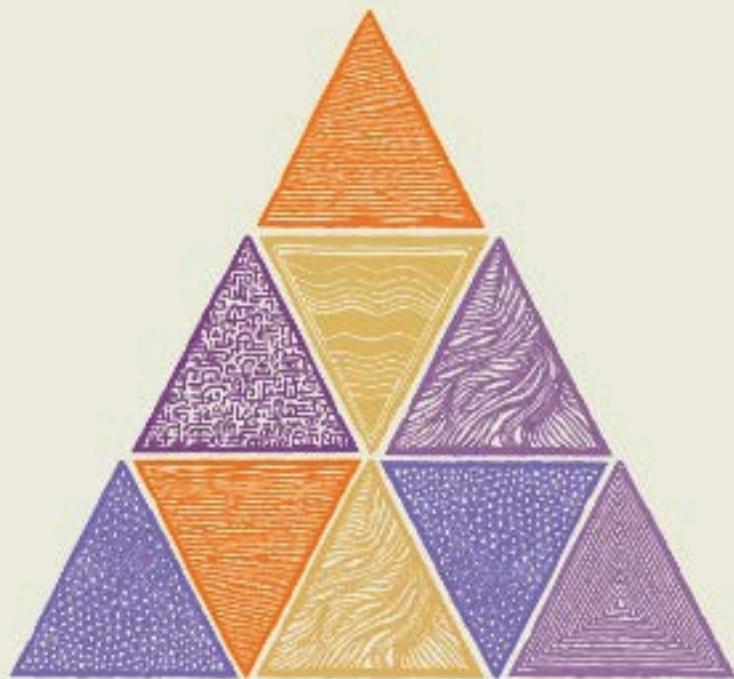


CBT WORKBOOK FOR THERAPISTS



Essential Cognitive Behavioral Therapy
Strategies to Treat Mental Health

TIFFANY LOGGINS, PsyD

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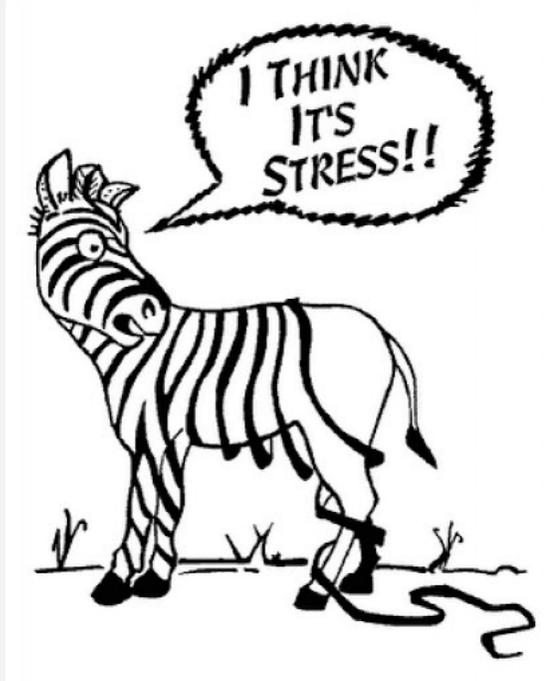
Introduction

- Dr. Tiffany Loggins, PsyD.
- Clinical Psychologist & Author
- Experiences & Specialization

“People are unique individuals filled with untapped inner strengths and resiliencies, and through education and awareness they can illuminate new insights that accompany feelings of direction, purpose, & passion. My hope is to provide an opportunity to enhance your ability to mindfully embody your authentic self.”



What is Stress?



Just enough
resources



More than
enough resources

Not enough
resources

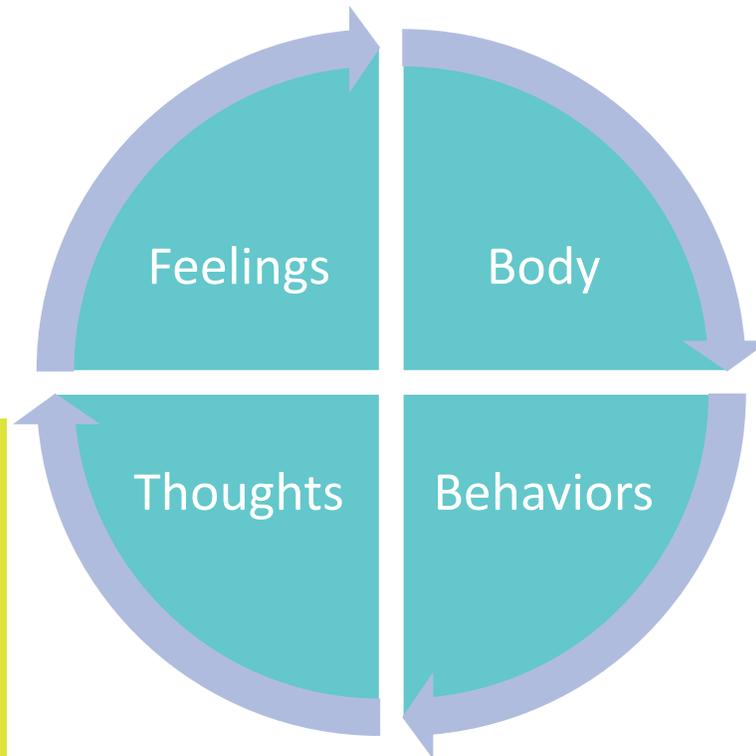
- Stress — body's reaction to any change (challenge or demand) that requires an adjustment or response
- Stress is part of our lives and can help us focus, but prolonged or intense stress can be debilitating, disrupting our ability to function from day to day
- Triggered by an event or thought
- Leads to feelings of emotional or physical tension
- Eustress Vs. Distress
- Acute Vs. Chronic

How does stress impact our ability to manage our emotions/feelings?

