

FIFTY WAYS TO UNTWIST YOUR THINKING

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<p>1. Positive Reframing</p> <p>Focus on the negative thoughts and feelings in your Daily Mood Log (See Form 1), one by one and ask yourself two questions: (1) What are some advantages, or benefits of this negative thought or feeling? (2) What does this negative thought or feeling show/say about me and my core values that's beautiful, positive or even awesome? List them in the Positive Reframing List.</p> <p>NT/NE. Advantages Core Values</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; text-align: center;">NT/NE</td> <td style="width: 35%; text-align: center;">Advantages</td> <td style="width: 50%; text-align: center;">Core values</td> </tr> </table>	NT/NE	Advantages	Core values	<p>2. Magic Dial</p> <p>After you complete positive reframing, imagine that you have a magic dial that would allow you to dial down each negative feeling to some lower level so you could preserve the positives associated with that feeling. Record these in the "% Goal" column of our Daily Mood Journal</p>	<p>3. Straightforward technique</p> <p>Try to substitute a more positive and realistic thought for each negative thought. Ask yourself, "Is this negative thought really true? Do I really believe it? Is there another way to look at the situation?"</p>
NT/NE	Advantages	Core values			

Compassion-Based Techniques

<p>4. Double-Standard Technique</p> <p>Instead of putting yourself down, talk to yourself in the same compassionate way you might talk to a dear friend who was upset. Ask yourself, "Would I say such harsh things to a friend with a similar problem? If not why not? What I say to him or her?"</p>	<p>5. Examine the Evidence</p> <p>Instead of assuming that your negative thought is true, examine the evidence for it. <i>Ask yourself, What are the facts? What do they show?"</i></p>
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	<i>Would I talk to a friend that way?</i>		
6.	Experimental Technique Do an experiment to test the validity of negative thought in much the same way a scientist would test a theory. Ask yourself, <i>"How could I test this negative thought to find out if it's really true?"</i> For example, if you believe you're on the very of losing control during a panic attack, you can test this belief by trying to drive yourself crazy through willful effort. You can roll around on the floor, flail your arms and legs in the air, and speak gibberish. It can be a relief to discover that you can't go crazy, no matter how hard you try.		
7.	Survey Technique Ask others what they think and feel? Conduct a survey to find out if your thoughts are realistic. Ask yourself, <i>"How do other people think and feel about this? Could I ask some friends and get some feedback?"</i> For example, if you believe that social anxiety is rare or shameful, you could simply ask several friends if they've ever felt that way.	8.	Reattribution Instead of blaming yourself entirely for a problem, think about the many factors that contributed to it. Ask yourself, <i>"What caused this problem? What I contribute and what did others contribute? What can I learn from the situation?"</i>
Logic-Based Techniques			
9.	Socratic Method <i>Ask about inconsistencies in the thought</i> <i>Ask questions about Inconsistencies in the thought.</i> For example, you might ask yourself, <i>When I say that I'm a failure at life, do I mean that I fail at some things some of the time or at all things all the time?"</i> If you say "some things some of the time, then you can point out that this is true of all human beings. If you say," All things all the time," then you can point out that this isn't true of anyone since no one fails at everything.	10.	Thinking in Shades of Gray <i>Rather than win or lose, think about partial victory.</i> Instead of thinking about your problems in black-and-white categories you can evaluate them in shades of gray. When things don't work out as well as you'd hoped, you can think of the experience as a partial success or a leaning opportunity. Pinpoint your specific errors instead of writing yourself off as a total failure.
Semantic Techniques			
11.	Semantic Method <i>Substitute less colorful, less emotional language.</i>	12.	Let's Define Terms <i>i.e. foolish exists but not a fool. Define a fool. 24/7?</i>
		13.	Be Specific <i>Rather than global statements such as worthless, focus on specific flaws, errors, weaknesses, strengths.</i>

14.	Worst, Best, Average <i>I'm a bad father. List five specific skills of a good father. Rate each for yourself.</i>		
Quantitative Techniques			
15.	Self-Monitoring	16.	Worry Breaks
Humor-Based Techniques			
17.	Paradoxical Magnification <i>Buy into your negative thoughts. Make it as extreme as possible. Stupid becomes "Most stupid person in Canada!"</i>	18.	Shame-Attacking Exercises <i>Sweaty armpits story or bus stop announcements</i>
Role-Play Techniques			
19.	Externalization of Voices <i>Take turns being Negative Client and Positive Client. The goal is for the Positive Client to win HUGE!</i>	20.	Feared Fantasy <i>Act out your worst fears such as being rejected by a hostile critic because you are not good enough or smart enough.</i>
		Other Role-Play Techniques <i>Double standard technique works better as a role play, Acceptance Paradox, Devil's advocate, talk show host, flirting training, Five Secrets of Effective Communications and one-minute drill</i>	
Philosophical/Spiritual Technique			
21.	Acceptance Paradox <i>Instead of defending against your own self-criticisms, you find truth in them and accept your shortcomings with tranquility. "It's true that I. have many inadequacies. In fact, there is very little, if anything, about me that couldn't be improved.</i>		
Visual Imaging Techniques			
22.	Time Projection Future Projection – <i>if depressed go into the future to talk to a very happy you.</i> Past Projection- <i>Go into the past and have a conversation with the person who hurt or abused you</i>	23.	Humorous Projection <i>See the person you are angry with in a humorous situation such as a board meeting in his underwear.</i>
		24.	Cognitive Hypnosis

