

# CBT Tools to Stop Negative Thoughts



## JOURNALING

Self-reflection

Identifying thought patterns



## NIGHTMARE EXPOSURE AND RESCRIPTING

Treats nightmares

Develops new responses



## RELAXED BREATHING

Supports range of issues

Calms and focuses



## PLAY THE SCRIPT UNTIL THE END

Treats fear and anxiety

Reflects on worst-case scenario

Improves feeling of coping



## UNRAVELING COGNITIVE DISTORTIONS

Identifying faulty thinking

Challenging faulty thinking



## PROGRESSIVE MUSCLE RELAXATION

Calming

Mindful focus on physical relaxation



## COGNITIVE RESTRUCTURING

Exploring causes of faulty thinking

Reframing and restructuring them



## INTEROCEPTIVE EXPOSURE

Treats panic and anxiety

Purposeful exposure to sensations of panic

Instills understanding that sensations aren't dangerous



## EXPOSURE AND RESPONSE PREVENTION

Purposefully exposing self to trigger

Mindfully controlling the response

# Therapy Techniques Tips

**Chris Freeman, Michael J. Power**



## **Therapy Techniques Tips:**

## Whispering the Secrets of Language: An Psychological Journey through **Therapy Techniques Tips**

In a digitally-driven world wherever displays reign supreme and immediate conversation drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases usually get unheard. Yet, situated within the pages of **Therapy Techniques Tips** a interesting fictional prize sporting with organic emotions, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, that charming opus invites readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles material of each word. Within the psychological depths of the poignant review, we shall embark upon a honest exploration of the book is core subjects, dissect its fascinating writing style, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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