Activating Event

Eu-stress

Dis-tress



Identify connection between thinking patterns & behaviors to be able to regulate emotions and stress response

Vulnerability Factors

- Pleasurable events/Self-Care
- Sleep
- Food we eat
- Physical Illness
- Substance Usage
- Medications
- Life Stressors

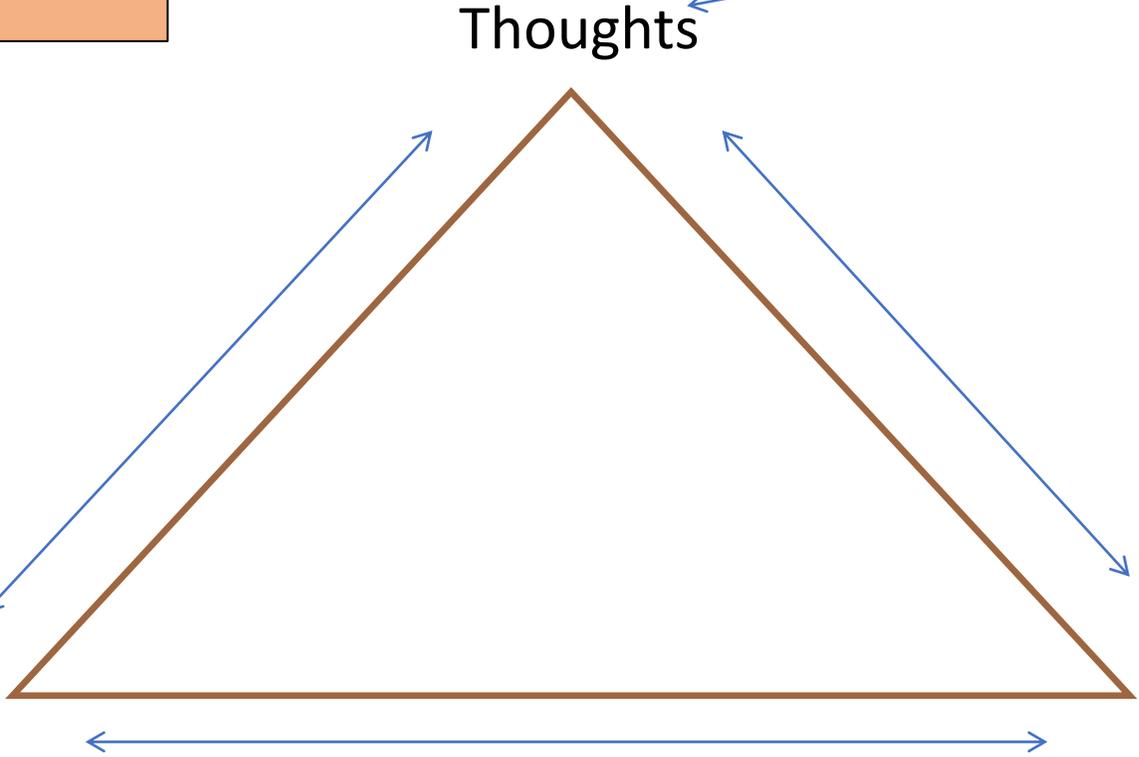
Thoughts also impact your emotional experience. You can change your emotion by changing thoughts about the prompting event.

Activating Event

The first part is the Activating event because every emotion has something that prompts it. Why did it start now? What happened? You can call it the cue. The cue is something that sets off something else.

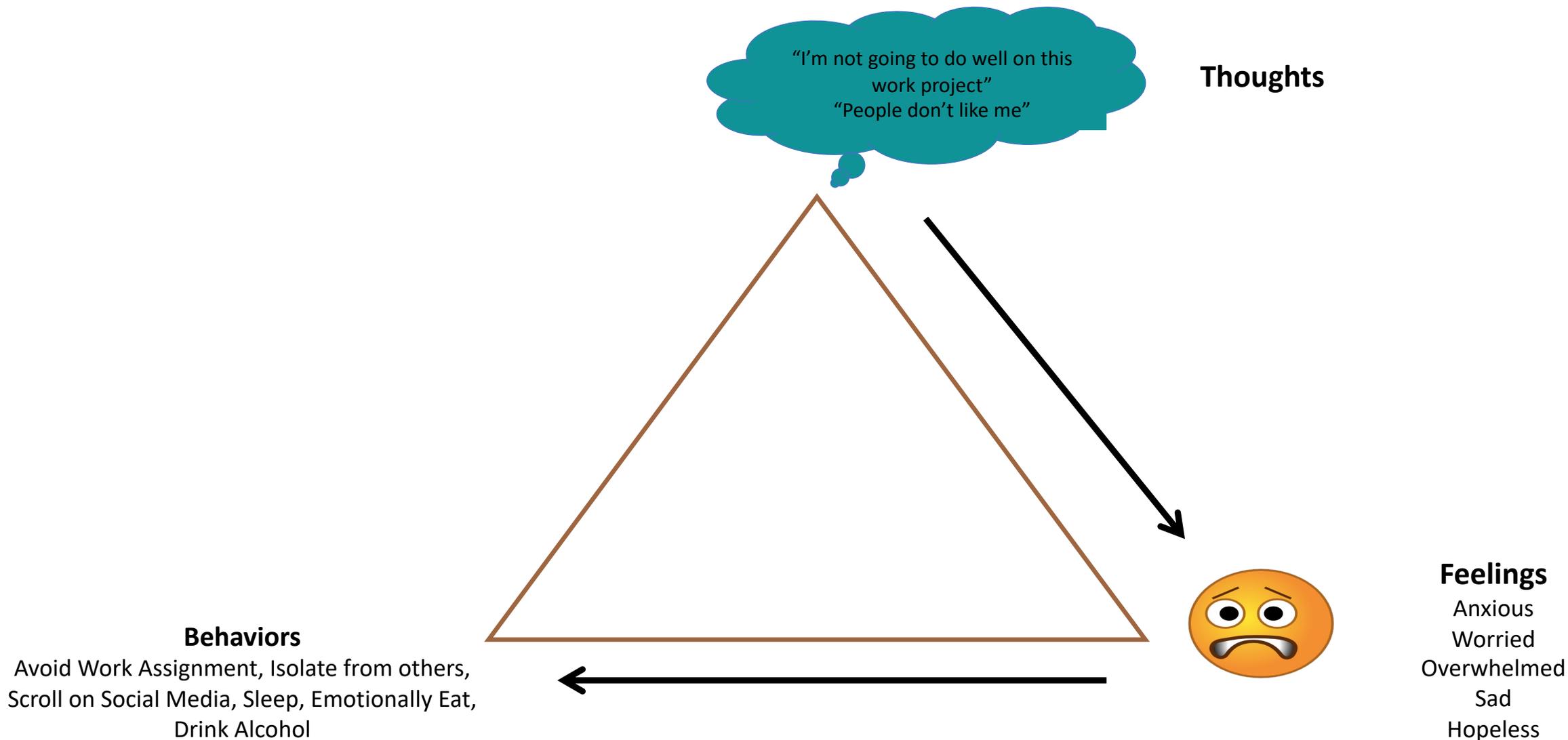
Emotions are a biological event so there is neural firing. The reason why so many people regulate emotions with drugs is because they directly change the brain. The reason we call emotions “feelings” is because we feel them (physiological sensations).

