

Cognitive Restructuring for Stress Management



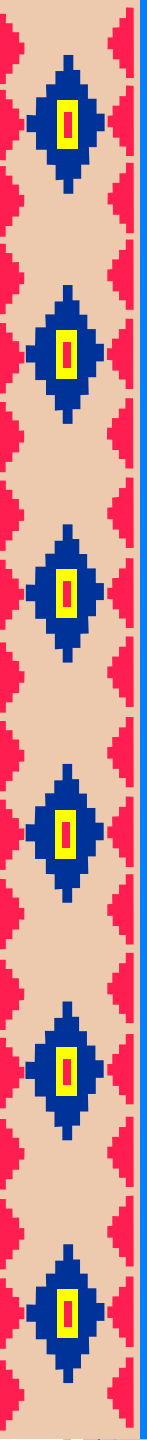
PRESENTED BY:

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"Many of us do not realise that our perceptions about events or our thinking style and our attitudes can also contribute to our levels of stress." (Professor C. Cooper)



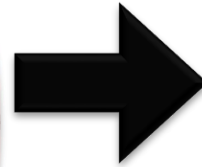
- **Stress is the consequence of a person's appraisal process: the assessment of whether personal resources are sufficient to meet the demands of the environment.**
- **Stress is determined by “person-environment fit.” (Lazarus & Folkman, 1984).**



COMMON SENSE VIEW OF STRESS: ENVIRONMENTAL FACTORS GIVE RISE TO STRESS:

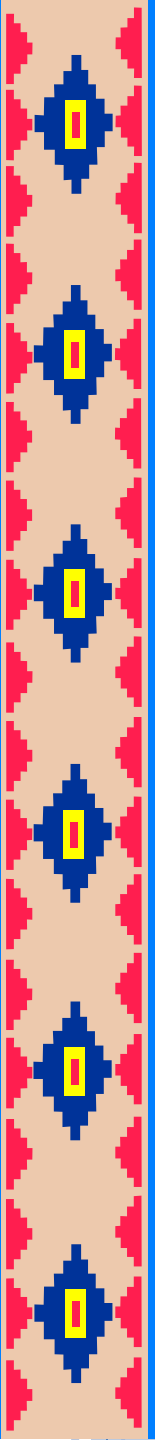
Event or Situation

P works hard
at school.
Gets 73%
marks at
exams.



Feelings or Behaviour

Depressed and
discouraged.
Drops classes.
Changes
career plans.



COGNITIVE VIEW OF STRESS

- It is not simply what happens to us that causes our reactions.
- Rather it is the meaning that is attached to an experience that leads a person to feel and behave in certain ways.



Thoughts

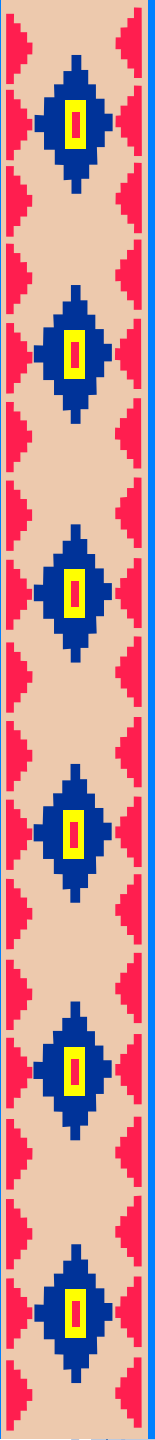
**That is a horrible score.
What did I do wrong?
I won't get admission in
a good college.**

**Event or
Situation**

**P studies
hard.
Gets 73% at
exams.**

**Feelings or
Behaviours**

**Depressed and
discouraged.
Changes career
plans.**



Thoughts

**That is a good score.
Is he a bad teacher.
I am good at math.
I will make a good
electrician.**

**Event or
Situation**

**X studies
hard.
Gets 73% at
exams.**

**Feelings or
Behaviours**

**Happy, proud,
curious.
Keeps studying
hard.
Keep focused on
goals.**



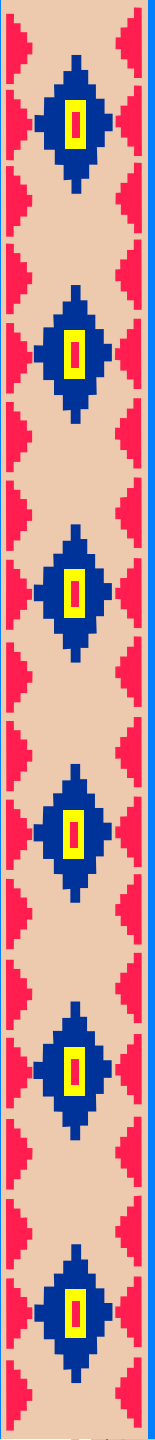
A SOCIAL SITUATION

- Rohan asks Trisha if she would go out with him, and she replies that she is busy.

