



Toolkit 1 - Learning Unit 11 Pre intervention

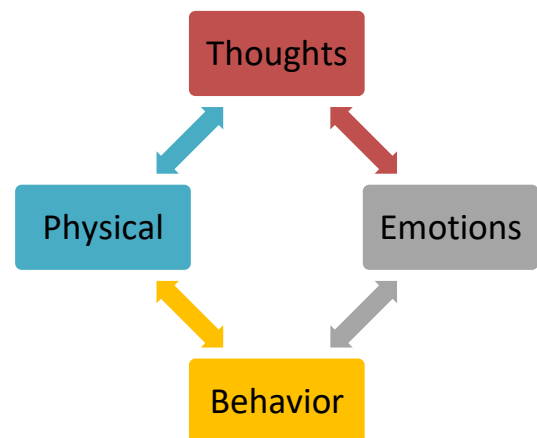
Activity 3a - Cognitive restructuring – How to work with dysfunctional thought?



Basic Info

What is it?

It is the vicious circle of dysfunctional thinking. When we have a negative or unhelpful thought about a specific situation it can impact our emotions (make us feel low or anxious). Our thoughts tend to focus mainly on the threat or current problem when we are in stress, this is called a negative bias. This can impair our ability to take into account other perspectives. In this way, negative or unhelpful thinking can maintain the way we feel. By challenging these thoughts and developing more helpful and realistic thoughts we can help improve our mood. Helpful and realistic thinking is neither negative or positive, it takes all perspectives into account.



Identify and understand!

Stop, take a deep breath, describe what is going on, and search for other perspectives.

Situation	Thought	Emotion	Belief in thought (in %)	Intensity of emotion (in %)
<i>Ex.: Injured family member during a natural catastrophe.</i>	<i>I did not do enough.</i>	<i>Fear.</i>	70 %	95 %
	<i>I should have done more.</i>	<i>Guilt.</i>		
	<i>It is my mistake.</i>	<i>Anger.</i>		

Search the evidence!

Put your thought on trial, as in a court case, gather evidence that backs up the thought (evidence for) and evidence that disproves the thought (evidence against). It may be difficult to decide on a thought to gather evidence for and against, it is important that we try to choose





a thought that caused us the most intense distress. Using the column “Intensity of emotion” pick one that has a high percentage to start with, this is often called a “hot thought”.

Evidence for	Evidence against
<i>Ex.: I was there, so I had a chance to help.</i>	<i>I helped other family members.</i>
<i>I was the strongest person, so I had the biggest opportunity to help.</i>	<i>I did not have enough time to save all of them.</i>

Alternative thought