Another experience that accompany an emotion is an action urge or behavior. For example, when you are angry, you have an action urge to yell or withdraw. All emotions have an action urge. The function of emotion is to mobilize actions, so it makes sense that they have an associated urge.



Connection Between Thoughts-Feelings-Behaviors

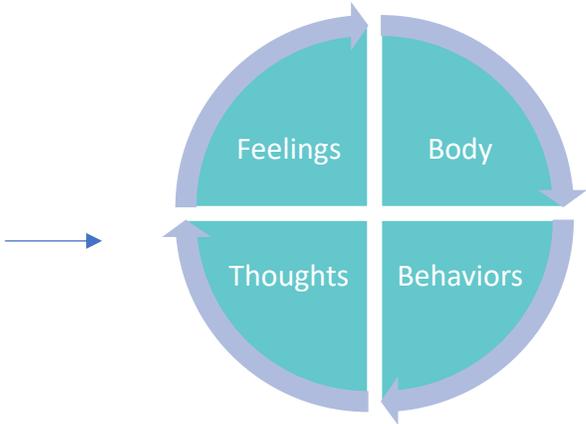
Connection Between Thoughts-Feelings-Behaviors



Avoid Pain – Seek Pleasure Principle

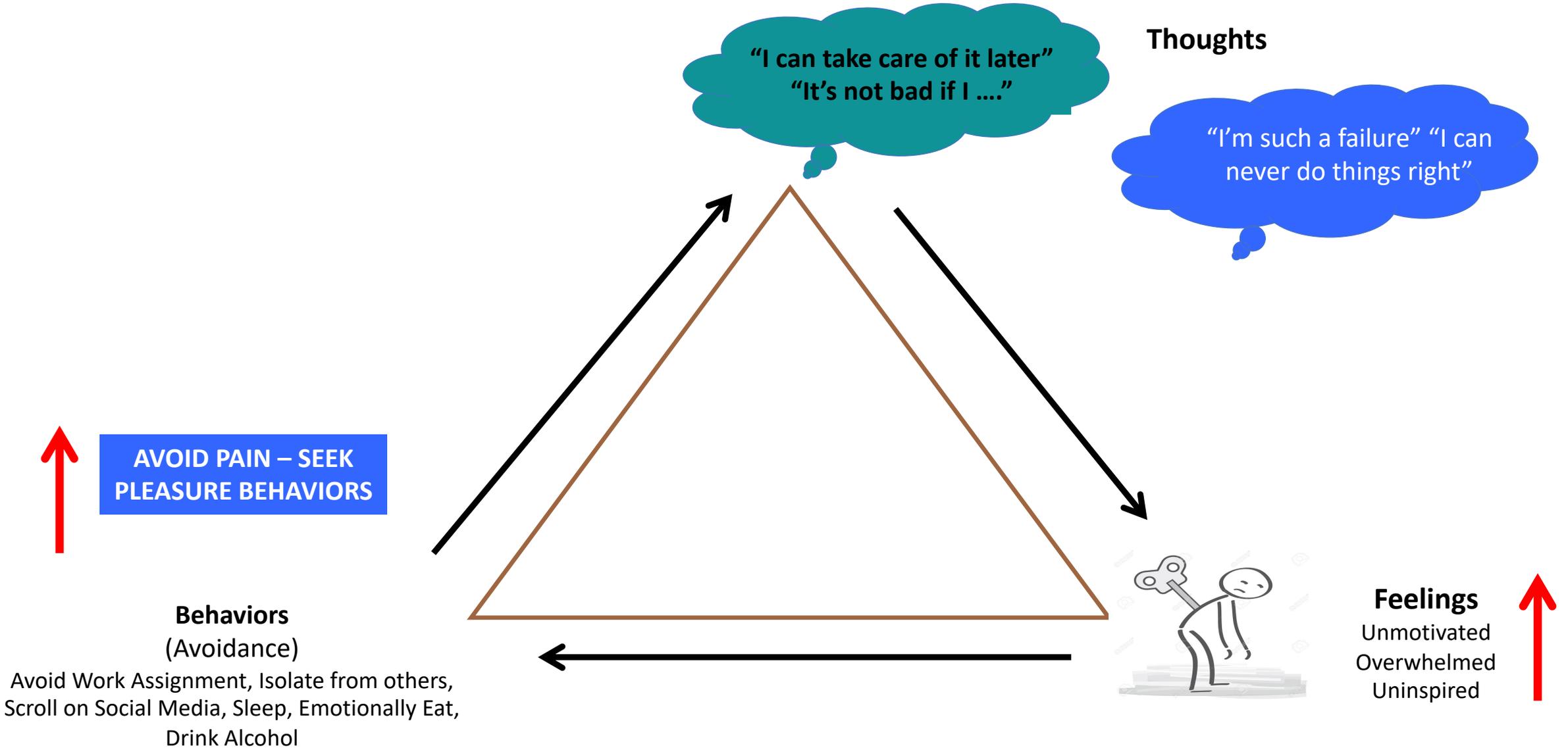
If something (*studying, getting up early, exercise, work assignments, or social events, work meetings*) makes us feel uncomfortable (anxiety, sadness, worry, fear, hopelessness), we **AVOID, MOVE AWAY, or DO LESS** of it

