

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Pinpointing Primary Principles</i>	7
Chapter 1: Exploring the Basics of CBT.....	9
Chapter 2: Recognising Problematic Thinking Patterns	23
Chapter 3: Taking Toxic Thinking In Hand	37
Chapter 4: Experiencing Experiments	51
Chapter 5: Where’s Your Head At? Controlling Your Concentration	59
<i>Part II: Pinning Down Problems and Giving Yourself Goals</i>	73
Chapter 6: Getting Emotional.....	75
Chapter 7: Targeting Troublesome Tactics	95
Chapter 8: Getting Goal-Directed	115
<i>Part III: Putting CBT into Practice</i>	127
Chapter 9: Taking an Axe to Anxiety.....	129
Chapter 10: Dealing a Blow to Depression	147
Chapter 11: Overcoming Obsessions and Cutting Out Compulsions	157
Chapter 12: Lifting Low Self-Esteem.....	171
Chapter 13: Maintaining Relationships.....	187
<i>Part IV: Forging into the Future</i>	199
Chapter 14: Examining and Changing Long-Standing Beliefs.....	201
Chapter 15: Consolidating Conviction in New Core Beliefs	219
Chapter 16: Delving Into Personal Development	233
Chapter 17: Rupturing Roadblocks to Recovery.....	243
Chapter 18: Putting into Practice Principles of Positive Living.....	257
<i>Part V: The Part of Tens</i>	271
Chapter 19: Ten Tips for Working with Professionals	273
Chapter 20: Ten Tips for Getting a Good Night’s Sleep	279
Chapter 21: Ten Reasons to Never Give Up	285
<i>Index</i>	291

Table of Contents

<i>Introduction</i>	1
About This Book.....	1
A Serious Note About Humour	1
How To Use This Book	2
What Not to Read	2
Foolish Assumptions	3
How This Book Is Organised.....	3
Part I: Pinpointing Primary Principles.....	3
Part II: Pinning Down Problems and Giving Yourself Goals	3
Part III: Putting CBT into Practice	3
Part IV: Forging into the Future	4
Part V: The Part of Tens.....	4
Case Examples Used in This Book	4
Icons Used in This Book	4
Where to Go from Here.....	5
<i>Part 1: Pinpointing Primary Principles</i>	7
Chapter 1: Exploring the Basics of CBT	9
Understanding the Nuts and Bolts of CBT	9
Blinding you with the science of CBT	9
Linking thinking and feeling	10
Attaching meaning to events	11
Checking How CBT Can Work for You	13
Ranking your problems	14
Breaking down your behaviours	15
Connecting Emotion, Thinking, and Behaviour	17
Picturing Your Problems As a Simple ABC	19
Chapter 2: Recognising Problematic Thinking Patterns	23
Getting to Grips with Common Thinking Errors	23
Listing Your Personal Favourites	33
Knowing Where and When You Think Your Way to Trouble	34
Chapter 3: Taking Toxic Thinking In Hand	37
Noticing Your Negative Thinking	37
Being Sceptical about Your Negative Automatic Thoughts.....	39
Working with ABC Forms	43
Filling out Form I.....	43
Finishing off with ABC Form II	45
Trying Out Alternative Thoughts.....	47
Helping Yourself with Homework	49



Chapter 4: Experiencing Experiments	51
Seeing Things Like a Scientist	51
Executing excellent experiments	51
Putting predictions to the test	52
Finding out which theory works best	54
Conducting a self-help survey	55
Acting as an observer	56
Writing Down Your Results	57
Chapter 5: Where's Your Head At? Controlling Your Concentration	59
Aiming Your Attention	59
Training Yourself in Task Concentration.....	63
Finding Your Focus	67
Making Your Mind More Mindful.....	70
Living in the present	70
Suspending judgement	70
Getting off the thought train	70
Identifying when to ignore yourself	71
Mindfully mundane	72

Part II: Pinning Down Problems and Giving Yourself Goals..... 73

Chapter 6: Getting Emotional.....	75
Expanding Your Emotional Vocabulary	75
Understanding the Anatomy of Emotions	78
Working Out Whether Your Feelings Are Healthy or Unhealthy	81
Taking note of your thinking	81
Being aware of your behaviour.....	84
Finding out what you focus on	86
Avoiding being fooled by physical feelings.....	88
Charting Your Problem Emotions	90
Identifying themes and triggers.....	91
Making a problem statement	92
Chapter 7: Targeting Troublesome Tactics.....	95
Identifying Self-Defeating Strategies	95
Demanding control and insisting on certainty	96
Adding up avoidance and getting yourself down	99
Worrying yourself sick.....	103
When Feeling Better Stops You from Getting Better	105
Cease self-medicating your mood	105
Requesting reassurance and seeking safety	107
Putting Petals on Your Vicious Flower	109
Uprooting your vicious flower	111
Flaying that flower until it's dead.....	112
Chapter 8: Getting Goal-Directed	115
Giving Goals a SPORTing Chance.....	115
Feeling different	116
Acting different	117
Structuring your goal statements	117
Being a complete SPORT	118

Manufacturing More Motivation	122
Writing up reasons for change.....	122
Carrying out a cost-benefit analysis	123
Tracking Your Progress	124