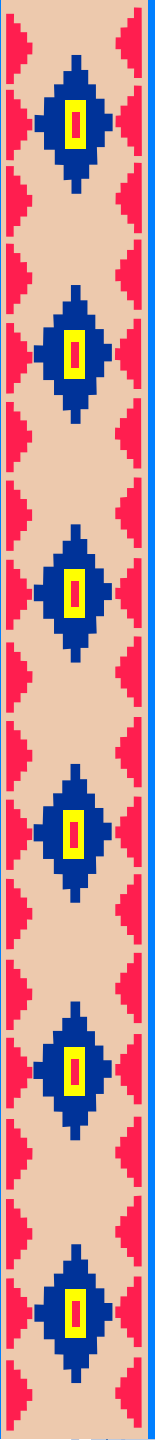
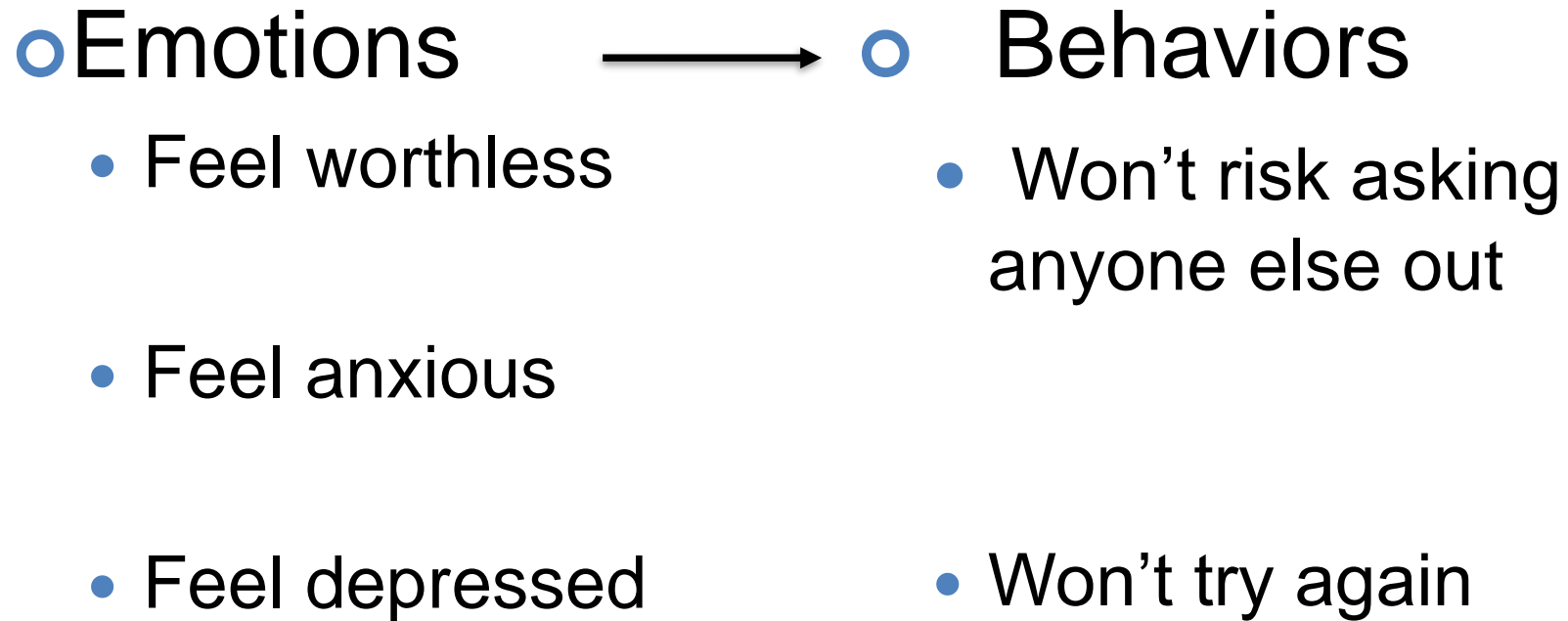


ROHAN REACTS IMMEDIATELY WITH NEGATIVE SELF-TALK:

- It is awful that she rejected me.
- I am worthless because of this.
- No desirable woman will ever accept me.
- I **should** have done a better job of getting her to accept me.
- I am such a loser.



UNDESIRABLE CONSEQUENCES

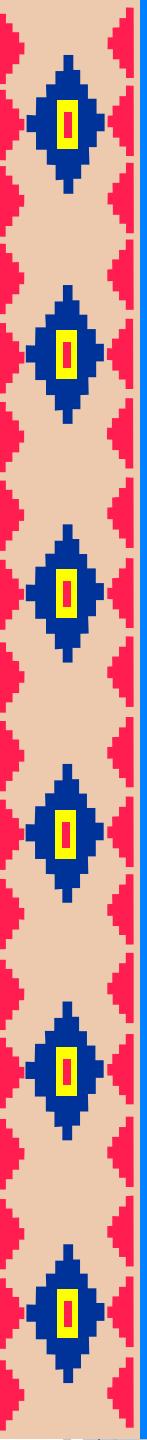


STRESS ALSO AFFECTS OUR THINKING

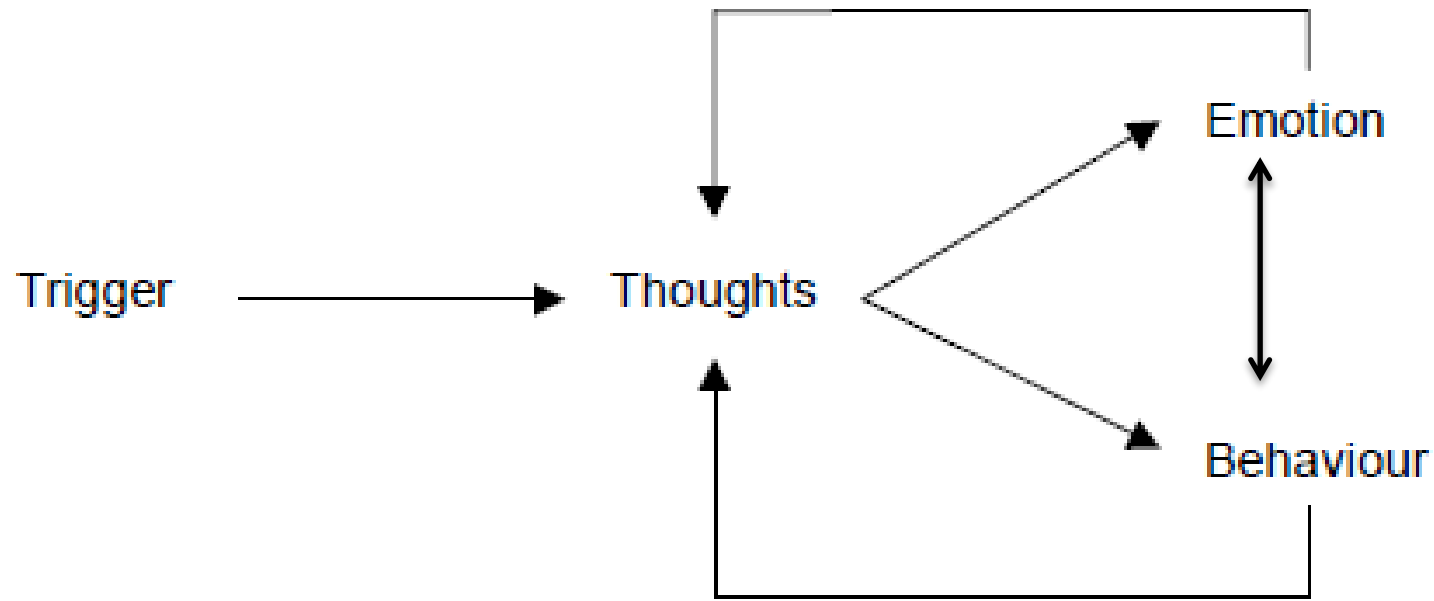
- **When we feel stressed our thinking is altered.**
- **Acute, short-term stress helps us think more quickly and more clearly.**
- **But long-term, chronic stress can undermine our ability to think clearly and interferes with our problem solving ability especially when we are trying to deal with modern, complex, psychological stressors.**



- We become more pessimistic, more negative and more vulnerable to negative thinking about ourselves, our abilities, other people and the world in general.
- This vicious cycle can maintain and exacerbate any stress, and hinder our ability to cope with and deal with the stress we are under.



