

Common Self-Defeating Beliefs*

Achievement	Depression
<p>1. Perfectionism. I must never fail or make a mistake.</p> <p>2. Perceived Perfectionism. People will not love and accept me as a flawed and vulnerable human being.</p> <p>3. Achievement Addiction. My worthwhileness depends on my achievements, intelligence, talent, status, income, or looks.</p>	<p>13. Hopelessness. My problems could never be solved. I could never feel truly happy or fulfilled.</p> <p>14. Worthlessness / Inferiority. I'm basically worthless, defective, and inferior to others.</p>
Love	Anxiety
<p>4. Approval Addiction. I need everyone's approval to be worthwhile.</p> <p>5. Love Addiction. I can't feel happy and fulfilled without being loved. If I'm not loved, then life is not worth living.</p> <p>6. Fear of Rejection. If you reject me, it proves that there's something wrong with me. If I'm alone, I'm bound to feel miserable and worthless.</p>	<p>15. Emotional Perfectionism. I should always feel happy, confident, and in control.</p> <p>16. Anger Phobia. Anger is dangerous and should be avoided at all costs.</p> <p>17. Emotophobia. I should never feel sad, anxious, inadequate, jealous or vulnerable. I should sweep my feelings under the rug and not upset anyone.</p> <p>18. Perceived Narcissism. The people I care about are demanding, manipulative, and powerful.</p>
Submissiveness	<p>19. Brushfire Fallacy. People are clones who all think alike. If one person looks down on me, the word will spread like brushfire and soon everyone will look down on me.</p>
<p>7. Pleasing Others. I should always try to please others, even if I make myself miserable in the process.</p> <p>8. Conflict Phobia. People who love each other shouldn't fight.</p> <p>9. Self-Blame. The problems in my relationships are bound to be my fault.</p>	<p>20. Spotlight Fallacy. Talking to people feels like having to perform under a bright spotlight on a stage. If I don't impress people by being sophisticated, witty, or interesting, they won't like me.</p> <p>21. Magical Thinking. If I worry enough, everything will turn out okay.</p>
Demandingness	Other
<p>10. Other-Blame. The problems in my relationships are the other person's fault.</p> <p>11. Entitlement. You should always treat me in the way I expect.</p> <p>12. Truth. I'm right and you're wrong.</p>	<p>22. Low Frustration Tolerance. I should never be frustrated. Life should be easy.</p> <p>23. Superman / Superwoman. I should always be strong and never be weak.</p>

Habit Cost-Benefit Analysis*


List the attitude, feeling or habit you want to change: Checking my vision each day.

Advantages	Disadvantages
<ol style="list-style-type: none">1. It's reassuring.2. I can catch any problem early3. I can get help if I need it.	<ol style="list-style-type: none">1. The odds of a real problem are low.2. The constant checking is unnecessary.3. The anxiety is ruining my life.
40	60

Cost-Benefit Analysis*

List the attitude, feeling or habit you want to change: _____

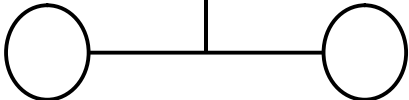
Advantages	Disadvantages



Cost-Benefit Analysis*

List the attitude, feeling or habit you want to change: _____

Advantages	Disadvantages



Daily Mood Log Continuation Sheet*

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief

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Daily Mood Log Continuation Sheet (cont'd)

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief

Checklist of Cognitive Distortions *

1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories.	6. Magnification or Minimization. You blow things way out of proportion or shrink them.
2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat.	7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must <i>be</i> one."
3. Mental filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."
4. Discounting Positives. You insist your positive qualities don't count.	9. Labeling. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	10. Self-Blame and Other-Blame. <ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for. • Other-Blame. You blame others and overlook ways you contributed to the problem.

