



CBT for Anxiety

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Anxiety

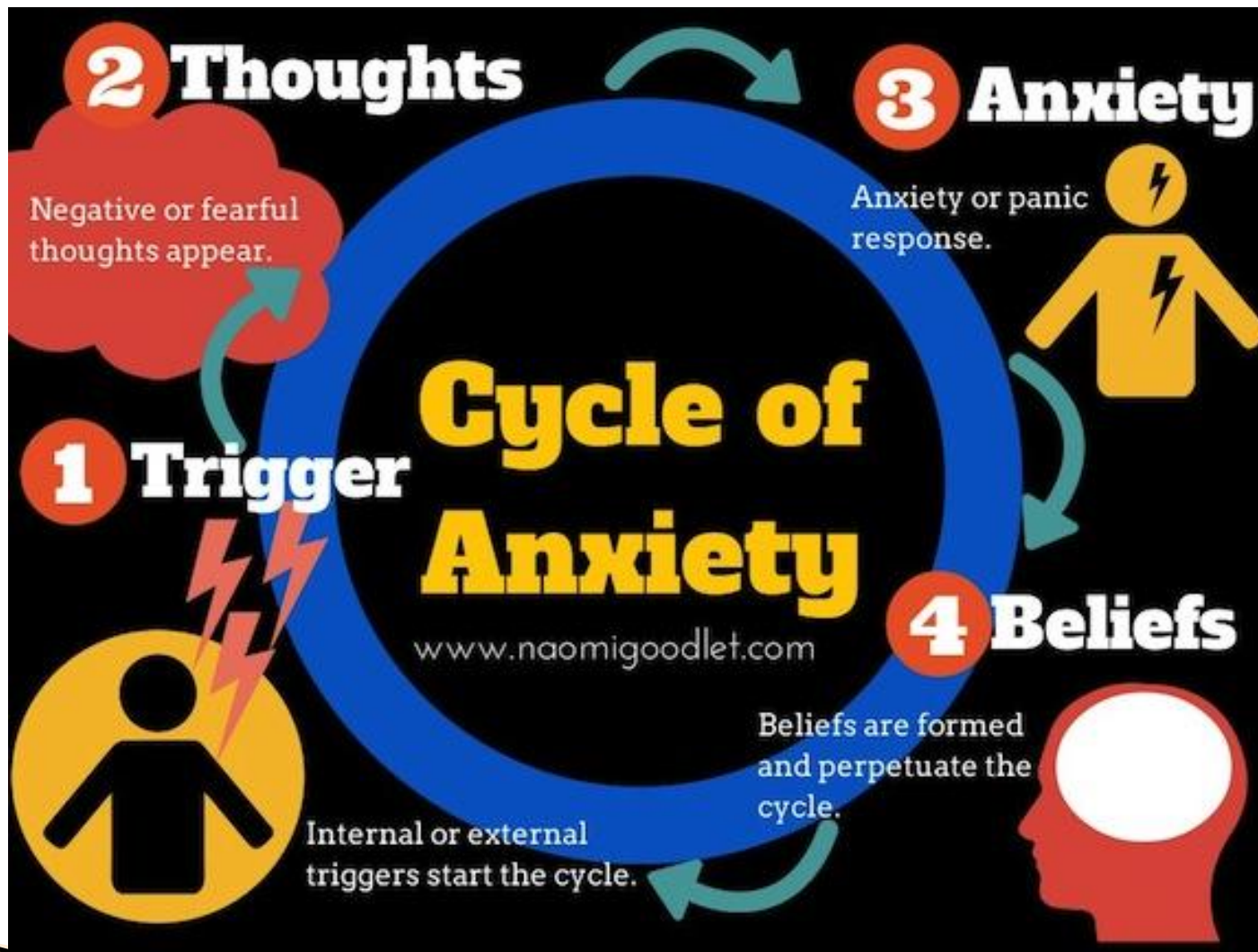


- ▶ What is anxiety?
- ▶ Is anxiety desirable or undesirable?

