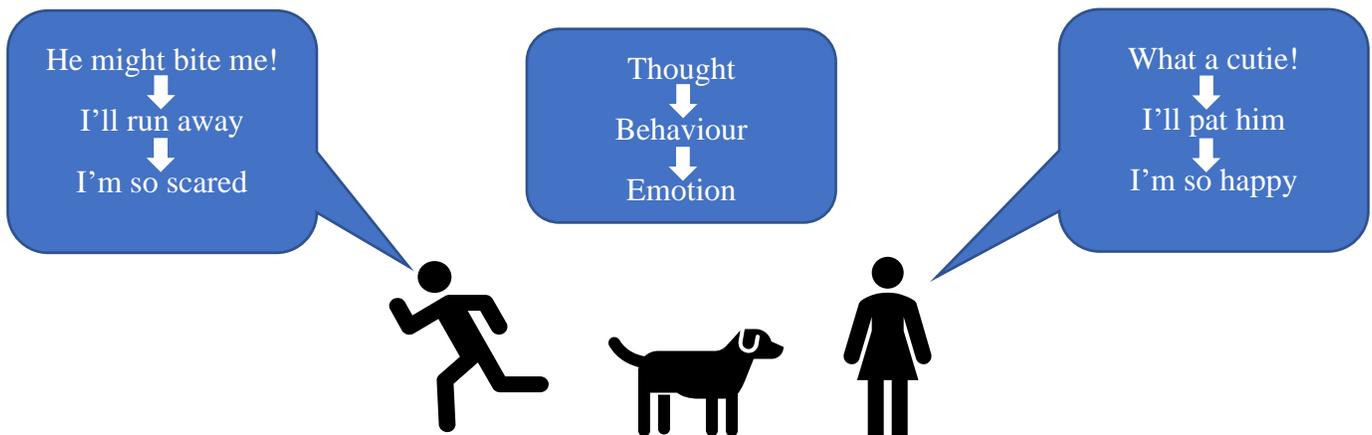
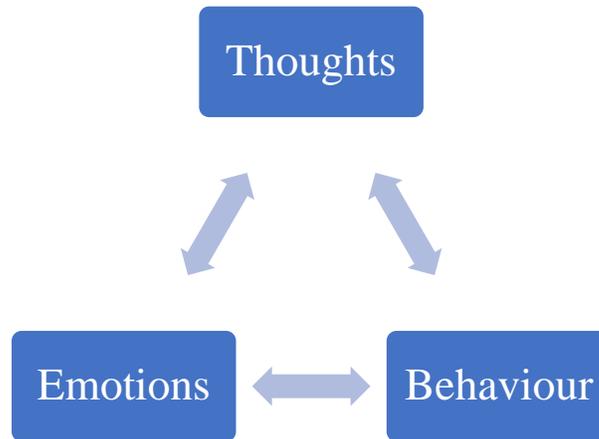


Cognitive Behavioural Therapy

Cognitive (what I think) + Behaviour (what I do) = Emotion (what I feel)



Avoidance

1. Cannot test my unhelpful thoughts
2. Cannot learn new skills (behaviours) to cope
3. Cannot recognise that worst case scenario rarely happens and if it did, I could cope.

Emotions \neq suffering

Unhelpful reactions to emotions = suffering

Cognitive Behavioural Therapy

Cognitive (what I think) + Behaviour (what I do) = Emotion (what I feel)

The way you think and the way you behave affect the way you feel.

If you're in a park and see a dog and think to yourself "that dog is going to hurt me" and subsequently change your path (behaviour), then you're likely feeling quite scared.

The dog is not **MAKING** you feel anxious. Dogs do not have that superpower. Actually, no event, situation, person, or thing has the power to **MAKE** you feel anything. The way you **interpret** (i.e., think about) the thing/situation/person and what **you do** (i.e., behave) with the thing/situation/person creates your emotion.

When we **AVOID** things (e.g., changing paths at the park to not walk past the dog; perhaps choosing not to go to places where dogs might be; perhaps avoiding the thoughts of dogs) we do not get the chance to **update our thoughts** about dogs (i.e., change our thoughts; "perhaps not all dogs are dangerous", "perhaps this specific dog isn't dangerous"). We do not get to **learn new skills** (i.e., new coping mechanisms, new behaviours that allow us to be around dogs). We also do not have the opportunity to see that the worst-case scenarios rarely happens, and even if it did, **we could probably cope with it**. The worst-case scenario (e.g., the dog bites us) wouldn't be nice – it would hurt. We might have to go to the doctor, get stitches, take some medicine. But then life just goes on. That would be it. The worst-case scenario isn't nice, but we can manage not nice.

For many of us, our suffering is **NOT CAUSED BY EMOTIONS**. Our suffering is caused by the unhelpful ways we go about trying to **GET RID OF** or **AVOID** our emotion.

Examples:

Anger is physically uncomfortable (e.g., heat in our stomach and chest; tension across our shoulders and in our arms and fists). However, getting rid of the anger by shouting, swearing, or hitting causes our suffering.

Anxiety is physically uncomfortable (e.g., tight chest, heavy breathing, trembling, dry mouth). However, not problem solving our issue, drinking excessive alcohol, staying at home all the time causes our suffering.

Sadness is physically uncomfortable (e.g., tight chest, lump in throat, teary eyes). However, avoiding our problem or eating excessive junk food causes our suffering.

Guilt is physically uncomfortable (e.g., pit in stomach, fast beating heart, heaviness across shoulders). However, ignoring our needs or giving away time, money, or resources to our detriment causes our suffering.