Daily Mood Log*

Situation or Event: _____

Emotions	% Before	% After	Emotions	% Before	% After
Sad , blue, depressed, down, unhappy			Hopeless , discouraged, pessimistic, despairing		
Anxious , worried, panicky, nervous, frightened			Frustrated , stuck, thwarted, defeated		
Guilty , remorseful, bad, ashamed			Angry , mad, resentful, annoyed, irritated, upset, furious		
Inferior , worthless, inadequate, defective, incompetent			Other (describe)		
Lonely , unloved, unwanted, rejected, alone, abandoned			Other		
Embarrassed , foolish, humiliated, self-conscious			Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1.				1.	
2.				2.	
3.				3.	
4.				4.	

Daily Mood Log (cont'd)

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
5.				5.	
6.				6.	
7.				7.	
8.				8.	

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Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1.	100			1.	
2.	100			2.	
3.	80			3.	
4.	100			4.	

Daily Mood Log (cont'd)

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
5. David is not genuinely interested in me.	95			5.	
6.				6.	
7.				7.	
8.				8.	
9.				9.	
10.				10.	

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8.				8.	
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Upsetting Event: _____

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50 Ways to Untwist Your Thinking*

Basic Techniques

<p>1. Empathy</p>	<p>When you're upset, you need someone to listen and see the world through your eyes without trying to cheer you up, change you, help you, or give you advice. Although this usually won't cure you, it's often a necessary first step. It can be a tremendous relief to feel that someone's listening.</p> <p>Similarly, you can empathize when you're trying to help a friend or family member who feels upset. Usually, all they really want is for you to be a good listener.</p>
<p>2. Agenda Setting</p>	<p>Agenda Setting is the most basic and important technique of all. First, try to define a specific problem you want help with. It must be specific as to person, place, and time. Ask yourself, "What is the specific problem I want help with? What time of day did it happen? Where was I? Who was I interacting with? What was going on?"</p> <p>Second, ask yourself if you're motivated and willing to roll up your sleeves and work on it now, rather than just talking about it endlessly. Ask yourself, "What would it be worth to me to solve this problem? How hard would I be willing to work on the solution?"</p>
<p>3. Identify the Distortions</p>	<p>Use the Checklist of Cognitive Distortions to identify the distortions in each of your Negative Thoughts.</p>
<p>4. Straightforward Technique</p>	<p>You try to substitute a more positive and realistic thought for each of your Negative Thoughts. Ask yourself, "Is this Negative Thought really true? Do I really believe it? Is there another way to look at the situation?"</p>

Compassion-Based Techniques

<p>5. Double Standard Technique</p>	<p>Instead of putting yourself down, you talk to yourself in the same compassionate way you might talk to a dear friend who was upset. Ask yourself, "Would I say such harsh things to a friend with a similar problem? If not, why not? What would I say to him or her?"</p>
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Truth-Based Techniques

<p>6. Examine the Evidence</p>	<p>Instead of assuming that your Negative Thought is true, you examine the evidence for it. Ask yourself, "What are the facts? What do they show?"</p>
<p>7. Experimental Technique</p>	<p>You do an experiment to test the validity of your Negative Thought, in much the same way that a scientist would test a theory. Ask yourself, "How could I test this Negative Thought to find out if it's really valid?"</p>
<p>8. Survey Method</p>	<p>You do a survey to find out if your thoughts are realistic. Ask yourself, "How do other people think and feel about this? Could I ask some friends about this to get some feedback?" For example, if you believe that social anxiety is rare or shameful, simply ask several friends if they've ever felt that way.</p>
<p>9. Reattribution</p>	<p>Instead of blaming yourself entirely for a problem, you can think about the many factors that contributed to it. You can also focus on solving the problem instead of blaming yourself for it. Ask yourself, "What caused this problem? What did I contribute and what did others contribute? What can I learn from the situation?"</p>

