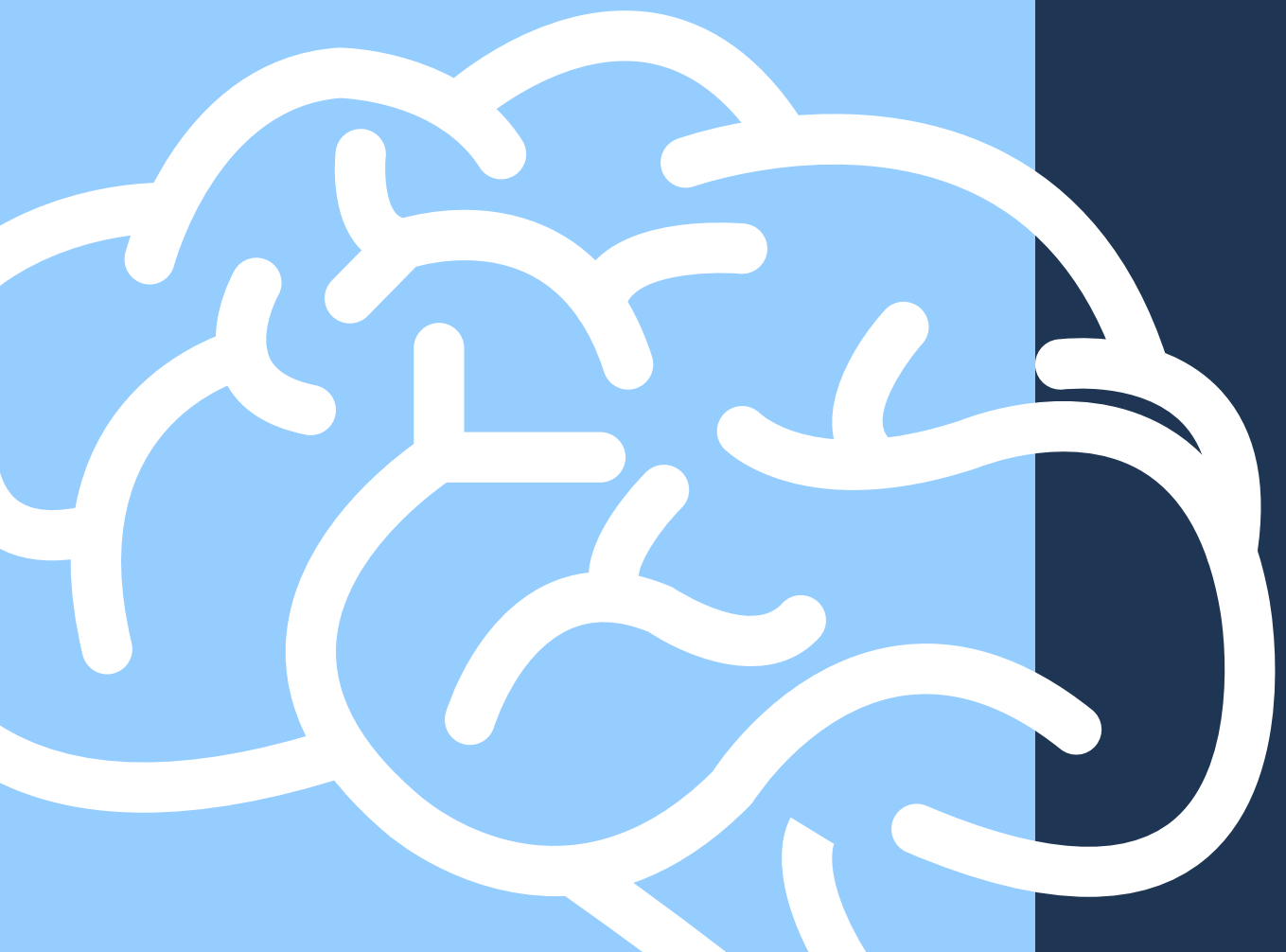


MENTAL
HEALTH
SERIES
SESSION 2



Change The Way you THINK



Presented by Chris Guzniczak, LPC
Flower Mound Counseling

TODAY'S DISCUSSION

- Introduction
- Cognitive Behavioral 101 Thoughts and Feelings
- The Mood Log – Write it Down!
 - Identify your negative thoughts
 - Challenge
 - Reframe



Flower
Counseling





CHRIS GUZNICZAK, LPC

LICENSED PROFESSIONAL COUNSELOR

EXPERIENCE

Partner and counselor at **Flower Mound Counseling**
Individual, Couples, & Groups

CERTIFICATIONS

TEAM CBT Level 3

Gottman Institute Level 2

First Responder Counseling, Professional Coaching, & Christian
Caregiver training



CHANGE THE WAY YOU THINK

Thoughts & Feelings



1. YES. YOU TALK TO YOURSELF... (ALL THE TIME)
2. EXTERNAL EVENTS DON'T CAUSE FEELINGS
3. THOUGHTS CAUSE FEELINGS
4. THOUGHTS INFLUENCED BY EXPERIENCE, CULTURE, FAMILY, ENVIRONMENT, GENETICS





The Scenario

Imagine that you moved for a new job. You don't have close friends or family around. You work, come home, and stay alone everyday. You're struggling to connect with anyone at work, and you have doubts that you're even doing well at your new job.





