

# 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

**JG Myers**



## **Therapy Techniques Tips:**

The Top Books of the Year Therapy Techniques Tips The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Therapy Techniques Tips : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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