

Toolkit 1

Leaning Unit 11

IDENTIFICATION OF DYSFUNCTIONAL THOUGHTS & PROMOTION OF MORE ECOLOGICAL THINKING

Post-Intervention

Developed by
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L.U. 11– Content

How to identify dysfunctional thoughts and promote more ecological thinking?



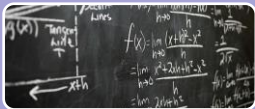
1. POSITIVE THINKING

- **Question:** Do you think positively?
- **Activity 1:** Test positive or negative thinking



2. CHANGE THOUGHTS

- **Question:** Do you know how to change your way of thinking?
- **Activity 2:** Sheet of thought change



3. COST-BENEFIT ANALYSIS

- **Question:** Are you aware of a method of cost-benefit analysis?
- **Activity 3:** Cost-benefit analysis guide



4. REFRAMING

- **Question:** Do you know the method „reframing“?
- **Activity 4:** Explanation & Exercise on reframing



5. ASSERTIVENESS

- **Question:** Can you express your thoughts?
- **Activity 5:** Introduction to assertiveness & Guide how to share ideas.

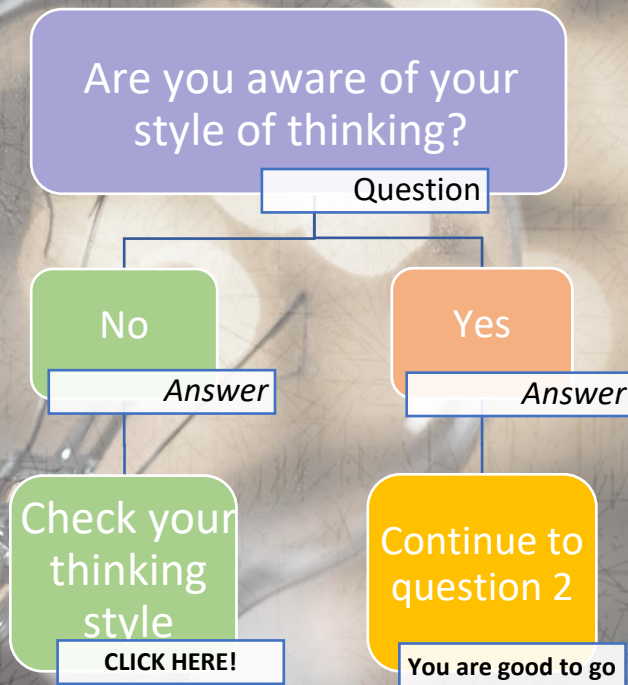


5. SELF-MONITORING

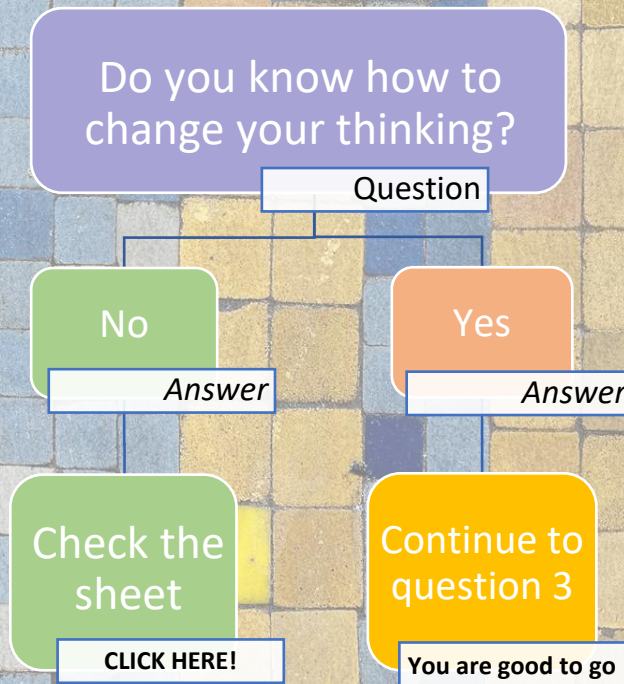
- **Question:** How can you regularly check your way of thinking?
- **Activity 5:** Journaling

Start with understanding yourself...

