

LIGHTBULB SESSION 5

COURSE WORKBOOK





TRAUMA AND THOUGHTS / COURSE SUMMARY

RECAP FROM SESSION 4...

- What is avoidance and how does it maintain PTSD?
- Technique to overcome avoidance – graded exposure.
- How else can a trauma impact our behaviour – the use of safety behaviours, overactivity and underactivity.

HOMEWORK REVIEW...



Did you implement the technique of graded exposure to overcome a situation you were avoiding and to help you face your fears?

Were you able to drop some of your safety behaviours?

Did you make to do lists and prioritise tasks (if over-active)?

Did you increase your activity level (if under-active)?

How did you find visualisation as a technique of relaxation?

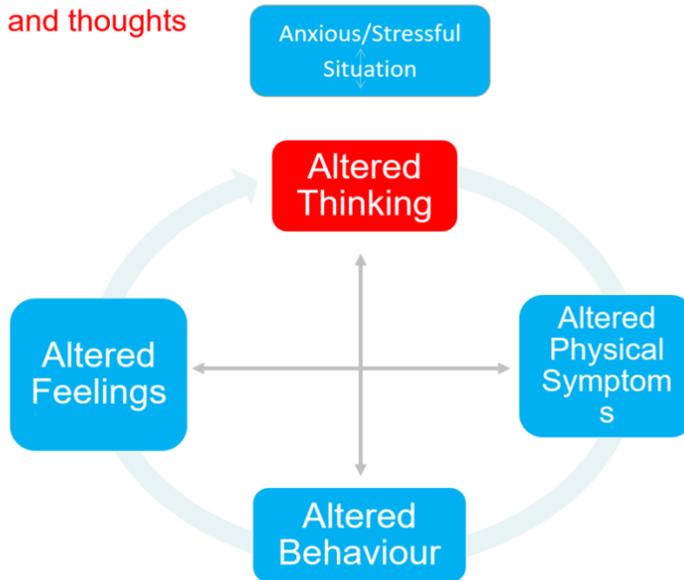
TODAY'S PLAN...

- How does a trauma impact our thoughts?
- What you can do to identify and challenge unhelpful thoughts.
- Summary of the course – questions & answered.
- Dealing with setbacks & personal action plan.



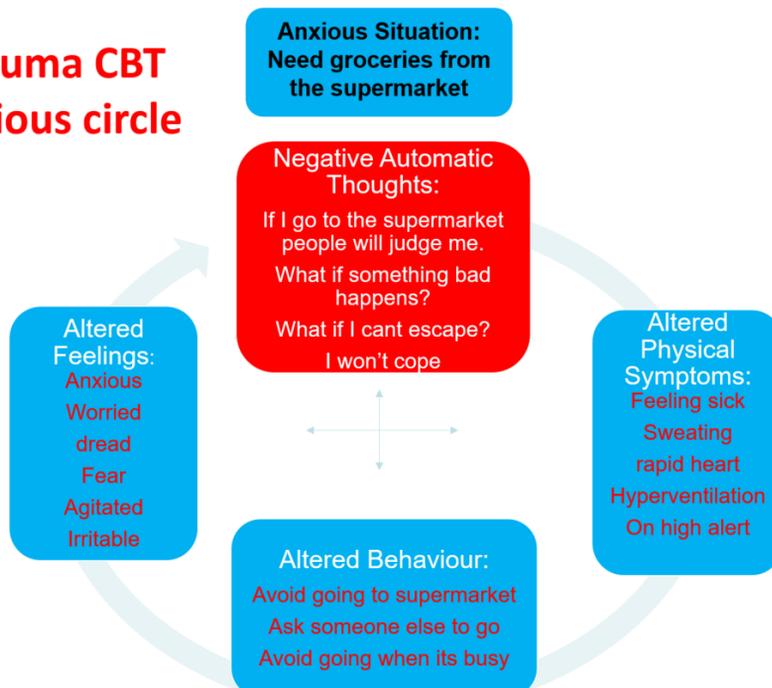
TRAUMA AND THOUGHTS

Trauma and thoughts



NEGATIVE THOUGHTS...

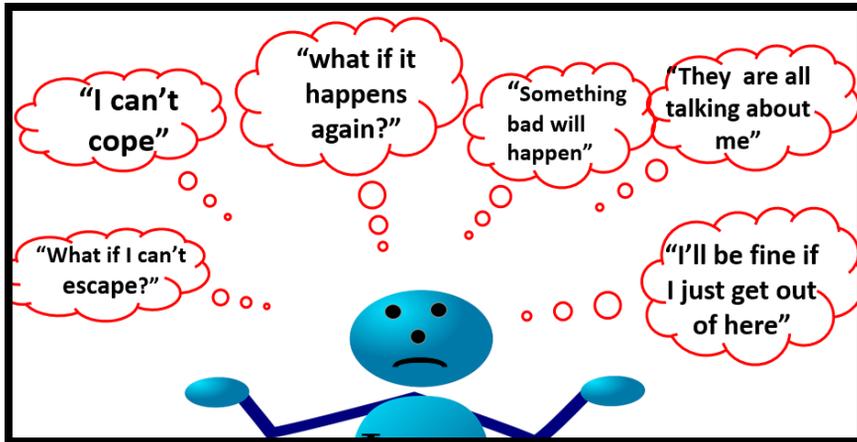
Trauma CBT vicious circle





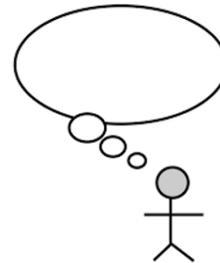
STEP 1: IDENTIFY YOUR THOUGHTS...