**Activating
Event**

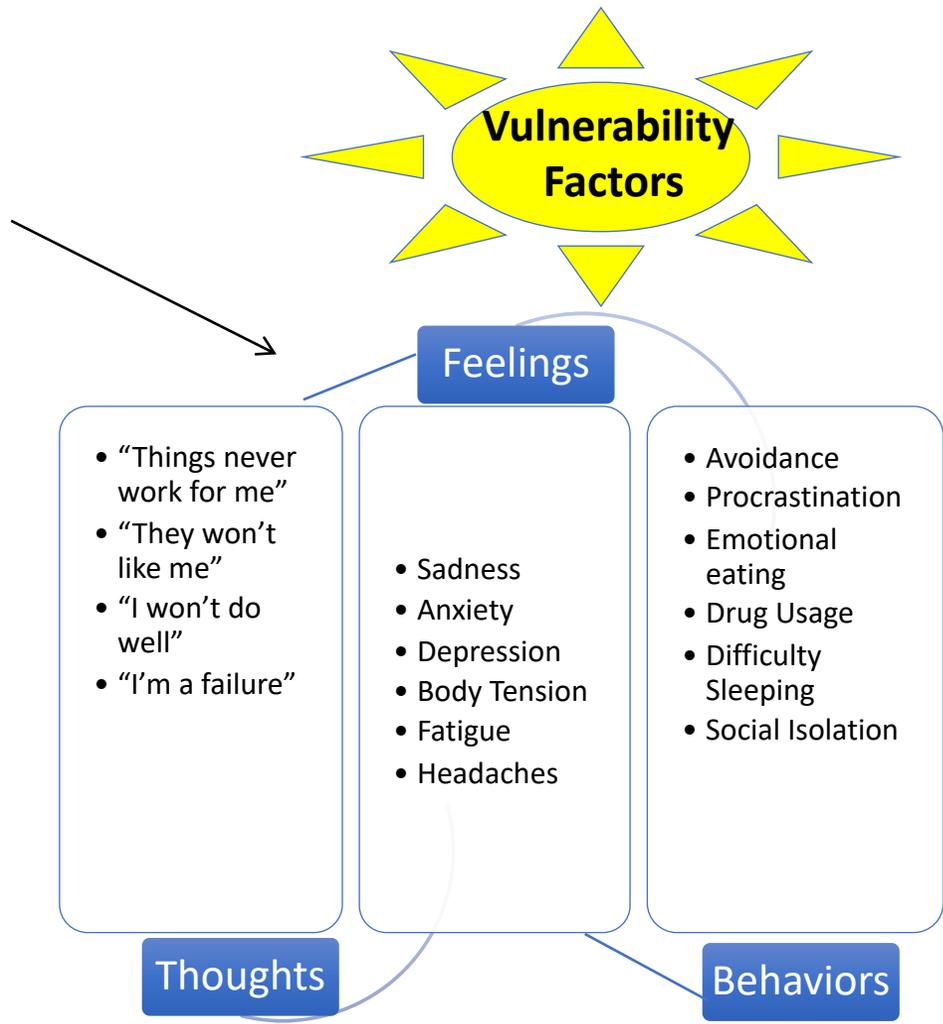
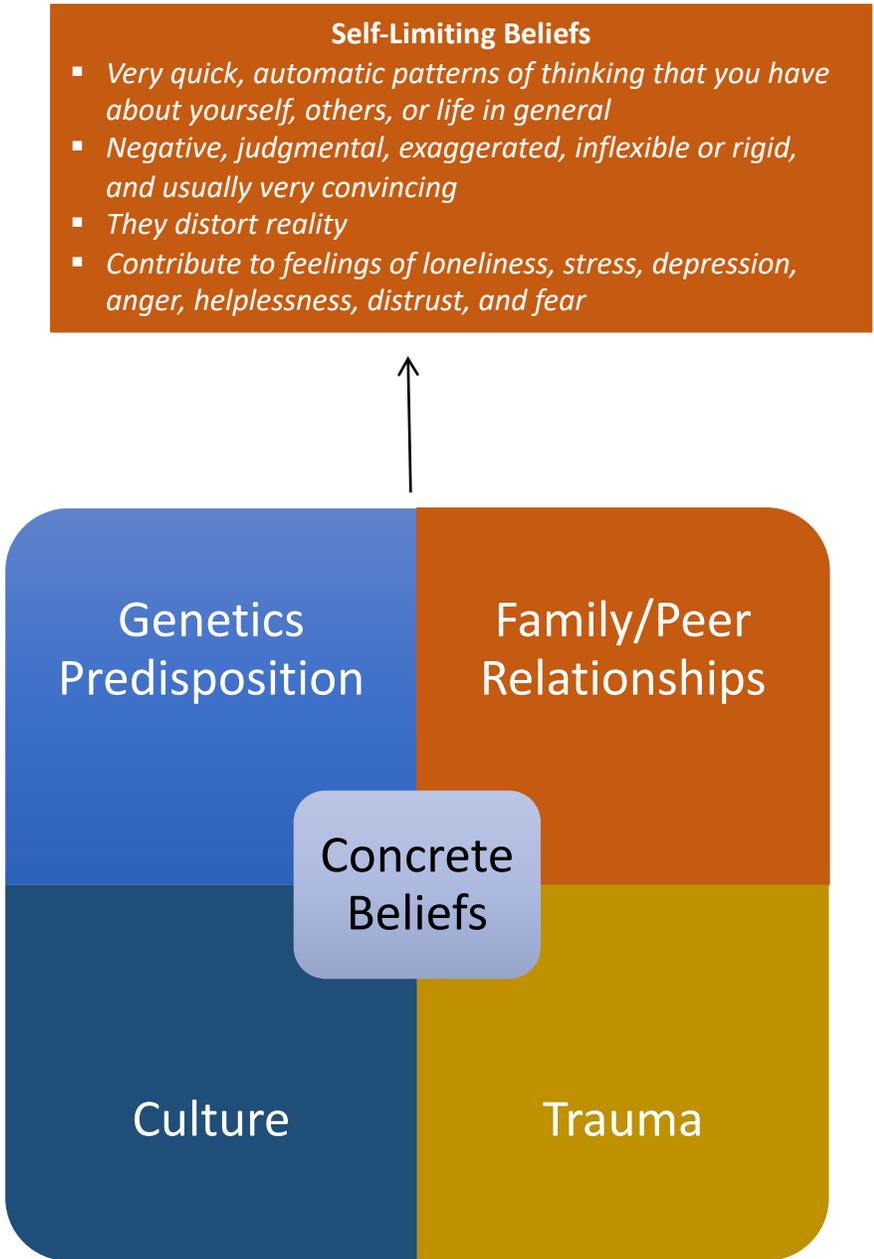


