

Input: Can you do a general cognitive behavioural therapy exercise with me?

ChatGPT:

Certainly, I can guide you through a general cognitive behavioural therapy (CBT) exercise.

One common CBT exercise is the "thought record" or "cognitive restructuring" technique. This technique involves identifying and challenging negative thoughts that contribute to negative emotions and behaviours. Here are the steps for this exercise:

1. Identify the situation: Think of a recent situation that triggered a negative emotional response. Write down the situation in detail, including what happened, where it occurred, and who was involved.
2. Identify negative thoughts: Write down the negative thoughts you had during the situation. Examples of negative thoughts might include: "I'm never going to be good enough," "Nobody likes me," or "I'm a failure."
3. Identify the evidence: Examine the evidence for and against these negative thoughts. Write down the evidence that supports the negative thoughts and the evidence that contradicts them. Ask yourself questions like: "What is the evidence for this thought? Is it based on facts or assumptions?" and "What is the evidence against this thought? Are there any examples from my past where this thought was proven wrong?"
4. Generate alternative thoughts: Come up with alternative, more realistic thoughts that challenge the negative thoughts. For example, if the negative thought is "I'm a failure," an alternative thought might be "I've had successes in the past, and this setback doesn't define me."
5. Evaluate the new thoughts: Evaluate the new, more realistic thoughts and how they make you feel. Ask yourself: "How do I feel when I think this new thought?" and "Do I believe this new thought?"
6. Practice: Practice this exercise regularly to build your skills in challenging negative thoughts.

Remember, this exercise can be challenging at first, and it may take time to develop the skills to challenge negative thoughts effectively. Be patient with yourself and seek support from a qualified therapist if needed.