A SCHEMATIC RELATIONSHIP BETWEEN COGNITION, EMOTION AND BEHAVIOUR



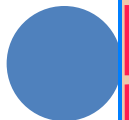
- Human beings are both rational and irrational.
- When we engage in irrational thinking, what we are telling ourselves will elicit irrational (maladaptive, inappropriate, unrealistic) emotions.
- When we engage in rational thinking, our self-talk will elicit rational (adaptive, appropriate, realistic) emotions.



IRRATIONAL THINKING OR SELF-DEFEATING THINKING

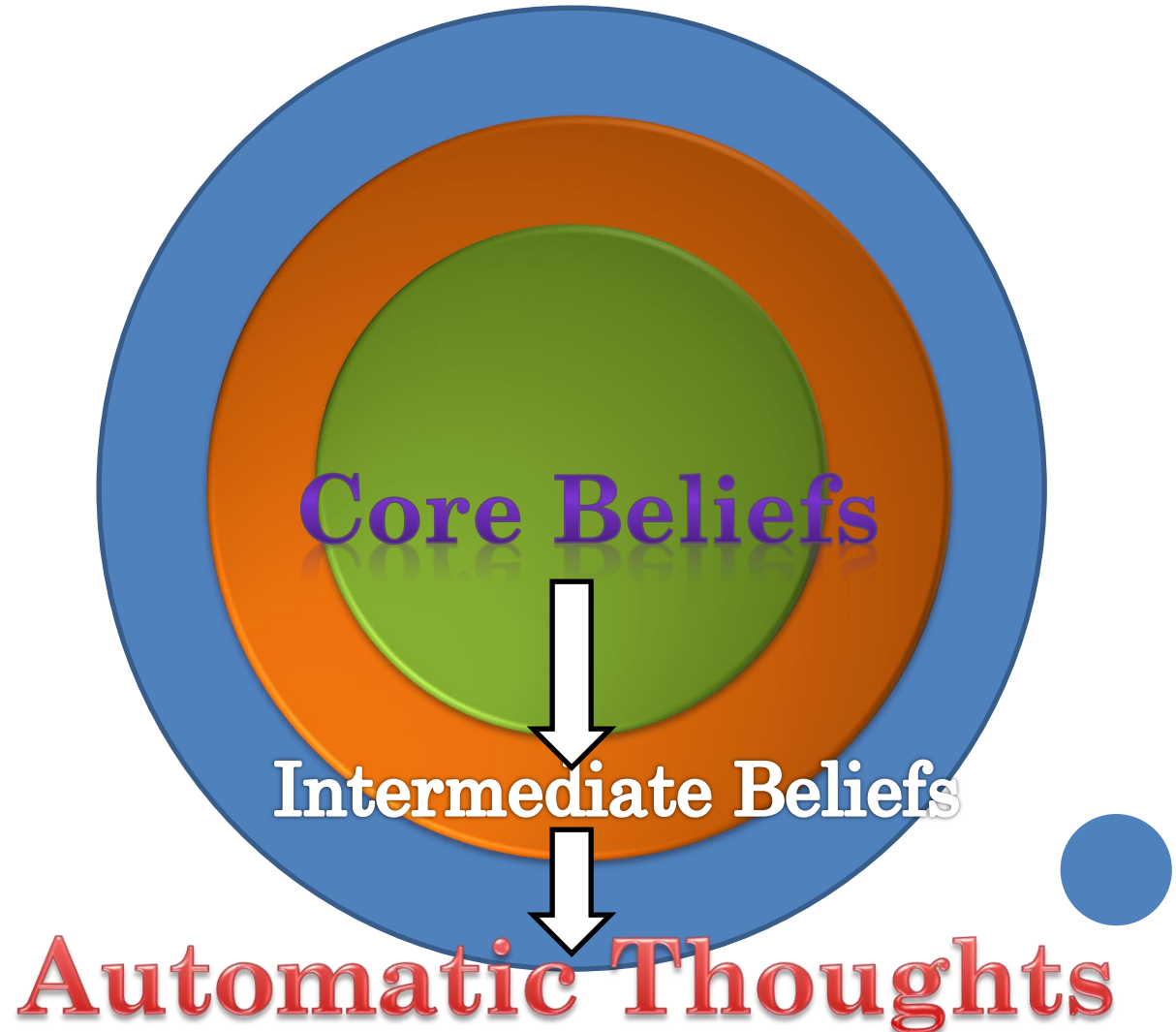
Three criteria for describing a belief as irrational:

1. It blocks a person from achieving their goals, creates emotions that persist and which distress and immobilise, and leads to behaviours that harm oneself, others, and one's life in general.
2. It distorts reality (it is a misinterpretation of what is happening and is not supported by the available evidence).
3. It contains illogical ways of evaluating oneself, others, and the world: demandingness, awfulising, discomfort-intolerance and people-rating.



THREE LAYERS OF COGNITIVE DYSFUNCTIONS EXIST IN INDIVIDUALS STRUGGLING WITH SOCIAL AND/OR PSYCHOLOGICAL PROBLEMS: AUTOMATIC THOUGHTS, INTERMEDIATE BELIEFS, AND CORE BELIEFS.

