CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS

THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

Class 6 Handouts

Mindfulness Exercise - *Engaging Your Senses*

Thinking Traps about Stressful Experiences

Testing Your Thoughts

Mental Health Continuum Model

Wellness Planning

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ENGAGING YOUR SENSES

Sit in a comfortable upright position with your feet planted flat on the ground. Rest your hands on your thighs. Begin to notice your breath. It's time to engage each of your 5 senses, one at a time, for at least one minute each.

Hearing: Begin to relax by just noticing all of the sounds around you. Give yourself permission to suspend your judgment of the sounds. They are not good or bad, they just are. Are you now hearing more than you were before you started? Subtle sounds may have previously gone unnoticed. Can you hear them now?

Smell: Now shift your concentration to noticing the smells of your environment. Is somebody cooking lunch in your building? Can you detect the electronics smell of your computer or fresh air coming in through your window? Try closing your eyes so you can focus on the subtlest of scents.

Sight: If you closed your eyes a moment ago, open them to notice the colours, shapes and textures of your surroundings. If you really look, just about everything has colour variation and texture that may have gone unnoticed. How many shades of blue or red? Any colour missing?

Taste: You can do this one regardless of whether or not you have food to put in your mouth. Just notice your tongue in your mouth, your saliva, and your breath as you exhale. Most of us have tastes in our mouth at all times. Run your tongue over your teeth and cheeks - what do you notice?

Touch: Where did you place your hands when you first started this exercise? Notice the sensation of where your hands meet something solid like the fabric of your clothes or the surface of your desk. Notice the pressure between your feet and the floor. Try feeling the textures that you noticed by sight a moment ago. To fully ground yourself in the room and bring the exercise to a close, feel several objects on your desk and perhaps even stand up from your chair to bring energy and sensation to all parts of your body.

Common Thinking Traps

All or Nothing Thinking 	Thinking in extremes. *"If I'm not perfect, I have failed."* *"Either I do it right or not at all."*	*"What if I slip and will never be able to quit?"* **Dispute:** *A slip doesn't mean that I've undone all of my hard work. I can learn from this experience.*
Mental Filter 	Only paying attention to certain types of evidence ("that doesn't count"). Noticing our failures but not seeing our successes.	*"I didn't talk to many people at the party, I'm boring."* **Dispute:** *I had some good conversations with the people I did talk to and I did enjoy the food and music as well.*
Emotional Reasoning 	Assuming that because we feel a certain way, what we think must be true. *"I feel embarrassed so I must be an idiot."* *"I feel anxious, I can't cope without using."*	*"I can't cope with anxiety without having a drink."* **Dispute:** *Even though I feel uncomfortable, I can rely on my skills and support system, knowing these feelings will pass.*
Labelling 	Assigning labels to ourselves or other people. *"I'm a loser." "I'm failure."* *"They're such an idiot."*	*"There's no point in trying again because I am such a failure."* **Dispute:** *It is human to make mistakes. I can learn from them and continue on my recovery journey.*
Fortune Telling 	Predicting that something bad will happen, without any evidence.	*"I feel nervous so I cannot enjoy myself."* **Dispute:** *Even if it feels different, that doesn't mean my time will be less enjoyable.*

Common Thinking Traps

Over-generalizing



Seeing a pattern based upon a single event or being overly broad in the conclusions we draw. Words like "always" or "never" are often used.

"I can never do anything right."

Dispute: *This one mistake doesn't mean I fail at everything.*

Demands



Words like 'should', 'must', or 'ought' can make us feel guilty or like we failed. If we apply 'shoulds' to other people the result is often frustration.

"I should be able to handle this without getting cravings."

Dispute: *It's understandable and normal to have cravings.*

Personalization



Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

"My spouse looks irritable today. I must have done something to upset them."

Dispute: *My spouse is irritable, I wonder what is going on for them.*

Catastrophizing & Minimization



Blowing things out of proportion, or inappropriately shrinking something to make it seem less important.

Undermining progress.

"I stumbled over my words during a conversation at work, so I'll probably lose my job."

Dispute: *Not likely* 🙂

Testing Your Thoughts

CATCH IT



1. What is the situation?

   Driving again after a car accident.

2. What am I thinking or imagining?

   I'm too scared to drive, I'll have another accident.

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.)*

   Scared.

5. How strong is the feeling on a scale of 0-100?

   About a 95 out of 100.