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Logic-Based Techniques

10. Socratic Method	<p>Ask yourself several questions that will lead to the inconsistencies in your Negative Thoughts. For example, you might ask yourself, "When I say that I'm a 'failure at life,' do I mean that I fail at some things some of the time, or all things all of the time?"</p> <p>If you say, "some things some of the time," you can point out that this is true of all human beings. If you say, "all things all of the time," you can point out that this isn't true of anyone, since no one fails at everything.</p>
11. Thinking in Shades of Gray	<p>Instead of thinking about your problems in black-and-white categories, you evaluate them in shades of gray. When things don't work out as well as you'd hoped, you can think of the experience as a partial success or a learning opportunity. Pinpoint your specific errors instead of writing yourself off as a total failure.</p>
12. Process Vs. Outcome	<p>You evaluate your performance based on the process--the effort you put in--rather than the outcome. Your efforts are within your control, but the outcome is not.</p>

Semantic Techniques

13. Semantic Method	<p>Substitute language that is less colorful and emotionally loaded. Instead of thinking, "I shouldn't have made that mistake," you can tell yourself, "It would be preferable if I hadn't made that mistake." This method is especially helpful for should statements and labeling.</p>
14. Let's Define Terms	<p>When you label yourself as "inferior" or "a fool" or "a loser," ask yourself what those labels mean. You'll see that there's no such thing as a "fool" or a "loser." Foolish behavior exists, but fools and losers do not.</p> <p>Ask yourself, "What's the definition of 'an inferior human being' or 'a loser'?" What is my definition of someone who is hopeless? When I say I'm hopeless, what claim am I making?"</p>
15. Be Specific	<p>Stick with reality and avoid judgments about reality. For example, instead of thinking of yourself as totally defective, you can focus on your specific strengths and weaknesses.</p>

Quantitative Techniques

16. Self-Monitoring	<p>Keep track of repetitious Negative Thoughts or anxiety-producing fantasies by counting them. You can count your thoughts in a couple of different ways. You can keep a 3x5 card in your wallet or pocket. Each time you have a Negative Thought, put a tick mark on the card. Alternatively, you can use a wrist-counter like the ones golfers wear to keep track of their scores. At the end of the day, record the total on your calendar. Usually, the upsetting thoughts will diminish and disappear after about three weeks of Self-Monitoring.</p>
17. Negative Practice	<p>Schedule several minutes each day to worry or beat up on yourself mentally. For example, if you constantly beat up on yourself because of your shortcomings, you can schedule several five-minute periods each day to berate yourself and feel miserable. At those times, you can be as self-critical as you want and rip yourself to shreds with gusto. You can use the rest of the time for joyous, productive living.</p>

Philosophical / Spiritual Techniques

<p>18. Acceptance Paradox</p>	<p>Instead of defending yourself against your own criticisms, you can find truth in them and accept your shortcomings with tranquility. Tell yourself, "It's true that I have <i>many</i> inadequacies. In fact, there is very little, if anything, about me that couldn't be improved considerably."</p>
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Role-Playing Techniques

<p>19. Externalization of Voices</p>	<p>This Role-Playing technique requires two people and transforms intellectual understanding into emotional change at the gut level. It is by far the most powerful of all cognitive therapy techniques, but it can be quite challenging and even a bit upsetting at first.</p> <p>You and the other person take turns playing the role of your Negative Thoughts and the role of your Positive Thoughts. The person playing the Negative Thoughts attacks, and the person playing the Positive Thoughts defends. Use role-reversals when you get stuck.</p>
<p>20. Feared Fantasy Technique</p>	<p>Like the Externalization of Voices, this is a two-person technique. You and the other person act out your worst fears, such as being rejected because you aren't smart enough or good enough. When you face your worst fear, you often gain liberation from it.</p> <p>Your worst fears usually don't turn out to be real monsters, but figments of your imagination that can be defeated with a little logic, compassion, and common sense.</p>
<p>Other Role-Playing Methods</p>	<p>Many techniques are more effective when used in a role-playing format. These include: the Double Standard Technique, the Devil's Advocate, the Acceptance Paradox, the Five Secrets of Effective Communication, the David Letterman Technique, and Flirting Training. Of course, you will need the help of another person, such as your therapist or a friend.</p>