If something (*Netflix, sugary foods, sleeping in, hanging with a good friends, social media, alcohol/marijuana*) makes us feel pleasure or comfort (content, distracted, numb, excited, satisfied), we **SEEK, MOVE TOWARD, or DO MORE** of it

Connection Between Thoughts-Feelings-Behaviors & Avoid Pain-Seek Pleasure



How Self-Limiting Beliefs Develop?



What is a Concrete Belief?

- A belief you have about yourself, how other views you, vice versa, & view of the world
- When activated these beliefs are experienced as absolute truths
- Identify – notice thoughts accompanied by a strong emotion that does not shift in the face of contradictory evidence

What are Self-Limiting Beliefs?

- **Labeling:** When we struggle applying labels to ourselves such as “lazy” or “stupid” because that is what we have been told about people who struggle.
- **Taking Responsibility or “Personalization”:** Taking responsibility can be a good thing, but when we take personal responsibility for every bad thing that happens, even when it is out of our control, we begin to believe that we are at fault for every negative thing that happens.
- **Mind Reading:** When we make a mistake, do we think that we already know how other people are going to react? By projecting those thoughts on other people we do not give ourselves the opportunity to truly connect because we always believe that they’re thinking the worst of us.
- **Fortune Telling:** Have you found yourself thinking, “what’s the point of trying? I know it’s not going to work out.” We begin to limit our experiences when we assume that we know how things will turn out.
- **Catastrophizing:** Do we jump to the worst possible outcome of any scenario? This can feel like a protective measure, that you’re just preparing yourself for any outcome. But what are the odds that the worst will actually happen?



What are Self-Limiting Beliefs?

Personalization

“this is my fault”

Blaming yourself or taking responsibility for something that wasn't completely your fault

Conversely, blaming other people for something that was your fault

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading**
(imagining we know what others are thinking)
- **Fortune telling**
(predicting the future)

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Magnification (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

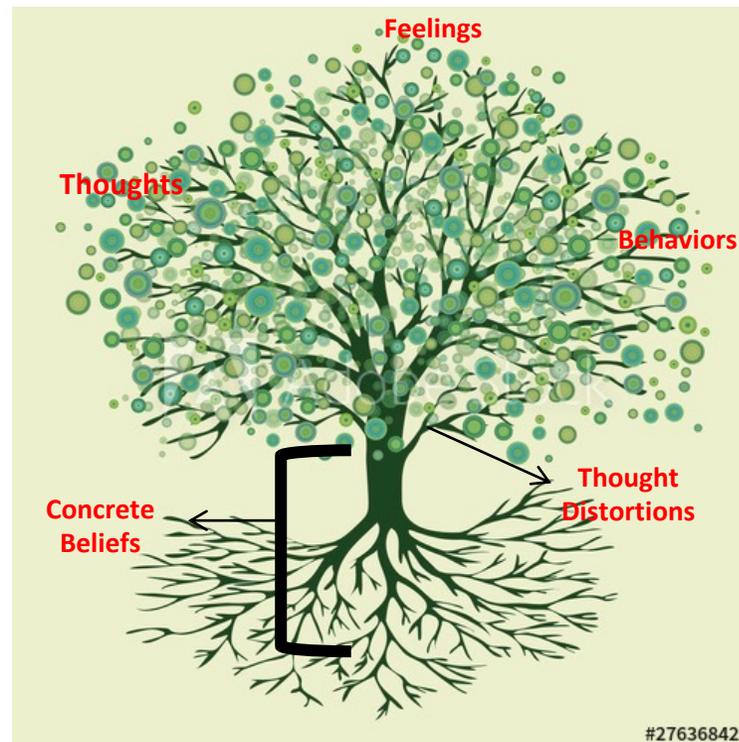
Getting to the Root Cause

Leaves = thoughts, feelings, & behaviors

Branches = Thought/Cognitive Distortions

Trunk & Roots = Concrete Beliefs

If you had daily headaches and found out they were due to high blood pressure, would you prefer a quick fix of taking a daily aspirin or making a lifestyle change of diet and exercise



How can we change or regulate our emotions to cope better with stress without use drugs/alcohol?

