

CBT LIFE SKILLS PROGRAM

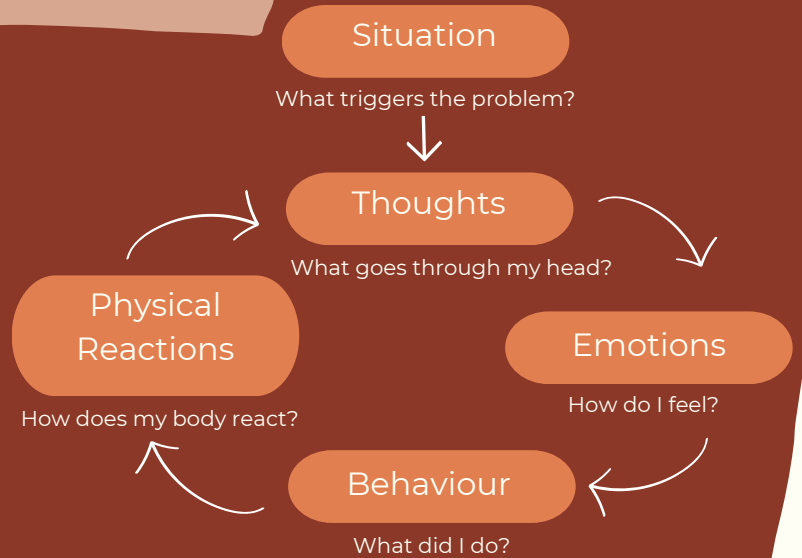


1-877-485-5025
hello@movingforward.help
<https://movingforward.help>

Session 1

Cognitive Behavioural Therapy

(CBT) focuses on the thoughts, images, beliefs and attitudes that we hold (our cognitive processes) and how they relate to the way we behave, as a way of dealing with emotional problems.



Session 2

Self-Care

- An important foundation for managing life stressors.
- Negative judgment & fostered anger can lead to self-destructive behaviours.
- Self-kindness fosters health and positive changes.

Session 3

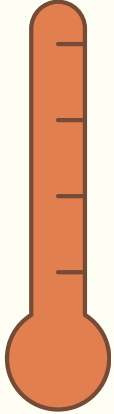
Depression

A discussion on the symptoms of depression including common thoughts, feelings & behaviours. A review of potential contributing factors & common treatments.

Anxiety



Session 4



Get familiar with your **physical symptoms, thoughts, and behaviours** at varying levels of the **anger thermometer**.

A discussion on the **rules of fair fighting**: (1) ask “why am I upset” (2) discuss one issue at a time (3) no degrading language (4) express feelings & take responsibility (5) take turns (6) no stonewalling (7) no yelling (8) take a time out (9) try to reach a compromise.

Session 5

A discussion on **stress** and its impacts on thoughts, behaviour & body responses. Reviewed the **continuum of stress** from beneficial to dysfunctional levels.

Session 7

Cognitive distortions are patterns of irrational thoughts where things are viewed more negatively than they are.

Examples: Emotional Reasoning, Disqualifying the Positive, Mind Reading, All or Nothing Thinking, and Catastrphizing

Session 6

Steps of Problem Solving

1. Identify and define the problem, breaking it into small pieces
2. Think of as many solutions as possible to problem solve.
3. List the advantages and disadvantages of each solution.
4. Choose a solution.
5. Plan how to take those steps.
6. Carry out that plan.
7. Review the outcome.

ABC Model

Activating event is anything that happens to a person, any situation.

Belief of the event is how we think about what happened.

- negative perspectives produce negative feelings and thoughts.
- positive perspectives produce positive feelings and thoughts.

Consequences, resulting actions based of belief of the situation.

- affect and reinforce the beliefs and the consequences.

Session 8

Managing Cognitive Distortions

DO: (1) Keep doing what you were planning to do (2) Face your fears (3) Experiment to test the negative thoughts or positive actions

DONT: (1) Don't let negative thoughts or cognitive distortions push you into not doing things (2) Don't live your life based on feelings (3) Don't use substances to block your thoughts.

Managing Self-Criticism

Step 1: Increase awareness of self-criticism - take 3 breaths, notice what you are saying to yourself

Step 2: soften your critical voice - use a tone and words you would speak to a friend with.

Session 9

A discussion on **sleep** and the importance of an established sleep routine.

Practice **applying the 7-step Problem Solving Method** on unwanted/unhelpful behaviours.

Session 10

Steps for Behavioural Activation:

1. Identify negative behaviours that prevent the person from doing positive behaviours.
2. Identify the opposite positive counterpart.
3. Come up with a specific plan to begin breaking these changes to behaviour.
4. Implement the plan created - focus on small but achievable changes, keep trying; rally social support; it's going to take time.

We discussed **gratitude** and the benefits of practicing gratitude on a regular basis.

Session 11

Being Kind to Yourself

1. Think of a situation in your life that is difficult and causing your stress.
2. Call the situation to mind and see if you can feel the emotion in your body.
3. Say to yourself, this is a moment of suffering. Notice what is going on in the present moment without judging it as good or bad. This hurts me or this is stress.
4. Say to yourself that suffering is a part of life and recognition of your shared humanity with others.
5. Put your hands over your heart. Feel the warmth of your hand and say "May I be kind to myself."