WHY DO I FEEL THIS WAY?

IS MY SITUATION CAUSING ME TO FEEL DEPRESSED
AND LONELY??



THE MOOD LOG

Negative Thoughts

- 1) Begin with a single moment
- 2) Circle negative feelings (weight)
- 3) Write down negative thoughts
- 4) Capture belief % (before)
- 5) Identify cognitive distortions
- 6) Reframe your negative thoughts
- 7) Capture belief % (after)

Daily Mood Log*

Situation or Event: _____

Emotions	% Before	% After	Emotions	% Before	% After
Sad, blue, depressed, down, unhappy			Hopeless, discouraged, pessimistic, despairing		
Anxious, worried, panicky, nervous, frightened			Frustrated, stuck, thwarted, defeated		
Guilt, remorseful, bad, ashamed			Angry, mad, resentful, annoyed, irritated, upset, furious		
Inferior, worthless, inadequate, defective, incompetent			Other (describe)		
Lonely, unloved, unwanted, rejected, alone, abandoned			Other		
Embarrassed, foolish, humiliated, self-conscious			Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1.				1.	
2.				2.	
3.				3.	

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Daily Mood Log*

Situation or Event: I can't sleep

Emotions	% Before	% After	Emotions	% Before	% After
Sad, blue, depressed, down, unhappy	100%		Hopeless, discouraged, pessimistic, despairing		
Anxious, worried, panicky, nervous, frightened			Frustrated, stuck, thwarted, defeated		
Guilty, remorseful, bad, ashamed	60%		Angry, mad, resentful, annoyed, irritated, upset, furious		
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3.				3.	
4.				4.	

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Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1. I am unlikeable	100%			1.	
2. No one at work even likes me	50%			2.	
3. I should be funnier and a better conversationalist	100%			3.	
4. I will never be in another relationship	80%			4.	

Cognitive Distortions

- **All or Nothing Thinking** – thinking in absolutes
- **Overgeneralization** – viewing single event as a pattern
- **Mental Filter** – dwelling on the negatives
- **Discounting Positives** – insisting positives don't count
- **Jumping to Conclusions**
 - **Mind-Reading** – assuming people are reacting to you
 - **Fortune-Telling** – predicting things will turn out badly
- **Magnification** – blowing things out of proportion
- **Emotional Reasoning** – reasoning from feelings
- **Should Statements** – judging situations with shoulds
- **Labeling** – personalizing mistakes with labels
- **Blame**
 - **Self** – blaming self when not entirely responsible
 - **Other** – blaming others and overlooking your part





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Checklist of Cognitive Distortions *

1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories.	6. Magnification or Minimization. You blow things way out of proportion or shrink them.
2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat.	7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must <i>be</i> one."
3. Mental filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."
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5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	10. Self-Blame and Other-Blame. <ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for. • Other-Blame. You blame others and overlook ways you contributed to the problem.

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WHAT IF I DON'T FEEL ANY BETTER?

If you no longer believe negative thought:

- Your initial negative thought isn't the issue (review thought)
- May have found a deeper belief about yourself or the world

If you still believe negative thought:

- You may not really believe the positive thought
- You may need help from a professional
- Resistance, Deeper pain





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2. No one at work even likes me	50%			2.	
3. I should be funnier and a better conversationalist	100%		AOL, MF, MR, Mag SS, MF, DP, SB, Min	3. I really don't know what people think, no one dislikes me I don't know people well, I do talk to a couple people, used to have friends	
4. I will never be in another relationship	80%		AOL, MF, FT, EM, SS	4. Not true, I haven't tried, feel lonely, judging self	

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David Burns MD, from “The Feeling Good Handbook,” copyright 1989

Chris Guzniczak, LPC, feedback from individual clients, 2018-2024

CHRIS GUZNICZAK, LPC

FLOWER MOUND COUNSELING

www.chrisguzniczakcounseling.com

chrisguz.counseling@gmail.com

(214) 918-9569



RESOURCES