- Our *thoughts* or the way we think about things can play a major role in increasing or reducing our stress levels
- Many of our thoughts occur outside of our control, and can be negative or unhelpful...



WHAT ARE NEGATIVE AUTOMATIC THOUGHTS?

- They are automatic – and seem to come out of nowhere.
- They seem reasonable at the time and we often accept them without question.
- They are hard to stop.
- They are the kind of thoughts that if they were true, would make most people feel fearful.



1. The world is a dangerous place
2. I can't trust anyone
3. I am incompetent



TYPES OF UNHELPFUL THOUGHTS

What you say to yourself...

I will collapse if I have to wait in a big queue at the shop

Images in your head... (seeing yourself lying on the shop floor)

Memories... (remembering an image of someone who had collapsed in a shop)

INTRODUCING THOUGHT DIARIES

When you feel anxious or stressed it can be hard to remember what was going through your mind at the time - you can train yourself to notice your thoughts using a thought diary

Thought diaries can provide a way of recording your thoughts, identifying unhelpful thoughts, and becoming more aware of them

When learning a new skill, it's useful to go back to basics. Writing it down helps!

Example...

Date/time Situation	Emotions	Unhelpful Thoughts
30.07.2020 - 7pm Meeting friends	Anxious (80%) Panicky (10%) Scared (10%)	<ul style="list-style-type: none">• What if something bad happens?• What if I cant escape?• What if people speak to me and I cant cope?• What if I cant sit near the exit?• What if talk about me to other people?• What if I have a panic attack?



Task 1

Think about a recent time when you felt worried, fearful or stressed...

What were you thinking?

Record this in a **3-column thought diary** (more are at the end of this workbook).

SITUATION Who were you with? What were you doing? Where were you? When did it happen?	EMOTIONS & BODY SENSATIONS What did you feel? (Rate the intensity of your feelings 0-100%)	THOUGHTS What was going through your mind as you started to feel this way? (Thoughts, images, or memories)



STEP 2: UNHELPFUL THINKING STYLES

Over-generalising

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

"everything is always rubbish"
"nothing good ever happens"

All or nothing thinking

Sometimes called 'black and white thinking'

If I'm not perfect I have failed
Either I do it right or not at all

Mental filter

Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

should
must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Jumping to conclusions

There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

2 + 2 = 5

Magnification (catastrophising) & minimisation

Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Task 2

Going back to your recent example – do any of your negative thoughts fall into the unhelpful thinking styles?

Step 3: Challenging Negative Thoughts

Logic would say that in order to stop unhelpful thoughts we should:

Try not to think about them

Put them out of our mind

Think about something else



How easy is that to do?

We need to find a more effective, practical way of dealing with our unhelpful thoughts rather than just trying to shut them out.

What we need to do is come up with a new way of looking at things.

What do you see?



PERCEPTION

It's not the situation itself that makes us feel anxious – it's our perception of that situation.

Our perception can be based upon past experiences.



Changing the way we *think* about situations and seeing *different perspectives* can help us to feel less anxious and engage in helpful behaviours e.g walking down the street.

A helpful thought challenging technique is to look for the *evidence for* your thought and the *evidence against* them – put them on trial. See if you can come up with a more *balanced and helpful* thought.



INTRODUCING A 7-COLUMN THOUGHT DIARY...

7 Column Thought Diary

Date/Time Situation	Emotions (Rate 0-100%)	Unhelpful Thoughts	Evidence FOR	Evidence AGAINST	Alternative more realistic perspective	Outcome Re-rate emotion
01.04.19 10am In the shopping centre	Anxious, Panicky (80%)	If I have a panick attack I won't be able to cope.	I have had a panic attack in the shopping centre before and I was terrified.	I now know how to cope with panic. I coped with my anxiety before.	If I get panicky I will know why it happens and how to cope with it.	Less anxious, feeling better (30%)



We can use some questions to help us challenge our thoughts such as...

- What unhelpful thinking style does this fit into?
- What's my evidence for this prediction?
- What's my evidence against this prediction?
- What's the worst outcome?
- What's the best outcome?
- What's the most likely outcome?
- What can I do to cope with this?
- How many times in the past have I worried like this, what was the outcome?
- Is this way of thinking helping or hindering me?
- What advice would I give a friend?

Go back to your recent example and try to challenge your negative thoughts using the questions above.

