What's the problem?

Tips:

- Be as specific as possible
- Stick to the facts
- Don't be too narrow

In order to identify the problem, ask yourself these 3 questions:

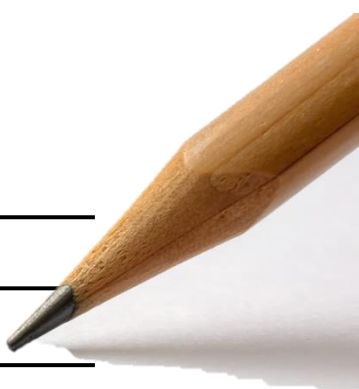
1. What is the situation right now?

2. What would I like the situation to be?

3. What are the obstacles standing between what I would like the situation to be and what the situation is right now?

Step 3: How will I know when I get there?

What could I change about this situation?



What's the ideal outcome?

Step 4: What are some possible solutions?

1

Brainstorm solutions

2

Don't judge your ideas,
allow yourself the
freedom to come up with
as many ideas as possible

3

There's no such thing as
the "perfect" solution.

Step 5: What is the best solution?

Use the following 4 questions as a guide:

1. Will this solution help me reach my goals and improve my problem?

2. If I choose this solution, how will it affect me?

3. How much time and effort does this solution involve?

4. Does this solution have more benefits than costs?

Example: Step 5

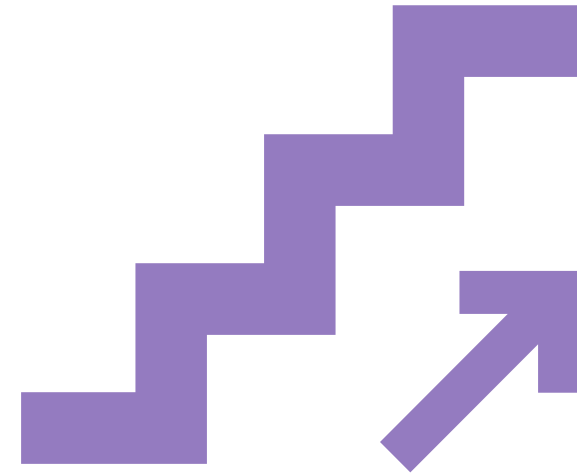
The problem is “I’m too isolated and I want to be around people more.”

Solution	Pros	Cons
Example - “I could take a class at the community centre”	Example - “it’d be great to learn something new.”	Example - “it could become just another thing on my to-do list.”
	Example - “I might meet some nice new people.”	Example - “I might not be able to afford it.”
	Example - “the community centre’s really close to my house so it’s convenient.”	

Step 6: Put your solution into action

Step-by-step approach

Tasks are more easily managed when they are broken up into smaller steps



Step 6: Use a SMART goal for each step

Write down the steps needed to carry out your solution, making each step a **SMART** goal.

The **SMART** principle can help you set goals that are clear, realistic, and actionable.

Specific

Measurable

Attainable

Relevant

Timely

Example: Step 6

In this example, Mandy wants to improve her assertiveness by practicing saying “no”.

Solution Step	SMART Goal
1	I will go the library on Thursday at 7pm to borrow a book on assertiveness
2	I will read for 20 mins after supper every evening
3	I will practice saying “no” in the mirror after brushing my teeth in the morning once a day
4	I will say “no” to my sister the next time she asks me to run an errand for her that I don’t want to do
5	Each time I practice saying “no” to someone I will treat myself to my favourite coffee from Tim’s

Step 7: Check up on your progress

If your solution isn't working, be kind to yourself!

Remember, even the best plans don't always work as expected

You may need go through these steps more than once until you reach a satisfactory solution



Problem-Solving

Find these in
your handouts!

What is Problem-Solving?

Problem-solving is an important skill for our mental health. Problems that don't go away can take a big toll on our overall well-being. If left unsolved, a small problem can become a much larger problem. This can leave us feeling frustrated, stressed, hopeless and even depressed. When we choose to solve our problems, it allows us to deal more effectively with the stressors in our lives and we are able to continue moving forward.