1 – TYPE OF THINKING

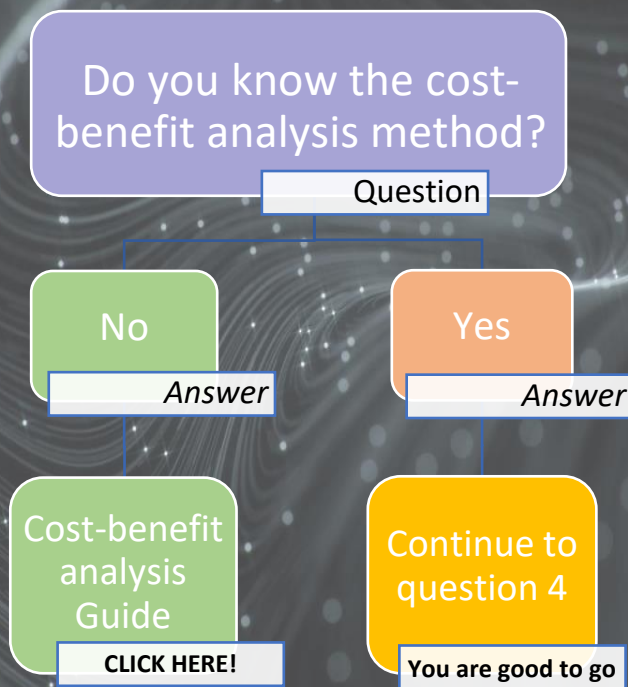


2 –CHANGE OF THOUGHTS



Switch from asking, “Is this true?” to “Is this helpful?”

3 – COST BENEFIT ANALYSIS



4 – REFRAMING

Do you master reframing method?

Question

No

Answer

Read about
it!

CLICK HERE!

Yes

Answer

Exercise

CLICK HERE!

5 – ASSERTIVENESS

Do you know how to
express your ideas?

Question

No

Answer

Intro
Guide

CLICK HERE!

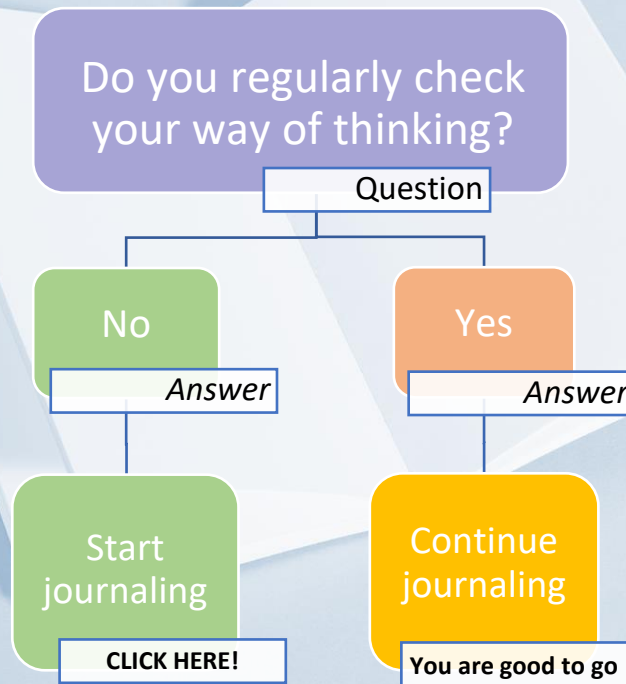
Yes

Answer

Continue to
question 6

You are good to go

5 – SELF-MONITORING



Check the overall content of Unit 11



Dysfunctional thoughts
and
ecological thinking?

Do you know how to improve
your thinking process?

Question

No

Answer

Please go back
to Activity 1

No problem!

Yes

Answer

You have
finished this
unit

Good job!



Thank you

You have finished

Go to
another unit

if you need

**Change
your
thoughts
and you'll
change
your
world**