Types of Anxiety disorders



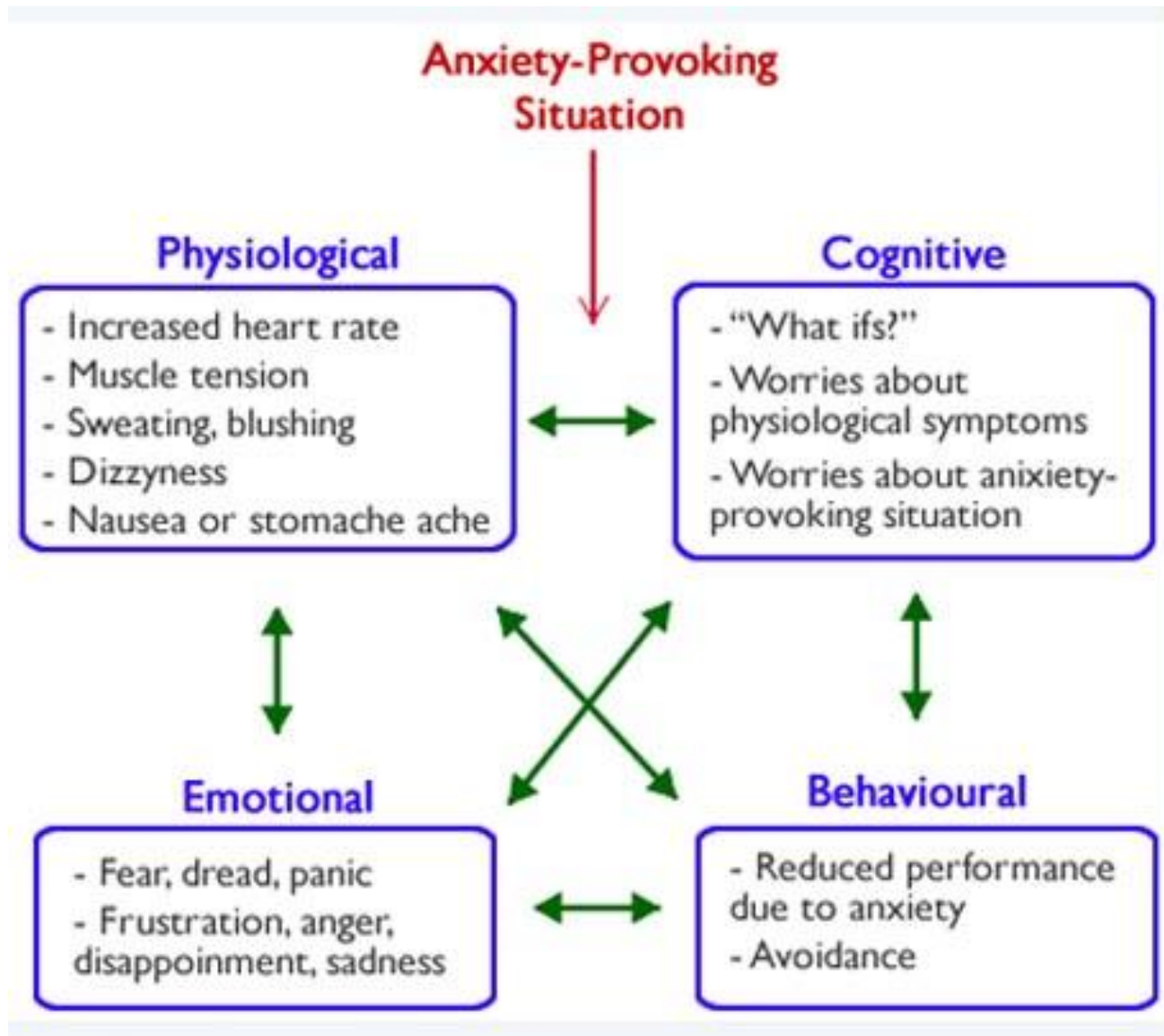
- ▶ Generalized Anxiety Disorder
- ▶ Panic Disorder
- ▶ Phobias
- ▶ Social Anxiety Disorder
- ▶ Obsessive–Compulsive Disorder
- ▶ Post–Traumatic Stress Disorder
- ▶ Separation Anxiety Disorder





Fight or Flight Response





CBT for Anxiety

- ▶ Cognitive
- ▶ Behavioural









▶ Cognitive

- ▶ Identify negative thoughts and thinking patterns using a thought diary

Simple Thought Record

Situation Who, what, when, where?	Feelings What did you feel? Rate strength of emotion 0 -100%	Thoughts What was going through your mind as you started to feel this way? (Thoughts or images)
		
		
		
		



► Cognitive

- Label the type of 'thinking error'

Unhelpful Thinking Styles

When we are upset our thinking can change in unhelpful ways. Our thinking can become *distorted* or *unbalanced*. These are some of the most common unhelpful thinking styles. By recognising our unhelpful styles we can begin to change them.

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed
Either I do it right or not at all

Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

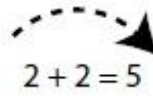
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

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)

$2 + 2 = 5$

Magnification (catastrophising) & minimisation



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

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should
must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

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

Personalisation

"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.