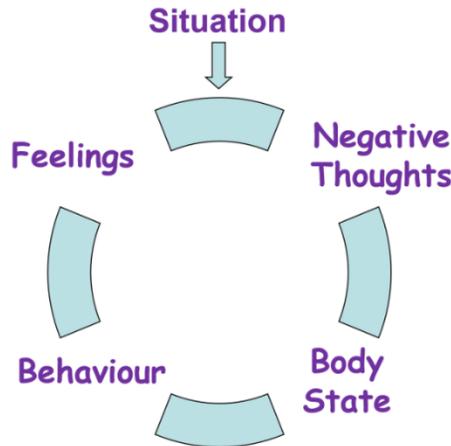
What is your alternative thought?

REMEMBER

- ✓ The goal is that you will become an expert in identifying and challenging your own unhelpful thoughts.
- ✓ It is a new skill and will not happen overnight.
- ✓ It will take time and practice!
- ✓ In time you may find that you no longer need to record your thoughts in a diary and that you will learn to do the skill in your head

SUMMARY OF THE SESSIONS AND WHAT WE HAVE LEARNED

Trauma CBT Vicious Circle



Session 1 – Making sense of trauma

- Symptoms of trauma:
 - Re-experiencing / memories
 - Hyper-arousal
 - Avoidant behaviour
 - Changes in mood and thinking
- 'Fight Flight Freeze' – internal alarm system
- Physical symptoms experienced in PTSD



Session 2 – Flashbacks

- Understand what a flashback is and why do we experience flashbacks (memory system)
- Introduced grounding techniques to get our mind out of the past (trauma) and into the present (safety).
- Mental strategies – telling yourself your safe
- Physical strategies – doing something to help you be more in the present moment



Session 3 – Feeling better

- Identify lifestyle factors that can impact our mood, wellbeing and functioning – reduce caffeine, alcohol and recreational drugs.
- Sleep & nightmares – identified unhelpful habits and replace with more helpful techniques to facilitate a better nights sleep.
- Techniques to manage feelings of anger – taking time out, exercise & talking about it.



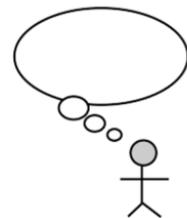
Session 4 – Trauma and Avoidance

- What is avoidance and how does it maintain PTSD.
- Technique to overcome avoidance – graded exposure.
- How else can a trauma impact our behaviour –
 - reduce safety behaviours
 - overactivity – make to do lists & prioritise
 - underactivity – increase activity level



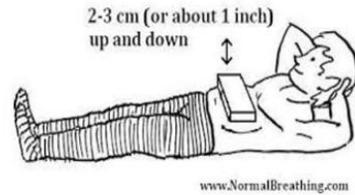
Session 5 – Trauma and Thoughts

- How does a trauma impact our thoughts
- How to identify negative automatic thought and unhelpful thinking styles.
- Challenge negative thoughts – looking at evidence for and against our thoughts to look for alternative thoughts.



Group exercises

- ‘Diaphragmatic breathing’
- ‘Progressive Muscular Relaxation’
- Visualisation relaxation exercise
- Self-talk calming statements
- Grounding techniques



Which of the techniques you’ve learned during this course do you find helpful and will keep using?

IMPORTANT

- ✓ PRACTICE, PRACTICE, PRACTICE
- ✓ Reflect on how it went and adjust your plan if you need to
- ✓ If you feel stuck at any point read over the material from the sessions and try again
- ✓ Don’t give up – changes take time!

What if I have a setback?

Two steps forward, one step back

You’re not back at square one

Work out what went wrong

Is there someone you could ask for help?

Identify what you could have done differently?

Focus on the solution rather than the problem





PLAN TO TRY AGAIN SOON



PERSONAL ACTION PLAN

What do you plan to work on going forward...

1.	
2.	
3.	



KEEP UP THE GOOD WORK AND GOOD LUCK!



DIARY THOUGHT RECORD

W/C:

1. Situation Brief description of what was happening, what you were doing at the time?	2. Emotions Describe each emotion in one word. Rate the intensity of the emotion from 0-100%	3. Automatic thoughts What was going through your mind? What does this say about you/ the world/others? What is the worst that could happen? Do you have any images? How much do you believe this thought from 0-100%?

- Try to complete the diary when you notice a significant shift/change in your mood
- The aim is to better understand and identify your negative automatic thoughts (NAT's) and the links these have to your emotions

7-Column Thought Record

This download is a fillable worksheet which allows the option to type directly into the document. A PDF reader (Adobe, Foxit, etc.) is required in order to use fillable features. Worksheets can be saved on the device or sent electronically without the need to print.

Situation	Where were you / what were you doing / who were you with?
Emotion or feeling (Rate intensity 0-100%)	Record emotions and physical sensations?
Automatic thought	What thoughts, images, or memories were in your mind / if an image or memory, what did it mean to you?
Evidence that supports the thought	What facts support how true the thought was?
Evidence that does not support the thought	What experiences tell you this thought is not entirely true all of the time / are there any experiences which contradict the thought?
Alternative (balanced) thought (Rate degree of belief 0-100%)	Think of a new thought now you have the evidence for and against the original thought...
Emotion or feeling (Rate intensity 0-100%)	How do you feel about the situation now?