- 1) Addressing Vulnerabilities
- 2) Mindfulness & Shifting our Thoughts
- 3) Calming our Bodies
- 4) Behavioral Skills

Breaking the Cycle: List of All Coping Strategies



The secret to being able to regulate emotions & change your behaviors is to go into that system and make a change.

-Assigned new project
-Invite to social event

Prompting Event/Trigger

✓ Addressing Vulnerabilities

"I'm not sure how to start" If I ask for help, they'll think I'm dumb" "I'll probably fail again"

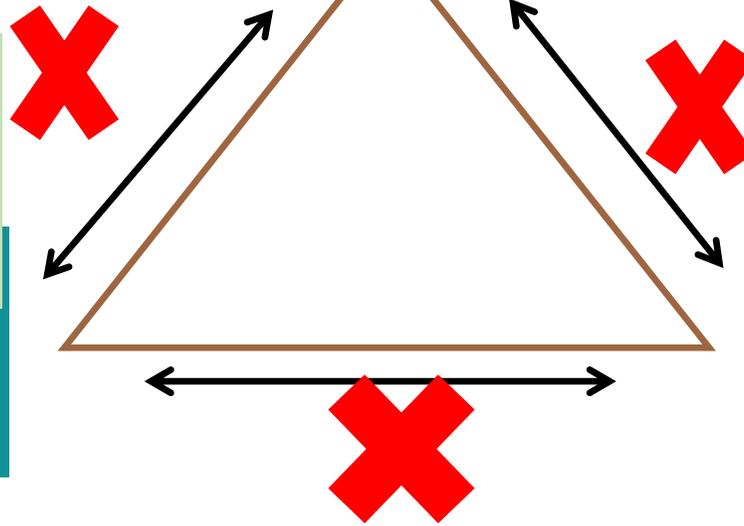
Thoughts

✓ Wisemind
✓ Mindfulness
✓ STOP
✓ Check the Facts
✓ Worry Tree

✓ Opposite Action
✓ Problem Solving
✓ Stress Reduction
✓ Supplements
✓ Productivity Boosting Skills

(Avoidance)

Avoid Work Assignment, Isolate from others, Scroll on Social Media, Sleep, Emotionally Eat, Drink Alcohol



✓ Distraction Skills
✓ Label Emotions
✓ Vagus Nerve

Unmotivated
Overwhelmed
Hopeless
Anxious

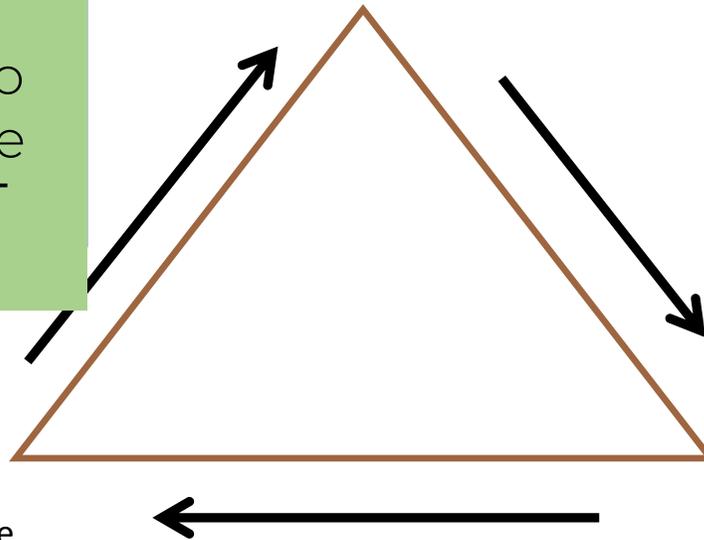
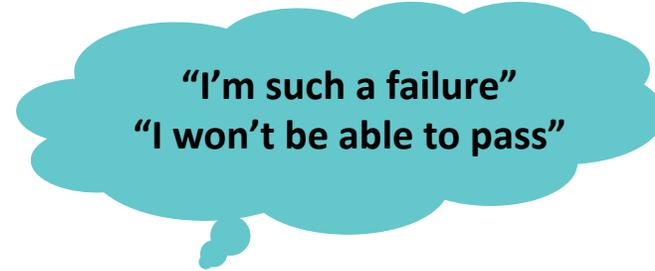
Breaking the Cycle: Shifting Our Thoughts

WHAT IS MINDFULNESS?

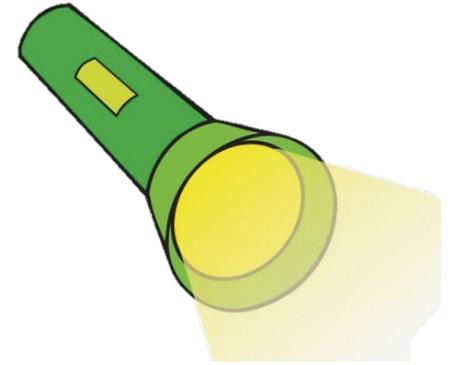
Purposely bringing one's ATTENTION & AWARENESS to EXPERIENCES occurring in the PRESENT moment WITHOUT JUDGMENT.