Problem-Solving has other benefits, including:

- Increased functioning at school and/or work
- More positive relationships with friends, family members and co-workers
- Builds our self-esteem
- Increases life satisfaction

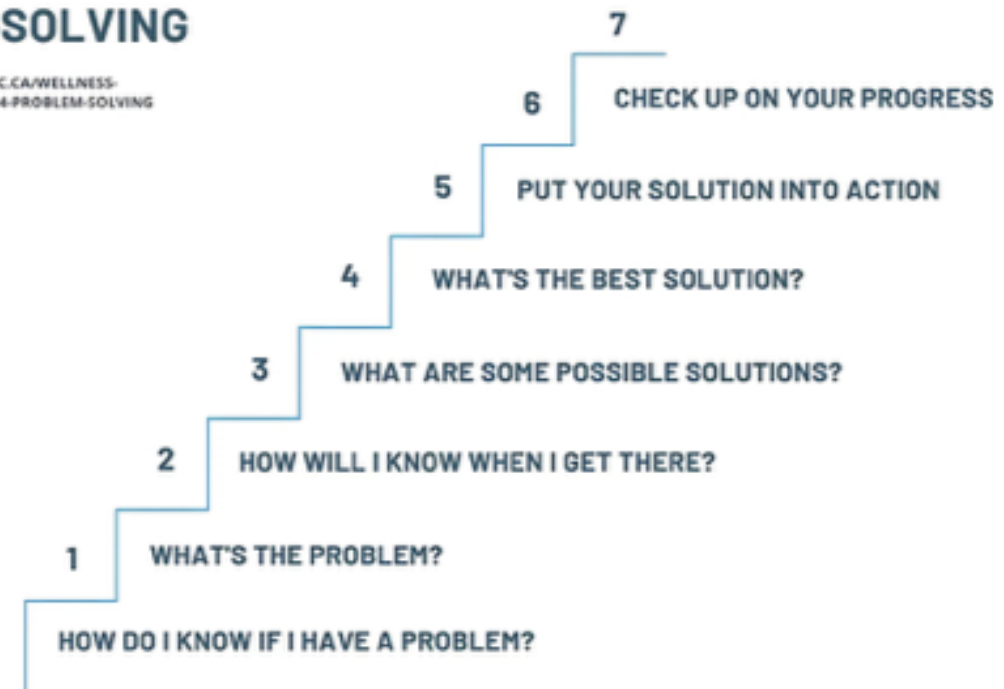


Some problems are bigger than others and are not as easily solved. These problems can create stress and impact our well-being. The initial response may be to cope with these problems the way we would with other problems we've faced in the past. However, until we come up with the correct solution, the problem won't go away and will continue to impact our lives.

For difficult problems, there are steps we can follow in order to try to best solve them. In the following pages, you will come to learn the 7 steps involved in effective problem-solving. If you want to learn more, visit www.heretohelp.bc.ca and look at their problem-solving module.

PROBLEM-SOLVING

[HTTPS://WWW.HERETOHELP.BC.CA/WEILLNESS-MODULE/WEILLNESS-MODULE-4-PROBLEM-SOLVING](https://www.heretohelp.bc.ca/wellness-module/wellness-module-4-problem-solving)



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Your Action Plan

Mindfulness 5 min twice a day

Complete 1 thought record in the week
(Testing Your Thoughts worksheet)

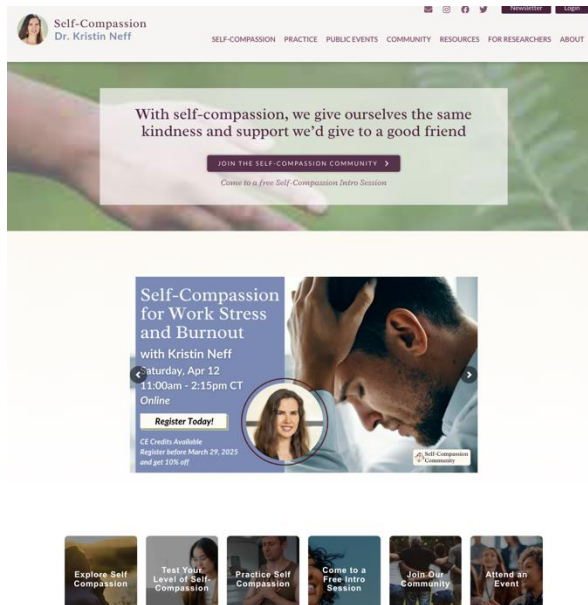
Visit problem-solving website for 15 min