Belief System



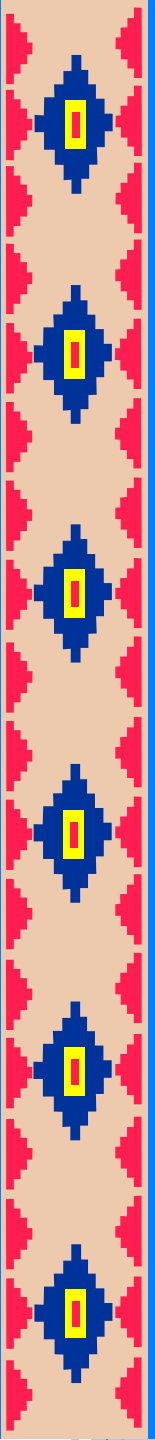
AUTOMATIC THOUGHT

- A brief stream of thought about ourselves and others.
- Automatic Negative Thoughts or ANTs are distorted reflections of a situation, which are often accepted as true.



CHARACTERISTICS OF ANTs

- Automatic (Just pop into head without choosing)
- Not based on accurate assessment
- Are unrealistic and unreasonable
- Seem totally believable
- Make us feel worse
- Unhelpful
- Persistent
- Partly based on a few, isolated facts
- Are not accurate
- Tend to be excessively pessimistic
- Can become a habit



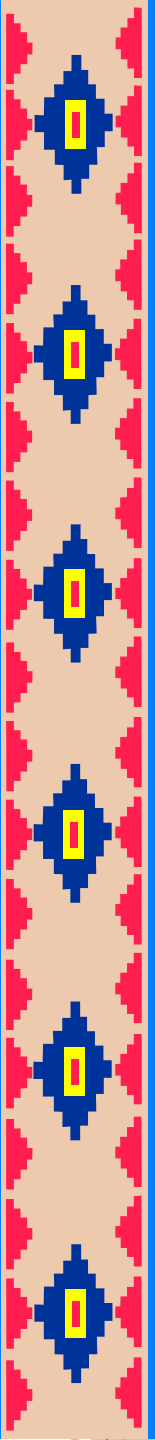
EXAMPLES OF ANTS

- I am a failure.
- I'll never get another job.
- I am not a good Mum or Dad
- I am worthless. I never get things right.
- The problems I'm having now will go on forever.
- Other people are better than me.
- It's always my fault.
- Nobody likes me.



INTERMEDIATE BELIEFS

- Attitudes or rules that a person follows in his life that typically apply across situations.
- Are stated as conditional rules: “If x , then y.” For example, “If I am thin, then I will be loved by others.”
- Guide thoughts and influence behaviors.



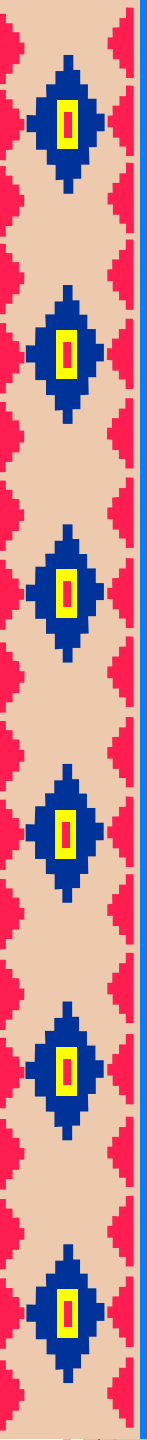
CORE BELIEFS

- Core beliefs or ‘rules for living’ are often formed in childhood and solidified over time as a result of one’s perceptions of experiences.
- People are disturbed because they still hold these irrational or self-defeating world- and self-view.



EXAMPLES OF CORE BELIEFS

- I should be successful at everything I try.
- If I am not successful, then I am a failure.
- If I fail, then: I am worthless, I am unlovable, or, Life is not worth living.
- "I should get the approval of everyone. If I am not approved of, then I am unlovable, ugly, worthless, hopeless, alone, etc.
- If people see that I am anxious, they will: reject me, humiliate me, think badly of me, etc.
- My feelings, relationships, behaviors, etc. should be wonderful and easy at all times.

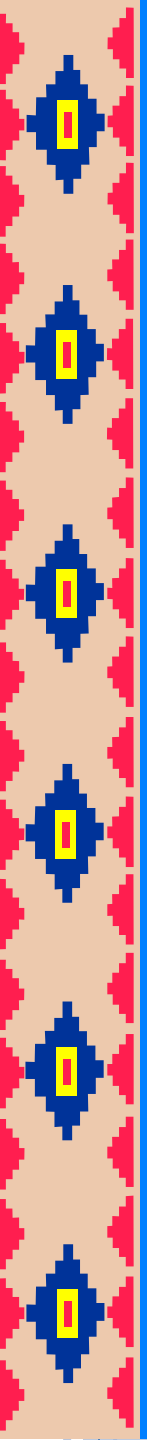


COGNITIVE RESTRUCTURING: DEFINITION

- "A technique in which people can learn how to break their habits of automatically thinking negative thoughts and instead introduce affirming, remembered, wellness inducing thoughts." (Herbert Benson)

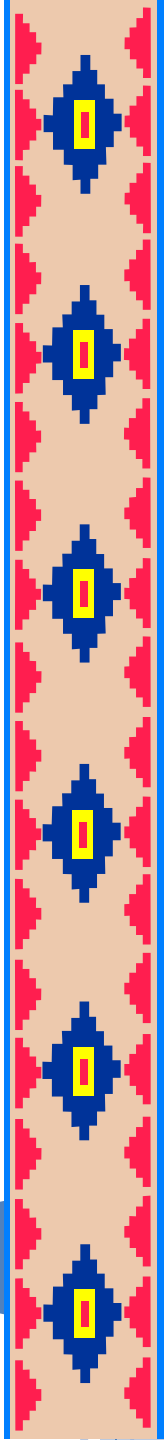


- Developed as a part of Cognitive Behavioral Therapy for depression (Aaron Beck) and as a part of Rational Emotive Behavioral Therapy (Elbert Ellis).
- Technique adapted to help people cope with all manner of stressful events and many other conditions.