Behaviors
(Avoidance)
Avoid Work, Sleep, Use
of Social Media

Thoughts



Feelings
Unmotivated
Overwhelmed
Anxious



✓ Mindfulness

Breaking the Cycle: Calming Our Bodies

DISTRACTION SKILLS

1. Engage in an activity
 - Go for a walk
2. Contribute
 - Do something thoughtful or nice
3. Practice gratitude
 - Create a routine and make time in your day
4. Trigger a different emotion
 - Listen to a cheerful song
5. Ground through your 5 senses
 - What do you see, hear, taste, touch, & smell

NAME YOUR EMOTIONS

You can decrease the intensity of your emotions by LABELING your emotions in the moment



There is a reduction in the activity of the amygdala, the emotional center of the brain.

- ✓ Distraction Skills
- ✓ Name Your Emotions

Breaking the Cycle: Calming Our Bodies

S Do not just react. Stop! Freeze! Do not move a muscle! Your emotions may try to make you act without thinking. Stay in control!

T Take a step back from the situation. Take a break. Let go. Take a deep breath. Do not let your feelings make you act impulsively.

O Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings? What are others saying or doing?

P Act with awareness. In deciding what to do, consider your thoughts and feelings, the situation, and other people's thoughts and feelings. Think about your goals. Ask Wise Mind: Which actions will make it better or worse?

The STOP Skill

S

Stop



T

Take a
step back



O

Observe



P

Proceed
mindfully



Breaking the Cycle: Shifting Our Thoughts

“PUTTING YOUR THOUGHTS ON TRIAL”

1. Prosecution and Defense:

Gather Evidence:

- In support of & Against
- Evidence can only be used if it's a *verifiable* fact.
- No interpretations, guesses, or opinions

2. Judge:

Come to a verdict regarding your thought:

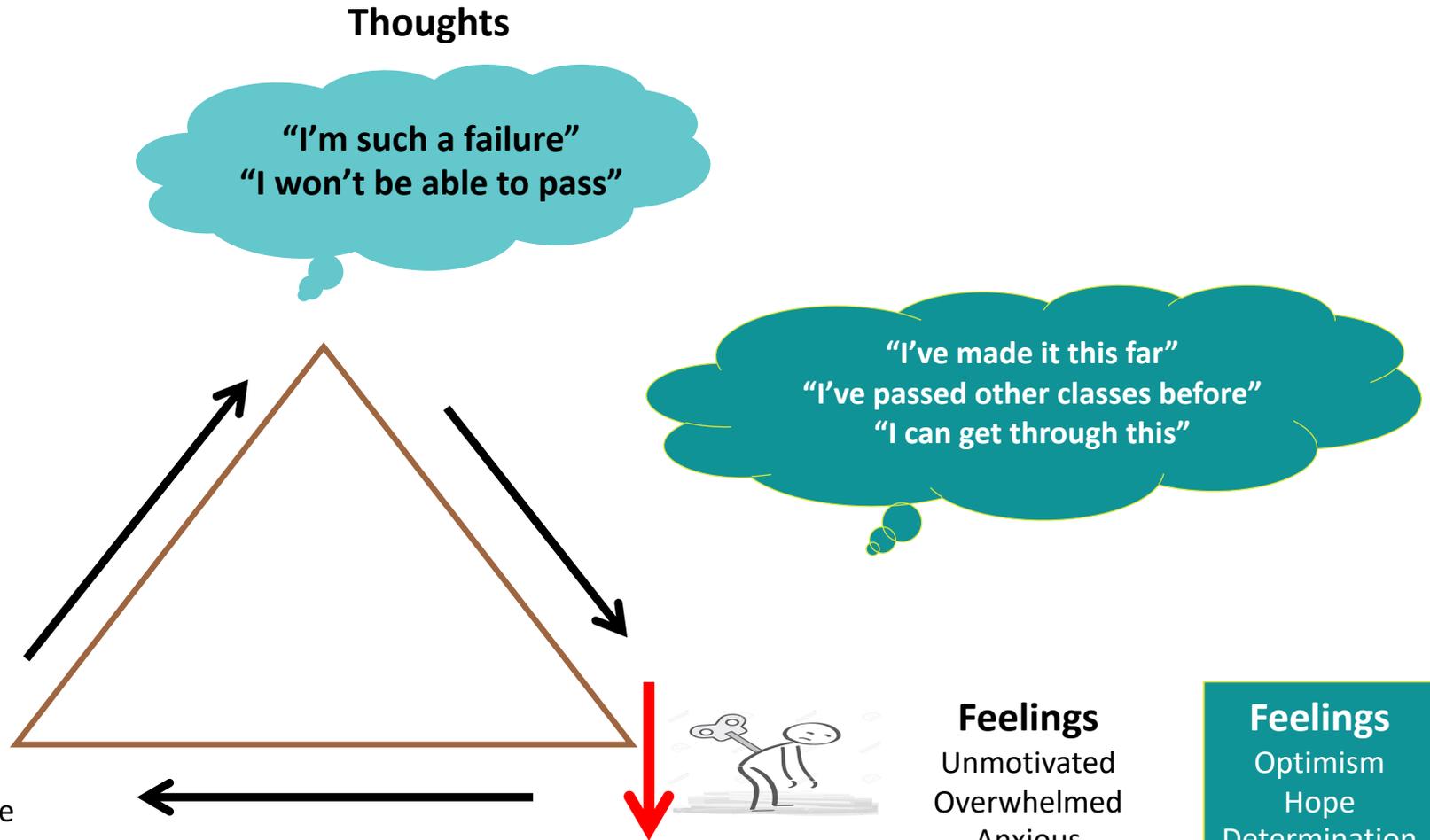
- Ask yourself - Is the thought accurate and fair? Are there other thought that could explain the facts?

