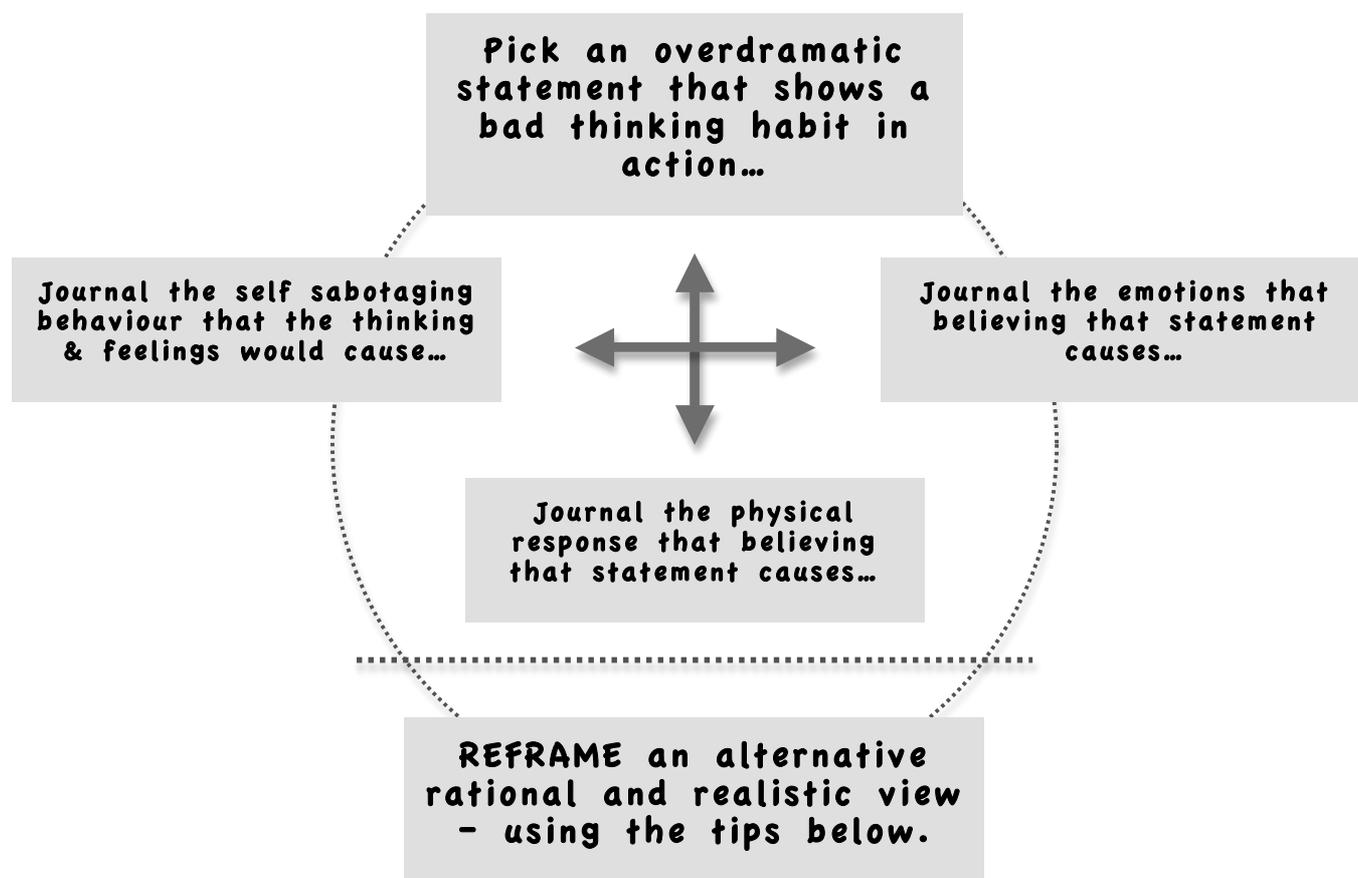


## A CBT journalling guide to track and dispute the vicious circle of bad thinking habits:



**Tips: consider the overdramatic statement – and reframe it, by asking yourself the following:**

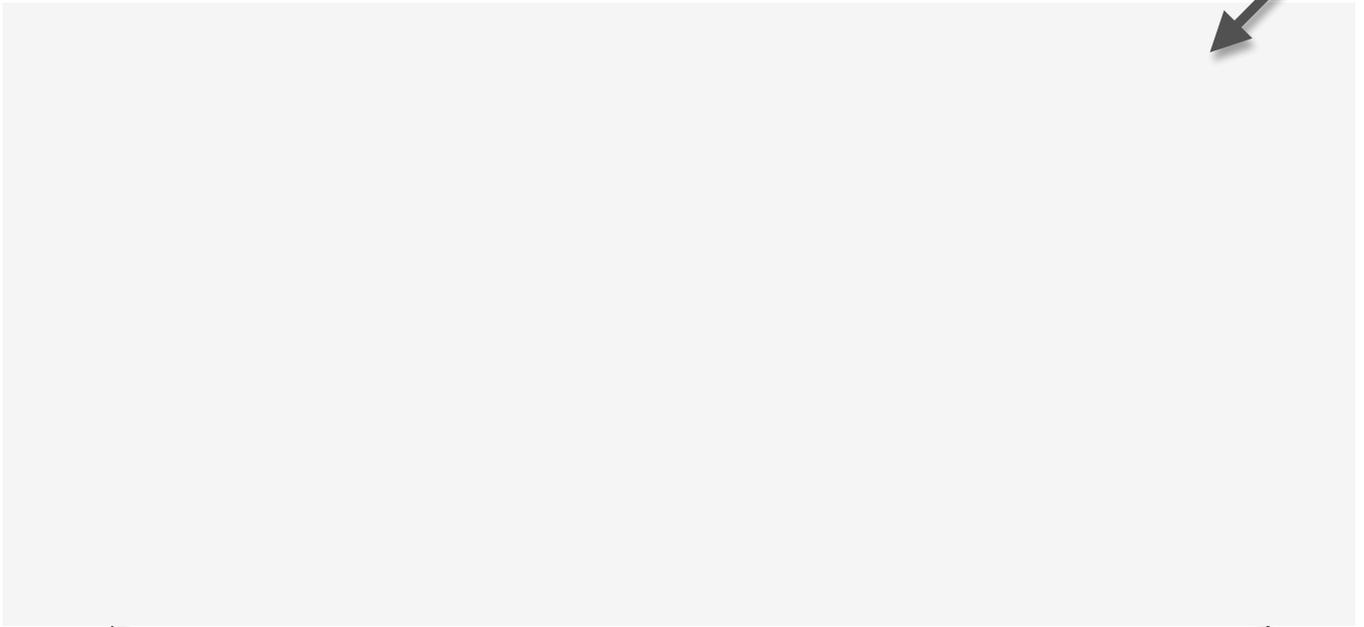
- Am I using one of my Bad Thinking Habits?
- Which one?
- Am I using emotional reasoning (oh my feelings!) – feelings are not facts.
- What is the evidence for this thought or belief?
- Is there any evidence against it?
- Am I getting things out of proportion?
- Is that a bit dramatic and unhelpful?
- How does accepting these thoughts and beliefs make me feel and behave?
- Has thinking this way been helpful in life so far, or a poison?
- What would I advise my best friend if they were thinking this way?
- What is the rational calm alternative view of this situation?
- **What is it more true to say? ←----- THIS IS THE REFRAME**