▶ Cognitive

- Develop balanced thinking by looking for evidence for and against the thoughts and finding new evidence you might otherwise miss
 - E.g. my friends think that I'm nervous because I'm quiet and don't talk



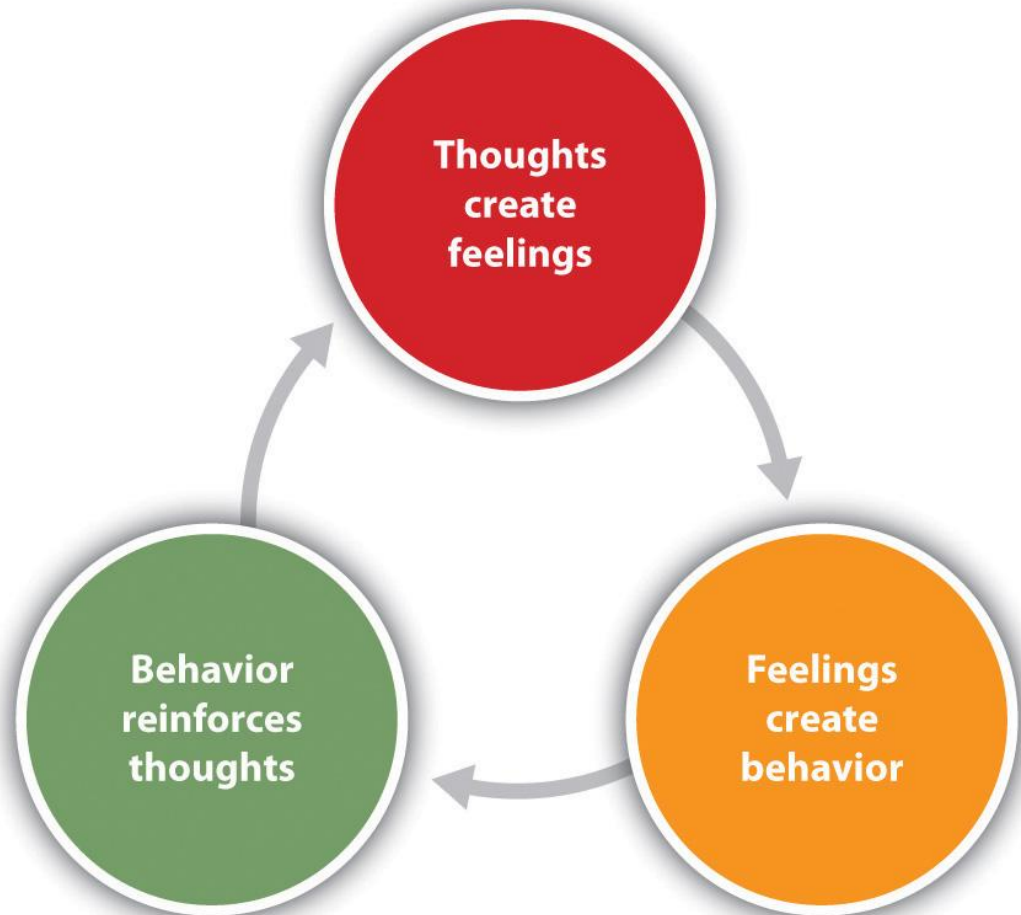
▶ Cognitive

- Learn new skills i.e. distraction, positive self-talk, problem-solving skills



► Behavioural

- Activity monitoring – link activity, thoughts and feelings
- Face your fears – try to break negative cycles by dropping avoidance, escape and safety behaviours





▶ Behavioural

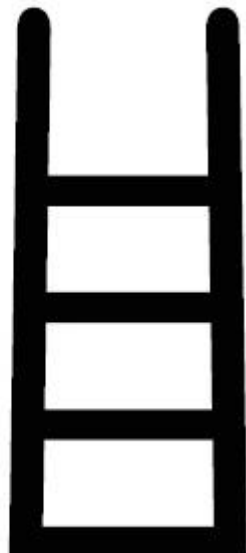
- Become more active – this leaves you less time to worry or listen to your negative thoughts
- Increase pleasant activities
- Break tasks into small achievable steps



Tools and Handouts

Avoidance Hierarchy

Construct a ladder of places or situations that you avoid. At the top of the ladder put those which make you most anxious. At the bottom of the ladder put places or situations you avoid, but which don't bother you as much. In the middle of the ladder put ones that are 'in-between'. Give each item a rating from 0-100% according to how anxious you would feel if you had to be in that situation. Overcome your anxiety by approaching these situations, starting from the bottom of the ladder.



Situation

Anxiety (0-100%)

To summarize...



▶ Cognitive

- Identify negative thoughts and thinking patterns using a thought diary
- Label the type of 'thinking error'
- Develop balanced thinking by looking for evidence for and against the thoughts and finding new evidence you might otherwise miss
- Learn new skills i.e. distraction, positive self-talk, problem-solving skills

To summarize...



▶ Behavioural

- Activity monitoring – link activity, thoughts and feelings
- Become more active – this leaves you less time to worry or listen to your negative thoughts
- Increase pleasant activities
- Break tasks into small achievable steps
- Face your fears – try to break negative cycles by dropping avoidance, escape and safety behaviours



▶ Questions?