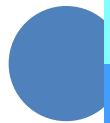
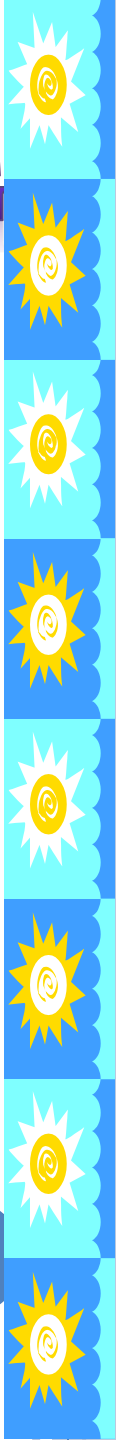
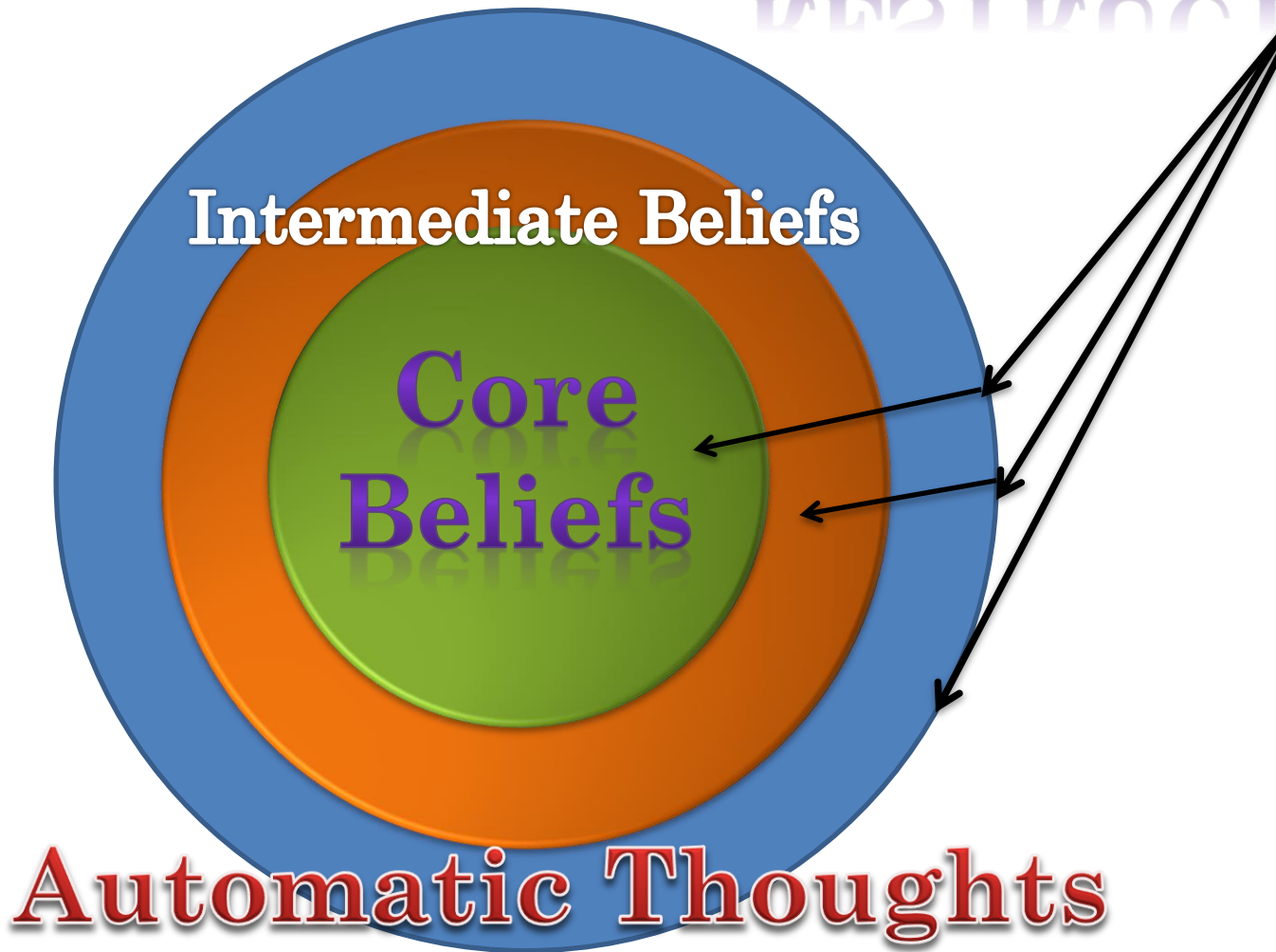


UNDERLYING MECHANISMS IN COGNITIVE RESTRUCTURING

- Because of the interrelated nature of thoughts and beliefs, an intervention targeting automatic thoughts may also change underlying beliefs.
- Cognitive Restructuring can result in belief modification, even if the target of treatment was automatic thoughts.

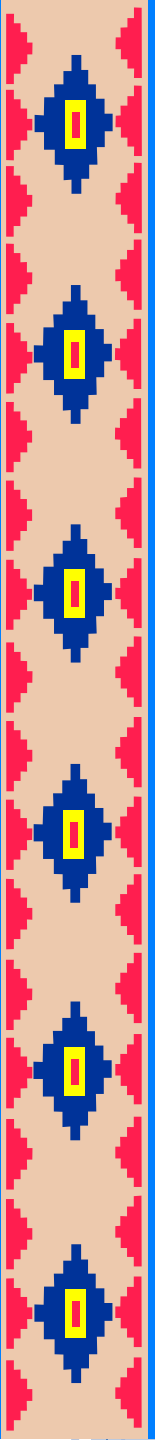


COGNITIVE RESTRUCTURING



The principle technique of Cognitive Restructuring is :

- to bring instances of these irrational beliefs to the attention of a client,**
- so that they can be recognized, refuted and replaced by rational beliefs.**

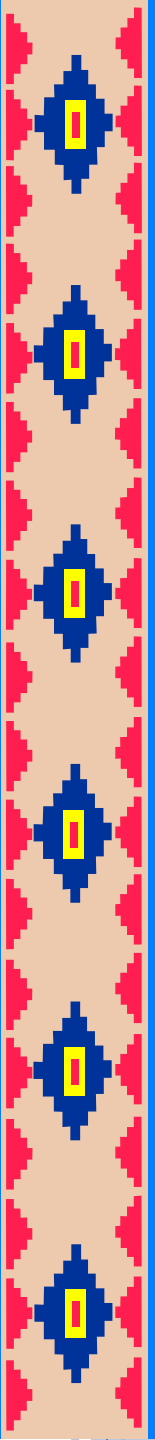


- **We can attack, challenge, and refute our irrational thinking (perceptions and interpretations) of external events.**
- **By replacing our irrational thoughts about external events with rational thoughts, we can replace our irrational feelings with new rational feelings.**