‘Learning by discovery’ through journalling: exploring where your bad thinking habits are, and what your patterns are, literally installs the *mental task skills* into your head of being able to replace your self talk *in an instant* when you notice you are using one of your bad thinking habit’s, (whether you notice before, during, or after, it doesn’t matter). Write things down!

The wonderful thing is, once you’ve journalled your habits in each of your situational anxiety patterns, it’s done. And you’ve upskilled yourself for life – assuming you use your skills. Apply apply apply, build the skill over time, until your brain literally rewires to a cooler more rational processing.

**You will think better. Feel better. Behave smarter. Be happier.** It’s a science. Believe it.

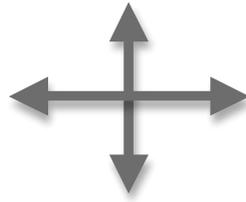
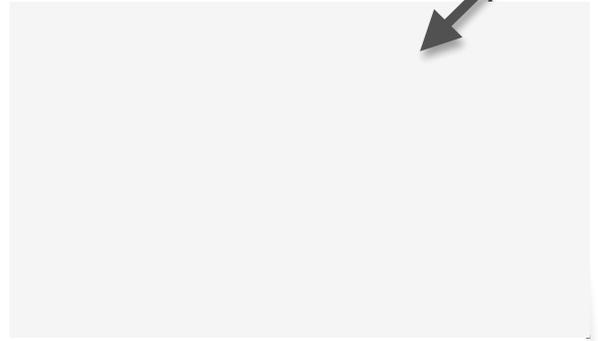
**Thinking**



**Behaving**



**Feeling**



**physical**



**REFRAME!**