***Part III: Putting CBT into Practice* 127**

Chapter 9: Taking an Axe to Anxiety 129

Philosophies That Fend Off Fear.....	130
Surfing bodily sensations	130
Being realistic about the probability of bad events	134
Bringing bad events back into perspective	135
Exposing Yourself.....	137
Challenging yourself to a duel	138
Preparing your exposure plan	140
Keeping good accounts	141
Searching Out Your Safety Behaviours.....	142
Ways Out of Wearisome Worry	143

Chapter 10: Dealing a Blow to Depression 147

Deciding Whether You're Depressed.....	147
Assessing Your Avoidance	148
Reckoning with Rumination.....	150
Actively Attacking Your Depression	151

Chapter 11: Overcoming Obsessions and Cutting Out Compulsions..... 157

Observing Obsessive Behaviour.....	157
Checking out OCD	157
Discovering body dysmorphic disorder (BDD).....	158
Highlighting health anxiety	159
Checking out compulsive behaviours	160
Assessing and Acting Against Obsessional Attitudes	161
Pitting Theory A against Theory B	161
Realistically appraising responsibility	163
Steering in the right direction.....	165
Reining in Rituals	167
Checking out and changing your termination criteria	168
Recording and resisting rituals.....	169

Chapter 12: Lifting Low Self-Esteem 171

Acquiring Self-Acceptance	171
Realising reasons not to rate yourself	173
Leaving behind loathsome labelling	173
Acting on Acceptance.....	178
Adding Up the Evidence.....	178
Feeling fine about human fallibility	179
Being very specific	181
Using the best-friend technique	182
Accepting and Improving Yourself at the Same Time	183
Selecting specific areas for self-improvement	183
Embracing personal responsibility	184
Regularly Reviewing Reasons for Self-Acceptance	185

Chapter 13: Maintaining Relationships	187
Overcoming Outrage	187
Recognising healthy anger	187
Seeing aspects of unhealthy anger.....	188
Counting the Cost of Losing Your Cool	189
Lengthening Your Fuse	191
Embracing Effective Assertion	193
Putting Yourself on a Par with Your Peers	195
 Part IV: Forging into the Future	 199
 Chapter 14: Examining and Changing Long-Standing Beliefs.....	 201
Uncovering Your Core Beliefs.....	201
Sorting out the three types of core beliefs.....	201
Bringing past relationships into the light of the present	204
Catching your core beliefs interacting	206
Digging Up Your Core Beliefs	207
Doing a downward arrow	207
Taking note of themes.....	210
Forming a Formulation	211
Creating Constructive Core Beliefs.....	211
Assigning New Meanings to Old Events	215
 Chapter 15: Consolidating Conviction in New Core Beliefs.....	 219
Spotlighting Beliefs You Want to Strengthen	219
Preparing a Portfolio of Persuasive Arguments	220
If At First You Don't Succeed, Try and Try Again	223
Acting accordingly	223
Digging out and defeating doubts	225
Practising what you preach	228
Considering What You'd Want Your Child to Believe	229
Nurturing Nice New Beliefs.....	230
 Chapter 16: Delving Into Personal Development.....	 233
Being Realistic about Relapse	233
An ounce of prevention	234
A pound of cure	236
Getting Back to Your Personal Values and Hobbies	237
Acting consistently.....	237
Reinstating personally significant practices	238
Looking At Your Lifestyle	239
Going Boldly Where You've Not Gone Before.....	240
 Chapter 17: Rupturing Roadblocks to Recovery.....	 243
Exorcising Emotions that Bind You	243
Giving up on guilt	245
Refusing to play the shame game.....	246
Paralysing problematic pride	249
Letting Others Help to Bear the Burden	250
Persisting with Practice	252

Chapter 18: Putting into Practice Principles of Positive Living	257
Receiving Your Ration of Responsibility	257
Finding that Flexibility Feeds Fun	259
Understanding Uncertainty and Lack of Control as Unavoidable	261
Letting Life Be Unfair	264
Taking Risks and Making Mistakes.....	266
Choosing Self-Acceptance Over Other-Approval.....	267
 Part V: The Part of Tens	 271
 Chapter 19: Ten Tips for Working with Professionals	 273
Choosing the Right Therapy for You	273
Knowing Who's Who in the Psychology World	274
Asking the Right Questions	274
Looking in the Best Places for a Therapist	275
Vetting Your CBT (or other) Therapist	275
Remaining Open-Minded About Medication.....	276
Working on Stuff Between Sessions	276
Discussing Issues During Sessions	276
Preparing Prior to Sessions	277
Getting Yourself Goals	277
 Chapter 20: Ten Tips for Getting a Good Night's Sleep	 279
Wear Yourself Out with Exercise.....	279
Establish a Schedule	279
Don't Lie in Bed Tossing and Turning	280
Monitor Your Caffeine and Stimulant Intake.....	281
Bed in a Bedtime Routine.....	281
Cozy Up Your Sleeping Area	281
Apply Some Oils	282
Shed a Little Light on the Subject	282
Set Sensible Sleep Expectations	282
Leave Your Cares at the Bedroom Door.....	283
 Chapter 21: Ten Reasons to Never Give Up	 285
Setbacks Are Not Exceptional	285
Recovery Requires Practice, Patience, and Persistence	287
Small Achievements Add Up	287
You Have Value in the World.....	287
Nobody is Perfect.....	287
You May Feel Differently Tomorrow	287
You Can Always Try Other Options	288
Talking to Others Often Helps	288
You Are Not Alone.....	289
Change Is an On-Going Process.....	289
 Index	 291