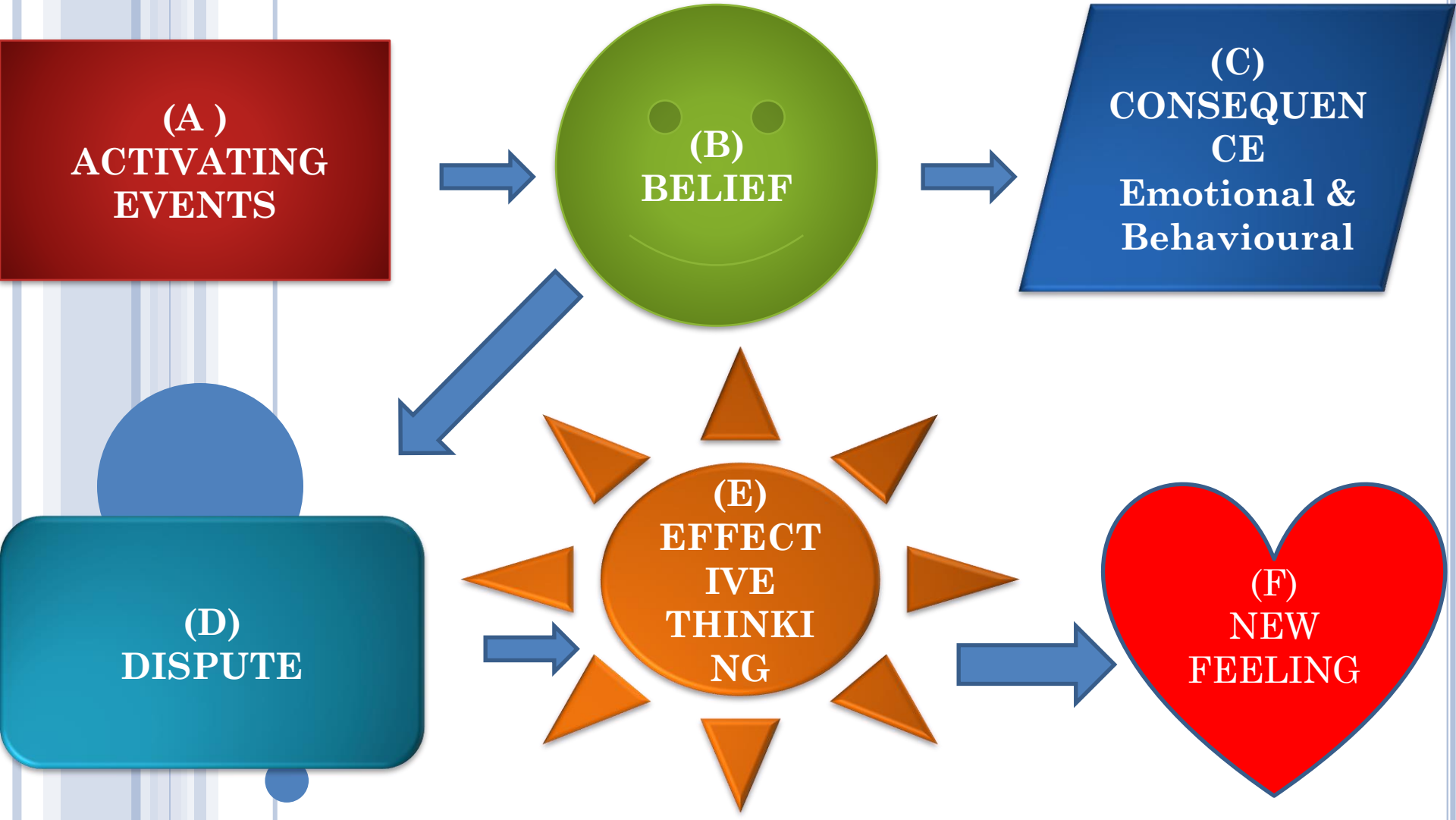
STEPS OF COGNITIVE RESTRUCTURING:

1. **Start at C (Consequence):** Identify the problem behaviour or psychological or/ and emotional upset .
2. **Explore the A (Antecedent):** Identify actual event apparently activated the problem behaviour or psychological or/and emotional upset.



3. **Uncover the B (Beliefs)**: Ask the client what he was thinking, what he was telling himself about the actual event, and identify the irrational elements in the client's perception and interpretation of the actual external event.
4. **Encourage D (Dispute)**: Help the client to dispute his irrational thoughts.
5. **Assist E (Effective Thinking)**: Help the client find more effective, rational thoughts about the actual event, so that the client can diminish his behavioral or emotional problems.





(A)
Opportunity to
talk in front of
Class.

