



Factsheet & Activity

Let's learn about CBT!

Wellness Partner

Impact Partner



LET'S LEARN MORE ABOUT CBT!

CBT is a very popular type of talk therapy practiced all over the world. It is one of the most frequently used tools in the psychologist's toolbox. Though it's based on simple principles, it can have extremely positive outcomes when put into practice.

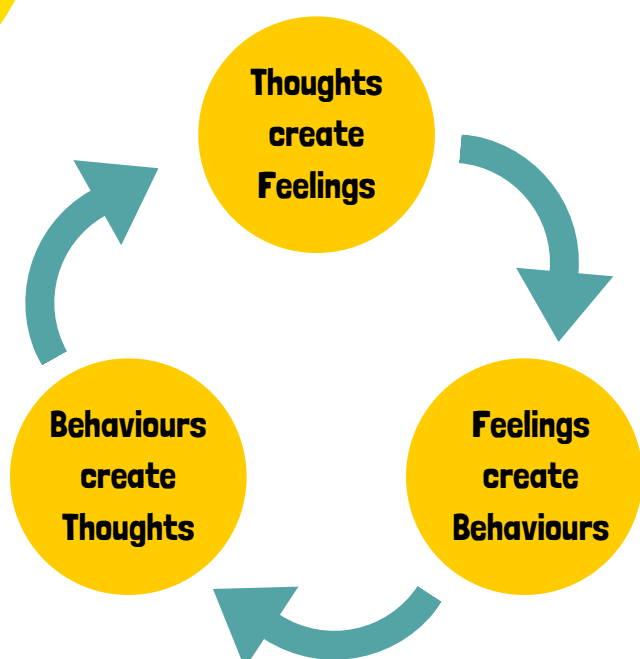
WHAT IS COGNITIVE BEHAVIOURAL THERAPY (CBT)?



- Fundamentally concerned with the meanings which individuals make of their experiences (i.e. It is not event that bother us, it is the way that we interpret events, the meaning that we give them, that translates into our feelings)
- A form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors.
- Can help people modify their patterns of thinking through exploring new patterns of thinking, improving their coping skills for challenging situations.

HOW DOES CBT WORK?

When an individual has repeating patterns of thinking that are a series of negative thoughts (see below), thinking, behaving and feeling negatively can affect an individual from coping which may lead to a downward spiral. This vicious circle can apply to many different kinds of problems.



1. CBT acts to help the individual understand that this is what's going on. It helps him or her to step outside their automatic thoughts and test them out.
2. CBT encourages the individual to examine real-life situations to see what happens to him/her, or to others, in similar situations.
3. Through the lens of a more realistic perspective, the individual may be able to take the chance of testing out what other people think, revealing something of her difficulties to friends.

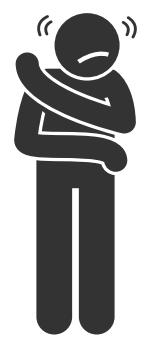


A DIFFERENT PERSPECTIVE

This exercise includes an example through each stage and space for you to record a real-life example of your own. Try to "zoom in" on your own example and see how you can view it with a new perspective.

1. SITUATION: SOMETHING HAPPENS. THIS STEP COVERS ONLY THE FACTS OF WHAT HAPPENED, WITHOUT ANY INTERPRETATION.

E.g. A friend, who I'm usually friendly with, walked past me in the hallway without saying "hello".

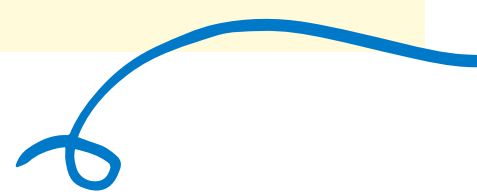


2. THOUGHT: USING THOUGHT, YOU INTERPRET THE SITUATION. THESE INTERPRETATIONS ARE NOT ALWAYS ACCURATE. THERE ARE MANY WAYS TO THINK ABOUT THE SAME SITUATION.

E.g.
My Actual Thought: What did I do wrong? Why is she mad at me?
Alternate Thought: She didn't even notice me. She must have a lot on her mind.

My Actual Thought

Alternate Thought



3. FEELING: YOU EXPERIENCE EMOTIONS BASED UPON YOUR THOUGHTS ABOUT THE SITUATION

E.g.

From Actual Thought: Hurt, Offended

From Alternate Thought: Unaffected, Neutral



From Actual Thought:

From Alternate Thought:

4. BEHAVIOUR: YOU RESPOND TO THE SITUATION BASED UPON YOUR THOUGHTS AND FEELINGS.

E.g.

From Actual Thought: I couldn't stop thinking about what happened. Later, I acted coldly toward my friend.

From Alternate Thought: I wouldn't give the situation a second thought. I would act warmly to my friend, as usual.

From Actual Thought:

From Alternate Thought:

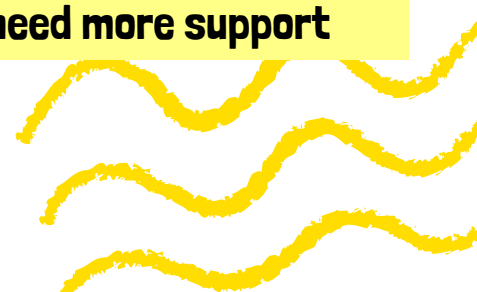


Please contact a mental health professional if you need more support

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Contact Us!

KELY Support Group
2/F East Wing
12 Borrett Road
Central, Hong Kong

2521 6890

contact@kely.org

<https://kely.org/>



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