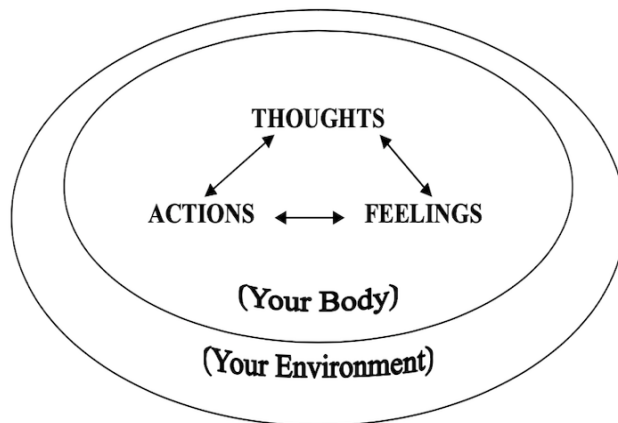


CBSST: WHAT IS THE COGNITIVE-BEHAVIORAL LINK?

- **Cognitive** refers to our **thoughts** (e.g., “I think it is going to be a very nice day today”) or **mental images** (remembering the beach when you were on vacation).
 - A thought is something you tell yourself or a picture in your head.
- **Behavior** refers to our **actions** (e.g., eating, walking, talking).
 - Actions are what we choose to do (e.g., watching TV, going on a walk)
- **Feelings** are the many **emotions** and moods we experience (e.g., happy, sad, afraid, suspicious, excited).
- Our thoughts can affect our actions and feelings - How we **think about something** affects how we **feel about it** and **what we do** (e.g., if you think nothing bad will happen if you talk honestly and openly with your nurse, you will be able to communicate well with the nurse to solve any medication problems).



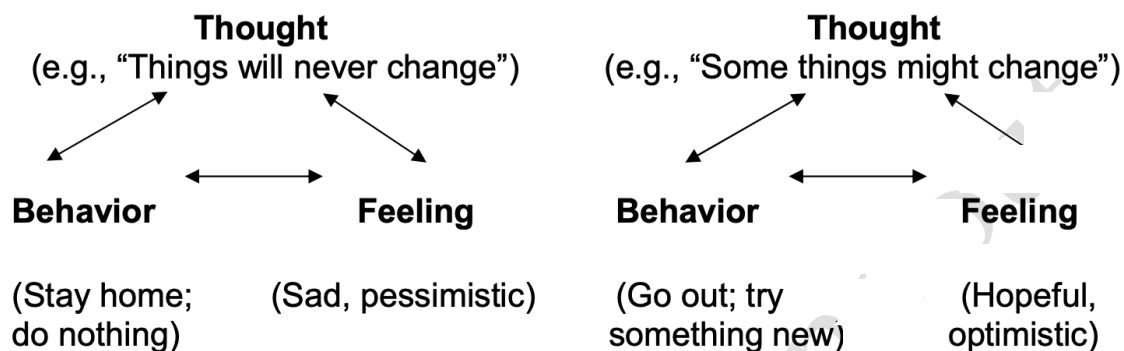
- Some **thoughts are helpful that can make us feel better**. They can increase the chance that we will do **healthy things** (e.g., if you think you are a nice, friendly person, you will feel good about yourself and try to make friends).
- Our **thoughts are not always helpful** though. Sometimes we make mistakes in thinking that can make us **feel worse**. These negative thoughts can **interfere with doing healthy things** (e.g., if you think that no one cares about you, or would never like you, you will feel depressed and you may stop trying to do things with other people).
- **Negative thoughts are not always true**; they can be **mistakes in thinking**. Negative thoughts can cause us **pain** (e.g., if you think that everyone is out to hurt you, this can make you afraid and paranoid so you stay away from people).

- Your **THOUGHTS** influence your **FEELINGS** and **ACTIONS**. So it is important to be sure your thoughts are helpful and healthy. The good news is that you can change your thoughts if they are not helpful or include mistakes in thinking! If you learn to change your thinking, you can improve your actions and feelings and achieve your goals.

Negative Thought → Negative Feeling → Negative Behavior

Positive Thought → Positive Feeling → Positive Behavior

If you **change your thoughts**, your feelings and your actions (or behaviors) will change too!



- Certain kinds of thoughts (called "**automatic thoughts**") can lead to many of our emotions and actions. We call them automatic thoughts because they seem to come very quickly in response to a situation:

Example:

SITUATION: Medication causes side effects.

OUTCOME: The outcome can be either GOOD or BAD, depending on how you think about it

1. Bad Outcome

Automatic Thought

"I can't stand this"

"This will never go away"

Feeling

Frustrated/Scared

Action/Outcome

Stop medications, problems worsen

2. Good Outcome:

Automatic Thought

"Nurse told me this could happen"

Feeling

Calm

Action/Outcome

Talk with nurse or Doctor and get help for side effects

- As long as you focus on the **same automatic thoughts**, you will have the **same emotions** (feelings) and **do the same things** (actions).
- This class will help teach you a way to **change how you think** (by changing where you focus your attention) so you can **change what you do and how you feel**.
- You will learn how to control thinking problems (unhelpful thoughts) in practical ways that you can use now and in the future. By **changing how you think**, you can **increase the positive things you do** for yourself, such as taking care of your health, having friendships with supportive people, and doing pleasant enjoyable activities.