Behaviors

Study
Prepare
Ask for help

Behaviors

(Avoidance)
Avoid Work, Sleep, Use
of Social Media



✓ “Putting Your Thoughts on Trial”

Breaking the Cycle: Shifting Our Thoughts

Putting Your Thoughts on Trial

This exercise encourages you to examine your thoughts from multiple perspectives as you act as defense attorney, prosecutor, and judge to determine the accuracy of your thoughts. Similar to a court of law, only evidence that is verifiable and objective will be permissible. It will help you contest irrational assumptions and encourage new realistic thoughts and behaviors.

Instructions: Put a thought on trial to determine its accuracy by gathering evidence in support of or against it, and then determine the final judgment. Be sure evidence provided is verifiable. No interpretations, guesses, or opinions allowed.

- Prosecution and defense: Gather factual evidence in support of, and against, your thought.
- Judge: Come to a verdict regarding your thought. Is the thought accurate and fair? What are the facts?

.....
DESCRIBE THE THOUGHT.

THE DEFENSE <i>Evidence for the thought</i>	THE PROSECUTOR <i>Evidence against the thought</i>	THE JUDGE'S VERDICT

✓ "Putting Your Thoughts on Trial"

Breaking the Cycle: Coping Skills

OPPOSITE ACTION

Prompting Event

New Work Project



Emotion

Overwhelmed
Anxiety
Fatigue



Natural Response

Stay in bed, Work on
other tasks
Emotionally Eat

Opposite Action

Ask questions
Create To- Do List
Seek Support



You have two choices,
to control your mind
or to let your mind
control you.

✓ Opposite Action

Breaking the Cycle: Coping Skills

Step One: Define the problem.

Reflect on the who, what, when, where, and why of your problem. Identify important issues. See the problem from various perspectives. Be sure to separate your beliefs and assumptions from the situation.

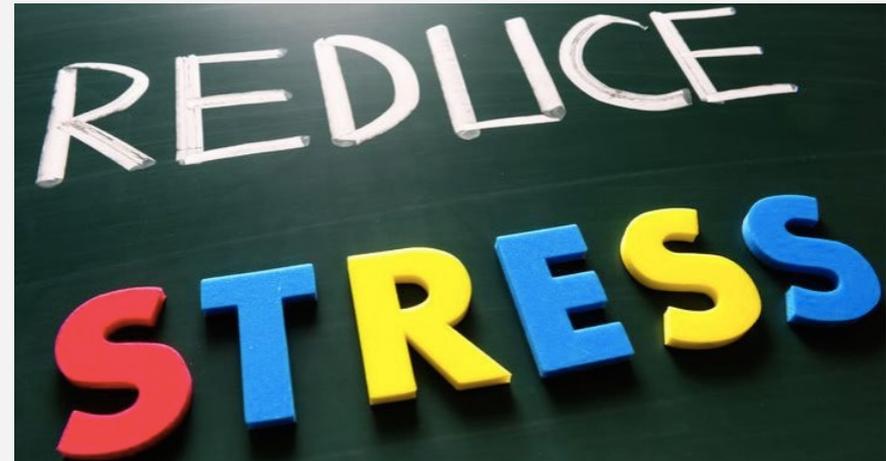
Step Two: Brainstorm and assess possible solutions.

Explore their strengths and weaknesses. Think about whether each solution is a short- or long-term solution, how it will impact others, and whether it aligns with your values and goals. Then fill in the following chart.

THREE POSSIBLE SOLUTIONS	WHAT ARE THE ADVANTAGES?	WHAT ARE THE BENEFITS?	WHICH IS THE BEST SOLUTION?
1.			
2.			
3.			

Stress Reduction Techniques

- ✓ **Breathing & Meditation techniques**
 - Stimulates nervous system to relax
 - Simple Habit and Headspace apps
- ✓ **Daily outdoor exposure**
 - 20 minutes of outdoor exposure per day lower cortisol levels
- ✓ **Avoid screens in the evening**
 - Blue light blocking glasses at night
 - Changing settings on phone
- ✓ **Get Adequate Sleep**
 - 6-9 hours per night



Supplements

Stress depletes the body of certain nutrients which can starve the brain



- ✓ Magnesium Twitchy eyelids?
- ✓ Zinc
- ✓ Choline
- ✓ B vitamins (folic acid and iron)
- ✓ Ashwagandha
- ✓ Omega-3 fatty acids,
- ✓ Curcumin (Black pepper)

*use after trying lifestyle changes & consult with doctor

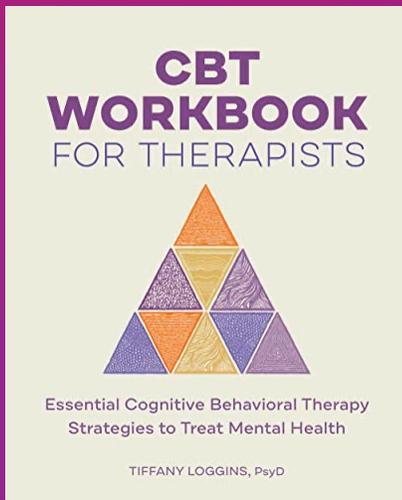
Scheduling Productivity

“Blocking Time” Technique

- ✓ Make a list of your priorities. Highest to lowest.
- ✓ Create a template. Make sure to incorporate personal/self-care blocks
- ✓ Set aside time for deep work and breaks
- ✓ Add blocks for reactive tasks



Retrain the brain and regulate behavior with CBT by developing healthy coping skills, altering self sabotage patterns, and ultimately helping people live happier lives.



Get your copy of Essential Tools for Cognitive Behavioral Therapy on Amazon. [HERE](#)

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