Humorous Techniques

<p>21. Paradoxical Magnification</p>	<p>Instead of refuting your Negative Thoughts, you can buy into them and exaggerate them. Don't try to argue with your NTs. Instead, make them as extreme as possible. For example, if you feel inferior, you could tell yourself, "Yes, it's true. In fact, I'm probably the most inferior person in California at this time." Paradoxically, this humorous method can sometimes provide objectivity and relief. Of course, if you're really feeling upset, this may have the unintended effect of making you feel even worse. If so, go on to another method.</p>
<p>22. Shame-Attacking Exercises</p>	<p>If you suffer from shyness, you probably have intense fears of looking foolish in front of other people. Shame-Attacking Exercises are a specific and potent antidote to these kinds of fears. You intentionally do something foolish in public. For example, you could stand up and loudly announce each stop on a bus or shout out the time in a crowded department store.</p> <p>When you make a fool of yourself on purpose, you realize that the world doesn't really come to an end, and that people don't really look down on you. This discovery can be tremendously liberating.</p>

Visual Imaging Techniques

<p>23. Cognitive Flooding</p>	<p>Visualize one of your worst fears, such as feeling trapped and going crazy while riding on a train. Try to endure the anxiety for as long as you can. If you become panicky, tell yourself, "Don't fight it!" Instead, try to make it even worse. Eventually, your anxiety will burn itself out, because your body simply cannot create anxiety indefinitely.</p> <p>You can use Cognitive Flooding when you can't expose yourself to the thing you fear. For example, if you have a fear of flying, you can't expose yourself to an actual airplane crash in order to overcome your anxiety! However, you can confront this fear in your mind's eye using Cognitive Flooding.</p>
<p>24. Image Substitution</p>	<p>Substitute a more positive or peaceful image for a frightening one. For example, during an airplane flight, you can fantasize landing safely or relaxing on a beach instead of picturing the plane crashing in flames.</p>
<p>25. Memory Rescripting</p>	<p>If you've been a victim of sexual or physical abuse, you may experience flashbacks and vivid memories of the traumatic episode. These mental pictures can be likened to an internal movie that accompanies the negative, self-blaming thoughts. You can edit these images in much the same way that you can change your Negative Thoughts.</p> <p>Editing the painful images creates a sense of mastery and helps you overcome the feelings of helplessness that result from being a victim. Exposure to the painful memories desensitizes you so that the traumatic event loses its power to upset and intimidate you.</p>

Uncovering Techniques

<p>26. Hidden Emotion Technique</p>	<p>This technique is based on the idea that when you're anxious, you may be avoiding a personal problem that you don't want to face. Bringing this problem to conscious awareness and expressing your feelings will often eliminate your anxiety.</p> <p>Ask yourself, "Am I focusing on my anxiety to avoid dealing with something upsetting? What's the real problem that's bothering me? Do I secretly resent my spouse or my job? Am I unhappy about being in school? How do I really feel?"</p>
<p>27. Individual Downward Arrow</p>	<p>This technique will help you pinpoint the Self-Defeating Beliefs that make you vulnerable to depression and anxiety. For example, you may be a perfectionist and base your self-esteem entirely on your accomplishments.</p> <p>To use this technique, draw a downward arrow under a Negative Thought and ask yourself, "Why would it be upsetting to me if this thought were true? What would it mean to me?" A new Negative Thought will come to mind. Write it down under the arrow and repeat the process several times. The NTs you generate will lead to the underlying beliefs at the core of your suffering.</p>
<p>28. Interpersonal Downward Arrow</p>	<p>This technique will help you pinpoint Self-Defeating Beliefs about intimate relationships. For example, you may believe that you <i>always</i> have to please other people, even at the expense of your own needs and feelings.</p> <p>To use this technique, draw a downward arrow under a Negative Thought and ask yourself, "If that were true, what would it tell me about the type of person s/he is, the type of person I am, or the type of relationship we have?" A new Negative Thought will come to mind. Write it down under the arrow and repeat the process several times. The additional thoughts you generate will help you uncover the beliefs that lead to problems in your relationships with other people.</p>

