Cognitive Reframing and Adaptive Thinking

As you observed from the first imagery exercise, our thoughts create strong feelings and sensations.

Let's look at the diagram below. You can see that what we <u>think</u> about a situation affects how we <u>feel</u>. How we <u>feel</u> affects what we <u>do in response</u> to the situation, and what we <u>do</u> affects how we <u>think</u> and <u>feel</u> about it. Sometimes that results in doing something that is unhelpful or opposite of your goals. This is a cycle that only you can alter by changing your thoughts about the situation.

Example:

Situation: Taking over loved one's usual role (e.g., finances, insurance, driving, cooking)

> Thoughts: I'm terrible at this, I should be able to do this on my own, I can't tell [loved one] that I am having a hard time, I'll never be able to manage by myself

Feelings: Frustrated, nervous, ashamed, hopeless Behaviors: Procrastinate or avoid doing task, hide worries from [loved one], experience panic attack

Physical Sensations: Heart racing, short of breath, stomachache

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