25.	<p>Individual Downward Arrow</p> <p>Draw a downward arrow under a negative thought in your Daily Mood Log and ask yourself, “Why would it be upsetting to me if this thought were true? What would it mean to me?” A new negative thought will come to mind. Write that new thought down under the arrow, and repeat this process several times. When you review the chain of negative thoughts along with the list of common self-defeating beliefs, you can pinpoint the attitudes and beliefs that make you vulnerable to depression and anxiety, such as perfectionism, the achievement addiction or the brushfire fallacy.</p>	26. Interpersonal Downward Arrow	27. What If Technique
28. Hidden Emotion Technique			
MOTIVATIONAL TECHNIQUES			
29.	<p>Straightforward/Paradoxical Cost-Benefit Analysis</p> <p>When you do a straightforward cost-benefit analysis (CBA), you list the advantages and disadvantages of a negative thought (“I’m such a loser!”) or self-defeating belief (I should be perfect.) You can also do a CBA for a negative/feeling (like anger, guilt, inferiority, or anxiety), a habit (such as drinking, using drugs, overeating or procrastinating,) or/a relationship</p>	30. Devils Advocate	

	<p>problem (such as blaming our spouse for your marital problems.) Ask yourself, "what are the advantages and disadvantages of this belief, feeling or habit? How will it help me, and how will it hurt me? After you list all the advantages and disadvantages, balance them against each other on a 100 point scale so you can see whether the costs or benefits are greater. When you do a paradoxical CBA, you list only the advantages of a negative thought, belief, feeling habit or relationship problem. Now ask yourself, "Given all these advantages, why should I change?" This will make sure of the powerful forces that keep you stuck.</p>			<p>For example, when you say, "I'll just have one little bite," you are discounting a lot of data to the contrary. This distortion is called <i>discounting the negative</i>. It triggers the urge to gin in to your addictions and is the exact opposite of discounting the positive a distortion that triggers depression. Next, you ask another person = it could be your therapist or a friend or family member to play the role of the devil who tempts you to drink, overeat, procrastinate or date the wrong person. Your job is to talk back to those thoughts in real time. Use role reversals when you get stuck. For example ,if you're struggling to stick with your diet, imagine that you're walking past your favourite bakery and you smell fresh donuts.</p>
<p>32.</p>	<p>Decision-Making tool It will help you sort out your options and get unstuck.</p>	<p>33.</p>	<p>Daily Activity Schedule When you are depressed, everything seems overwhelming. Nothing seems worth doing, so you may give up on life. This can help you overcome the do-nothingness habit. Record what you do each hour from the time you get up in the morning to the time you go to bed at night.</p>	<p>34. Pleasure Predicting Sheet Schedule a series of activities with the potential for pleasure, learning, or personal growth. Indicate with whom you plan to do the activity Include activities you can do by yourself (such as jogging/reading) as well as with other people. Predict how satisfying each activity on a scale from 0 (the least) to 1—(the most) . Alter you complete each activity, record how satisfying it actually turned out to be on the same scale. Now compare your actual satisfaction ratings with your predictions.</p>
<p>35,</p>	<p>Anti-Procrastination Sheet Go to FORMS page on website. Find Procrastination Form.)</p>			
<p>CLASSICAL EXPOSURE TECHNIQUES</p>				