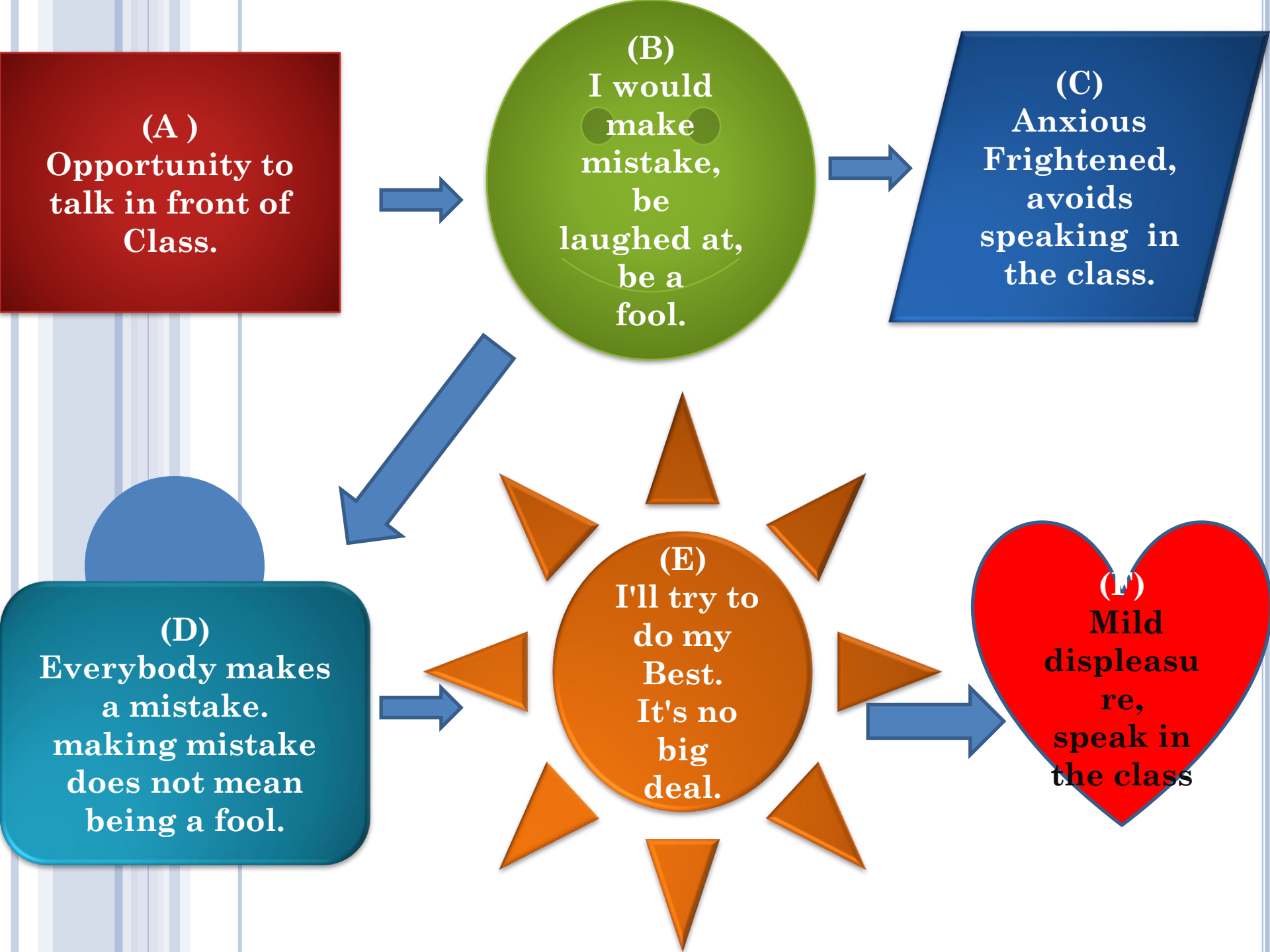
(B)
I would
make
mistake,
be
laughed at,
be a
fool.

(C)
Anxious
Frightened,
avoids
speaking in
the class.

(D)
Everybody makes
a mistake.
making mistake
does not mean
being a fool.

(E)
I'll try to
do my
Best.
It's no
big
deal.

(F)
Mild
displeasu
re,
speak in
the class



ABC, STRESSFUL THINKING/FEELINGS IDENTIFICATION LOG

<p>(A) Activating event, write down details of the event</p>	<p>(B) Beliefs/self talk, thoughts, attitudes, images, assumptions, opinions about event at (A), write down automatic negative thoughts</p>	<p>(C) Consequences/Emotion s, write down your resulting unpleasant emotions e.g. stress, anxious, tense, angry, frustration</p>

ABCDE, COGNITIVE RESTRUCTURING, STRESSFUL THINKING/FEELINGS IDENTIFICATION LOG

Date	(A) Activating Event	(B) Beliefs/ Automatic Negative Thoughts	(C) Consequences / Emotions	(D) Dispute Auto -matic Negative Thoughts	(E) Effective New Approach

EXAMPLE ABCDE, COGNITIVE RESTRUCTURING, STRESSFUL THINKING/FEELINGS IDENTIFICATION LOG

(A) Activating Event	(B) Beliefs /Self talk, Automat ic Negative Thoughts	(C) Consequen ces/ Emotions	(D) Dispute, Automatic Negative Thoughts	(E) Effective New approac h
Making mistake at home work	“I’ll get the a B” “I’m stupid”	Worry Anxious	We all make mistakes, nobody is perfect. My teacher won’t judge my competence on one single event.	I will try harder. I will get the help of my teachers.
Giving a presentation	“They won’t like it. I’ll make a fool of myself.	Embarra ssed Frightened/ scared	Most people do presentations and know how challenging it can be. I have done	I’ll learn relaxation techniques to reduce my stress before and during the

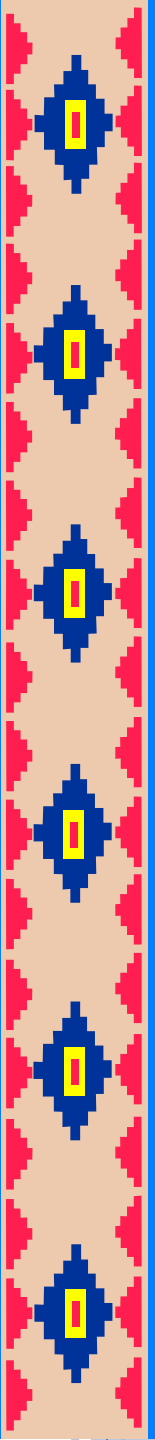
SOME COMMON COGNITIVE DISTORTIONS

1. **All-or-nothing thinking:** (black and white thinking) we tend to see things, ourselves and other people as being
 - all wrong or all right,
 - all good or all bad,
 - a total success or a total failure.



CATASTROPHIZING:

- Think that the worst is going to happen, it will be awful and we will not be able to cope.
- Predicting only negative outcomes for the future.
- "My relationship broke up, so nobody will want a relationship with me again in the future."
- "If I fail my final, my life will be over."