CHECK IT



6. What makes me think the thought is true?

   I had an accident before and feel anxious about the other drivers. I haven't driven in a while, my hands are shaky, and I'm worried about losing control of the car.

7. What makes me think the thought is not completely true?

   Not everybody gets into an accident. I've been driving for 20 years and only had one accident. I have a good driving record.

8. What's the worst that could happen?

   I might get into another accident and get demerits. I won't be able to drive anywhere anymore.

9. What's the best that could happen?

   I start driving and its easy. I won't have an accident.

10. What will probably happen?

    I will feel anxious while driving and it will feel difficult at first. Then as I get more practice I'll become more comfortable.

CHANGE IT



11. What will happen if I keep telling myself the same thought?

    I'll never get back in the car. Or I'll wait so long that the anxiety will be too high to start driving again.

12. What could happen if I changed my thinking?

    I'll be able to drive places again. I'll feel a sense of accomplishment for overcoming my fears.

13. What would I tell my friend _____Dan_____ if this happened to them?

    It might not be comfortable at first but you were always a good driver, you can do this.

14. What's another way of thinking about this?

    I can't control other drivers but I can still drive defensively. I can start gradually by driving around the block and using CBTm techniques to manage my anxiety.

15. How do I feel now? Rerate the intensity on a scale of 0-100.

    A little better, but still a bit nervous. About a 40 out of 100 now.

Testing Your Thoughts



CATCH IT

1. What is the situation?
2. What am I thinking or imagining?
3. How much do I believe it? *(a little, medium, or a lot)*
4. How does that thought make me feel? *(e.g., angry, sad, nervous, etc.)*
5. How strong is the feeling on a scale of 0-100?



CHECK IT

6. What makes me think the thought is true?
7. What makes me think the thought is not completely true?
8. What's the worst that could happen?
9. What's the best that could happen?
10. What will probably happen?



CHANGE IT

11. What will happen if I keep telling myself the same thought?
12. What could happen if I changed my thinking?
13. What would I tell my friend _____ if this happened to them?
14. What's another way of thinking about this?
15. How do I feel now? Rerate the intensity on a scale of 0-100.

Mental Health Continuum Model



Healthy	Reacting	Injured	Ill
• Normal mood fluctuations • Calm & takes things in stride	• Irritable/Impatient • Nervous • Sadness/ Overwhelmed	• Anger • Anxiety • Pervasively sad/ Hopeless	• Angry outbursts/ aggression • Excessive anxiety/ panic attacks • Depressed/ Suicidal thoughts/Numb
• Good sense of humour • Performing well • In control mentally	• Displaced sarcasm • Procrastination • Forgetfulness	• Negative attitude • Poor performance/ Workaholic • Poor concentration • Poor decision-making	• Cannot concentrate • Can't perform duties, control behaviour or make decisions
• Normal sleep patterns • Few sleep difficulties	• Trouble sleeping • Intrusive thoughts • Nightmares	• Restless disturbed sleep • Recurrent images/ nightmares	• Can't fall asleep or stay asleep • Sleeping too much or too little
• Physically well • Good energy level	• Muscle tension • Headaches • Low energy	• Increased aches and pains • Increased fatigue	• Physical illnesses • Constant fatigue
• Physically and socially active	• Decreased activity/ socializing	• Avoidance • Withdrawal	• Not going out or answering phone
• No/ limited alcohol or drug use/ gambling	• Regular but controlled alcohol or drug use/ gambling	• Increased alcohol or drug use/ gambling - hard to control	• Frequent alcohol or drug use/ gambling - inability to control with severe consequences
• Use support systems • Rely on skills	• Recognise limits/ take breaks/ identify problems early/ seek support	• Tune into signs of distress, make self-care a priority • Seek support	• Seek professional help • Follow recommendations

Source: Canadian Armed Forces

WELLNESS PLAN

STEP 1: Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress and put me at risk

1. _____
2. _____
3. _____

STEP 2: Three coping strategies - things I can do to help myself

1. _____
2. _____
3. _____

STEP 3: Three people I can call (just to hang out or talk to) or social settings where I can go for distraction

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

STEP 4: Three people I can ask for help

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

STEP 5: Professionals I can contact if I need more help

1. Name _____ Phone_____
2. Suicide Crisis Helpline - Call or text 9-8-8 or visit 988.ca
3. Crisis Response Centre - 817 Bannatyne Avenue (24/7 walk-in crisis support)
4. Other resources: _____