Fill out problem-solving sheet

Work on 1 SMART goals

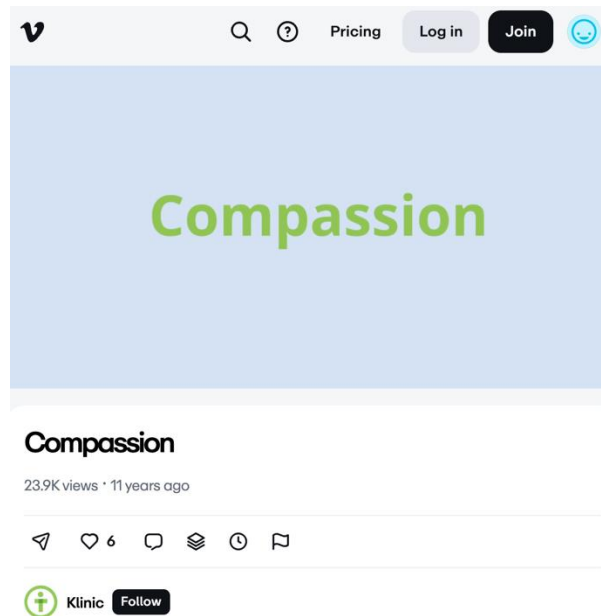
Resources

Self-Compassion – Dr. Kristin Neff



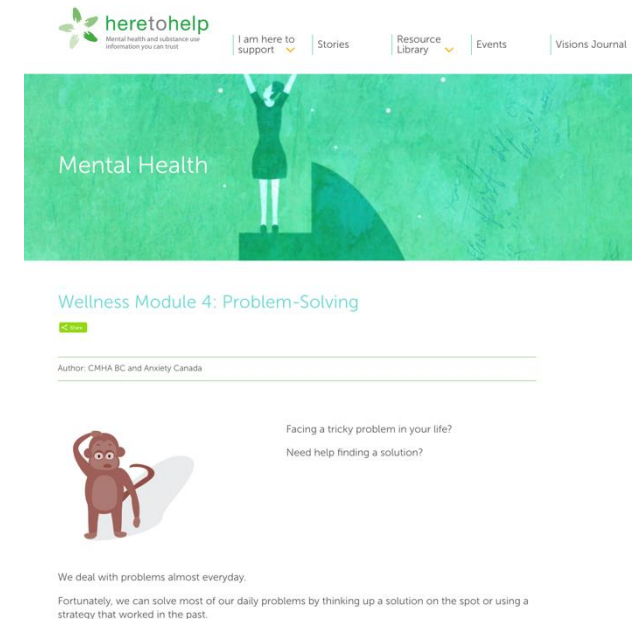
<https://self-compassion.org/>

Self-Compassion video



<https://vimeo.com/65859796>

Problem Solving Module



www.heretohelp.bc.ca/wellness-module/wellness-module-4-problem-solving

CBTm

Resources

Adult Mobile Crisis Unit (24/7)

- Call (204-940-1781)

Klinik Crisis Line

- Call (204-786-8686) OR (1-888-322-3019)

Crisis Response Centre

- Call 204-940-1781. For *Community Intake* call: 204-788-8330

Manitoba Suicide Prevention & Support Line (24/7)

- Call (1-877-435-7170). Visit their website <https://www.reasonstolive.ca>

Addictions Foundation of Manitoba

- Call (204-944-6200) OR (1-855-662-6605)

First Nations and Inuit Hope for Wellness Help Line

- Call (1-855-242-3310). An online chat feature is also available on their website <https://www.hopeforwellness.ca>

Suicide Crisis Helpline (24/7) 9-8-8

- Call or text 9-8-8 for trauma-informed and culturally appropriate suicide prevention support

CBTm Class Evaluation

