

CBSST: THE GOAL OF CBSST

Changing your thinking will take practice, just like when you learned to ride a bicycle or read a book. The more you practice, the better you can control your life.

The primary goal of CBSST is to help you make your thinking more helpful, so that you will do healthier things and achieve your goals.

You are now on your way to feeling better!!

You are now on your way to making healthier choices in your life!!!

GROUP DISCUSSION:

1. How do thoughts affect what we do?

2. Can we do things without thinking?



Adapted from the Minneapolis VA CBSST Manual