<p>36. Gradual Exposure and Flooding – Go to FORMS on my website #10 & # 11.</p>	<p>37. Cognitive Flooding Go to FORMS on my website #10 & # 11</p>	<p>38. Distraction – Anything to take your mind off the fear such as exercising,</p>
COGNITIVE EXPOSURE TECHNIQUES		
<p>39. Cognitive Flooding If you can't expose yourself to the thing you fear in reality such as a plane crash, you can confront this fear in your mind by using cognitive flooding.</p>	<p>40. Image Substitution Substitute a more positive or peaceful image for a frightening one. For example, during an airplane flight, you can fantasize landing safely or relaxing on a beach instead of imagining the plane crashing in flames.</p>	<p>41. Memory Rescripting If you've been a victim of sexual or physical abuse, you may experience flashbacks with vivid memories of the traumatic episode. These mental pictures can be likened to a horrifying internal movie that you play over and over again the same way every time. You can edit the frightening scenes in this movie in much the same way that you can change your negative thoughts.</p>
INTERPERSONAL EXPOSURE TECHNIQUES		
<p>42. Smile and Say Hello Practice If you're shy, you can force yourself to smile and say hello to ten or twenty strangers each day. Use an index card to record how many people respond positively, neutrally, and negatively. You'll often discover that people are much friendlier than you expected. This discovery can help you overcome your fears of rejection or looking foolish.</p>	<p>43. Talk Show Host Use the Five Secrets of Communication. These are the same skills that famous talk-show hosts use. Instead of trying to impress people by talking about yourself, you can focus on them in a friendly way. Find truth in what they say. Express curiosity and admiration. Ask questions and encourage them to open up. You'll find that most people are somewhat bored and lonely, and they love to be the center of attention.</p>	<p>44. Self-Disclosure Instead of shamefully hiding your feelings of shyness or nervousness in a social situation, you disclose them. Openly. This technique requires a good sense of self-esteem to be effective. If it's done skillfully, it will allow you to form real relationships with people instead of trying to put on a show and pretend to be someone that you're not. This technique is based on the rather unintuitive idea that shyness without shame is actually an asset because it makes you seem more human and personable.</p>
<p>45. Flirting Training</p>	<p>46. Rejection Practice</p>	

<p>You learn to flirt in a playful, lighthearted way rather than interacting with others in such a formal, heavy manner. Paradoxically, when you lighten up and learn to stop taking people so seriously, they're more likely to find you attractive and may even start chasing you.</p>		<p>If you're shy and afraid of rejection you can try to accumulate as many rejections as you can instead of trying so hard to find someone to love you. Although this takes tremendous courage, you'll discover that the world doesn't actually come to an end when you're rejected Paradoxically, when you stop fearing rejection, you can stop getting rejected.</p>
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INTERPERSONAL TECHNIQUES

47. Blame/Relationship Cost-Benefit Analysis
 List the advantages and disadvantages of blaming the other person for the problems in your relationship. You'll discover that there are lots of advantages

- You can feel morally superior
- You won't have to examine our own role in the problem.
- You'll feel like truth is on your side
- You can get back at the other person without feeling futility
- You can feel powerful
- You can tell your friends what a loser the other person is, and they'll probably agree with you

There may also be some disadvantages. You won't be able to resolve the problem or get close to the person you're mad at The conflict will go on and on, and you'll feel consumed by feelings of frustration and anger Your friends may get tired of your constant complaining. And there won't be any room for personal or spiritual growth.

Once you've listed all the advantages and disadvantages, balance them on a 100-point scale. Ask yourself whether the costs or the benefits of this mindset are greater. If you decide to keep on blaming the other person, then the prognosis for the relationship will be extremely poor. Your willingness to stop blaming him or her and to examine your own role in the problem is the key to developing a more satisfying relationship.

48. Relationship Journal
 The relationship journal can help you improve your relationships with family members, friends, and colleagues with these five steps:

Step 1. Write down one thing the other person said to you.

Step 2. Write down exactly what you said next.

Step 3. Analyse what you wrote down n Step 2. Was it an example of good or bad communication?

Step 4. Think about the consequences of what you wrote down in Step 2. How will the other person think and feel? What will he or she say next? Will our response make the situation better or worse?

Step 5. Generate a more effective response using the five secrets of effective communication.

49.	<p style="text-align: center;">Five Secrets of Effective Communication</p> <p>The five secrets of effective communication can help you resolve virtually any relationship problem quickly. These techniques require considerable practice and must come from the heart or they'll backfire.</p> <ol style="list-style-type: none"> 1. The Disarming Technique. Find some truth in what the other person is saying even if it seems totally unreasonable or unfair 2. Empathy. Try to see the world through the other person's eyes. Paraphrase the other person's words (thought empathy) and acknowledge how the other person is probably feeling based on what he or she said (feeling empathy). 3. Inquiry. Ask gentle, probing questions to learn more about what the other person is thinking and feeling. 4. "I feel" Statements. Express your own ideas and feelings in a direct, tactful manner. Use <i>I feel</i> statements ("I'm feeling upset") rather than <i>you</i> statements (such as "You're making me furious!") 5. Stroking. Convey an attitude of respect even if you feel angry with the other person. Find something genuinely positive to say even in the heart of battle.
50.	<p style="text-align: center;">One-Minute Drill</p> <p>You and your partner take turns playing the roles of talker and listener. The talker spends 30 seconds expressing his or her feelings about a relationship problem. The listener paraphrases what the talker has said as accurately as possible. The talker rates the listener's accuracy from 0% to 100%. Once the listener receives a rating of 95% or better you can do a role reversal.</p> <p>The technique ensures nearly perfect communications. It quickly breaks the pattern of accusation, self-defence, and hostility, and it shifts the dialogue to a level of greater vulnerability and intimacy.</p>