29. What-If Technique	<p>This technique is similar to the Downward Arrow Technique, but it's geared specifically to anxiety. Draw a downward arrow under a Negative Thought and ask yourself, "What if that were true? What's the worst that could happen? What do I fear the most?"</p> <p>A new Negative Thought or fantasy will come to mind. Write it down under the arrow and repeat the process several times. You will generate additional thoughts until you uncover the fantasy that frightens you the most. Then you can ask yourself, "How likely is it that this would happen? And could I live with it if it did?"</p>
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Anti-Procrastination Techniques

30. Daily Activity Schedule	<p>When you're depressed, everything seems overwhelming, and nothing seems worth doing, so you may give up on life. The Daily Activity Schedule can help you overcome do-nothingism. Record what you do each hour from the time you get up in the morning to the time you go to bed at night. Rate how satisfying each activity was on a scale from 0 (not at all satisfying) to 5 (the most satisfying). A review of the schedule will show you which activities boost your mood the most.</p>
31. Pleasure Predicting Sheet	<p>Schedule a series of activities with the potential for pleasure, learning, or personal growth. Indicate whom you plan to do each activity with. Include activities you can do by yourself (such as jogging) as well as activities with other people.</p> <p>Predict how satisfying each activity will be on a scale from 0% (the least) to 100% (the most). After you complete each activity, record how satisfying it actually turned out to be on the same scale. Now compare your actual satisfaction ratings with your predictions. Many depressed people find that lots of activities turn out to be more rewarding than they predicted. This discovery can boost your motivation.</p> <p>You can also compare the satisfaction you get from being alone with the satisfaction you feel from being with other people. This can help you test Self-Defeating Beliefs such as, "If I'm alone, I'm bound to feel miserable."</p>
32. Little Steps for Big Feats	<p>If you have trouble with procrastination, you can break large, overwhelming tasks down into small steps that you can tackle one at a time. If you tell yourself you have to clean the entire garage today, you'll <i>never</i> get started. Instead, break it down into small steps. Tell yourself you only have to carry two cardboard boxes out to the trash. That will feel far less overwhelming and you may end up doing a great deal more than you planned.</p>
33. Anti-Procrastination Sheet	<p>This is similar to Little Steps for Big Feats but it's more sophisticated. Break a large task down into small steps and predict how difficult and how satisfying each step will be on a scale from 0% to 100%. Record these predictions on the Anti-Procrastination Sheet.</p> <p>After completing each small step, record how difficult and satisfying it turned out to be on a scale from 0% to 100%. Now compare your predictions with the outcome. Many people discover that each small step is far easier and much more rewarding than they expected.</p>

Anti-Resistance Techniques

<p>34. Straightforward Cost-Benefit Analysis (CBA)</p>	<p>List the advantages and disadvantages of a Negative Thought (“I’m such a loser”) or Self-Defeating Belief (“I should be perfect”). You can also do a CBA for a negative feeling (like anger, guilt, inferiority or anxiety), a habit (such as drinking, using drugs, overeating or procrastinating) or a relationship problem (such as blaming your spouse for your marital problems).</p> <p>In each case, ask yourself, “What are the advantages and disadvantages of this belief, feeling or habit? How will it help me, and how will it hurt me?” After you list all the advantages and disadvantages, balance them against each other on a 100-point scale so you can see whether the costs or the benefits or your mind-set are greater.</p>
<p>35. Paradoxical Cost-Benefit Analysis (CBA)</p>	<p>List only the advantages of a negative thought, belief, feeling, addiction, or relationship problem. The list will make you aware of all the powerful forces that keep you stuck.</p> <p>Ask yourself, “Given all the advantages of this thought (or attitude or behavior), why should I change?”</p>
<p>36. Devil's Advocate Technique</p>	<p>This is a Role-Playing Technique. Another person plays the role of the Devil who tempts you to drink, overeat, procrastinate, or date the wrong person. You talk back to those thoughts in real time. Role-reversals can be helpful when you get stuck.</p> <p>For example, if you are overweight, imagine being in a mall where fast food is sold. The Devil might say, “Gee, why don't you get one of those hot, buttery cinnamon buns? They just came out of the oven. They'd taste so good. You deserve it!”</p> <p>You would fight back and say, “I don't need a cinnamon bun, and I'll feel terrible if I give in. I'm determined to stick with my diet, and I'm looking forward to fitting into more attractive clothes.” The Devil can try to break you down again, and you will fight back.</p> <p>This method is surprisingly challenging, especially if the Devil is familiar with your own rationalizations and expresses them in a seductive and persuasive manner.</p>
<p>37. Stimulus Control</p>	<p>If you're trying to break a bad habit, such as alcoholism or overeating, you can reduce temptation rather than struggling with it. For example, if you drink too much, don't go to places where alcohol is served, and get rid of all the alcoholic beverages in your house. Stimulus Control is not a complete treatment, but an important part of a more comprehensive program.</p>

