

# 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

**CH Cherryholmes**



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