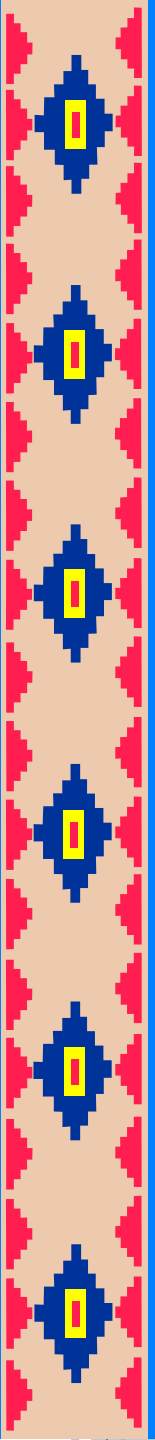
OVERGENERALIZATION

- **Make conclusions based on single negative events.**
- **Not getting a job that we applied for, we tend to think we will never get a job ever again.**
- **"Everything I do turns out wrong."**



MENTAL FILTER

- Filter out all the good things that life has and overly focus on negative parts of life.
- Pick on a single negative detail and dwell on it.



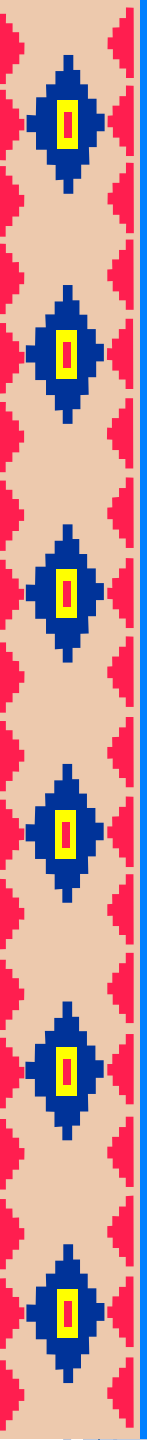
MAGNIFYING OR MINIMISING (BINOCULAR VISION)

- In magnifying we blow things out of proportion. We make mountains out of molehills.
- We tend to minimise the strengths and qualities of ourselves and others and magnify and exaggerate the supposed weaknesses, mistakes and errors.



PERSONALISATION AND BLAME

- To blame ourselves solely for situations and events that we were not entirely responsible for.
- Example, "My relationship broke up so it must be all my fault".
- The opposite example is we take no personal responsibility; we blame other people and situations. Example, "My relationship broke up so it must be all his/her fault."



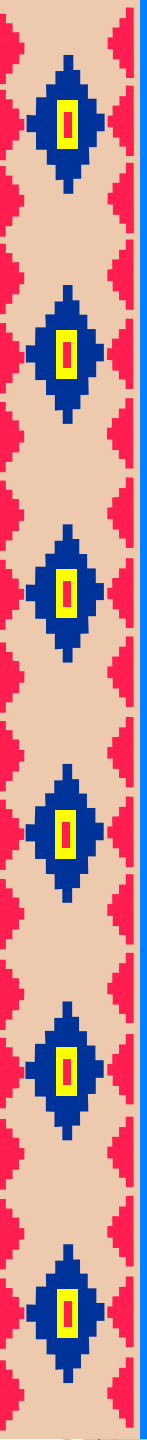
DISPUTING: CHANGING IRRATIONAL OR SELF-DEFEATING THOUGHTS

- 1. Identify The Distortion:** Writing down negative thoughts make it easier to think about the problem in a more positive and realistic way.
- 2. Examine The Evidence:** Instead of assuming that negative thought is true, examine the actual evidence for it. For example, if you feel that you never do anything right, you could list several things you have done successfully.



3. The Double-Standard Method: Talk to yourself in the same compassionate way you would talk to a friend with a similar problem.

4. The Experimental Technique: Do an experiment to test the validity of your negative thought.



5. Thinking In Shades Of Grey: Instead of thinking about your problems in all-or-nothing extremes, evaluate things on a scale of 0 to 100.

When things don't work out as you hoped, think about the experience as a partial success rather than a complete failure.



6. The Survey Method:

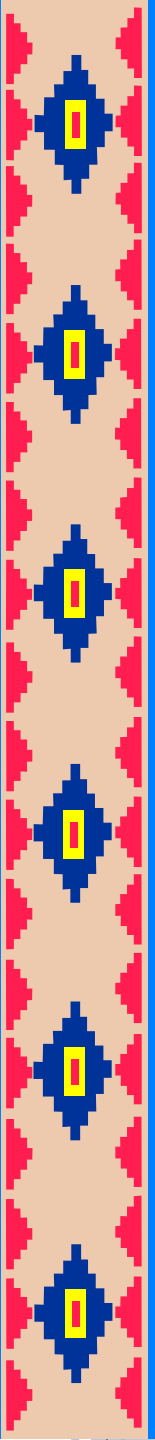
Ask people questions to find out if your thoughts and attitudes are realistic.

For example, if you feel that public speaking anxiety is abnormal and shameful, ask several friends if they ever felt nervous before they gave a talk.



7. Define Terms:

When you label yourself 'inferior' or 'a fool' or 'a loser,' ask, "What is the definition of 'a fool'?" You will feel better when you realize that there is no such thing as 'a fool' or 'a loser.'



8. The Semantic Method:

Substitute language that is less colourful and emotionally loaded.

- Instead of telling yourself, "I shouldn't have made that mistake," you can say, "It would be better if I hadn't made that mistake."



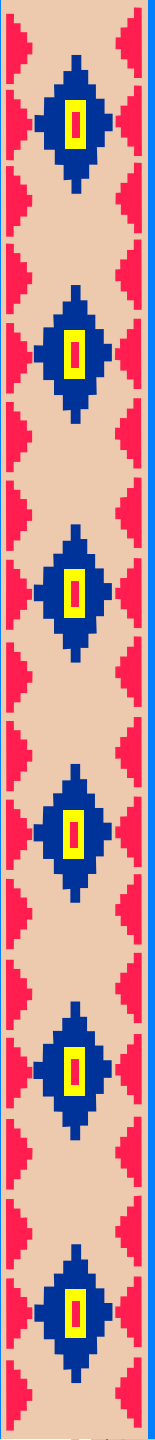
9.Re-attribution: Instead of assuming that you are "bad" and blaming yourself entirely for a problem, think about the many factors that may have contributed to it.

10.Focus on solving the problem instead of using up all your energy blaming yourself and feeling guilty.



10. Cost-Benefit Analysis: List the advantages and disadvantages of a feeling (like getting angry in a traffic jam), a negative thought or a behaviour pattern (like shouting or honking).

- use the cost benefit analysis to modify a self-defeating belief such as, "I must always try to be perfect."



THANK

YOU