Other Motivational Techniques

<p>38. The Decision-Making Form</p>	<p>If you're having trouble making up your mind about something, you can use the Decision-Making Form. This form will show why you're getting hung up and will help you finalize your decision.</p> <p>The purpose of the Decision-Making Form is not to tell you what to do, but to show you what the real issues are and how you feel about them.</p>
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Exposure Techniques for Anxiety

<p>39. Gradual Exposure and Flooding</p>	<p>Gradual Exposure and Flooding are both forms of exposure therapy for anxiety disorders. When you use Gradual Exposure, you expose yourself to the thing you fear in small steps so that it won't be quite so terrifying. In contrast, when you use Flooding, you expose yourself to the thing you fear all at once. For example, if you have an elevator phobia, force yourself to get on an elevator and stay there, no matter how anxious you feel, until your fear disappears.</p> <p>Gradual Exposure is less traumatic, but it takes longer. Flooding is much more frightening, but it works more rapidly. Both approaches have been used successfully in the treatment of nearly all forms of anxiety.</p>
<p>40. Response Prevention</p>	<p>Response Prevention is an important key to the treatment of all forms of anxiety. It's often combined with Exposure. For example, let's say you have a powerful urge to check the mailbox over and over after you drop a letter in. Using Response Prevention, you would drop a letter in the mailbox and walk away without checking it as you usually do. Your anxiety will temporarily get worse, and you'll feel compelled to check it. But if you refuse to give in to the urge to check the mailbox, your anxiety will eventually disappear.</p>
<p>41. Distraction</p>	<p>If you feel anxious, you can distract yourself from your upsetting thoughts. For example, if you're feeling anxious during an airplane flight, you can distract yourself from the frightening thoughts by concentrating on something else. For example, you could do a crossword puzzle or engage the passenger next to you in conversation. You can combine Distraction with Self-Monitoring and exposure therapy.</p>

Interpersonal Techniques for Relationship Problems

<p>42. Relationship Cost-Benefit Analysis</p>	<p>List the advantages and disadvantages of blaming the other person for a relationship problem. For example, if you blame the other person, you can feel self-righteous and morally superior. You won't have to change or examine your own role in the problem. You'll feel like truth is on your side, and you can get back at the other person without having to feel guilty.</p> <p>There are also a number of disadvantages. For example, you won't be able to resolve the problem or get close to the person you're mad at. The conflict will go on and on and you'll feel frustrated all the time.</p> <p>Once you've listed all the advantages and disadvantages, balance them against each other on a 100-point scale. This will help you decide whether you want to maintain this mind-set.</p>
<p>43. Revise Your Communication Style</p>	<p>You can use the Revise Your Communication Style form to improve your relationships with family members, friends and colleagues. There are five steps. First, write down one thing the other person said to you. Second, write down what you said next. Third, use the "Good Vs. Bad Communication Checklist" or the "Bad Communication Checklist" to identify your communication errors. Fourth, ask yourself what the consequences of your response will be. Finally, use the "Five Secrets of Effective Communication" to generate a more effective response.</p>
<p>44. Five Secrets of Effective Communication</p>	<p>The Five Secrets can help you resolve virtually any relationship problem quickly. The acronym, EAR, will help you remember them. The E stands for Empathy and includes three listening skills: the Disarming Technique, Thought and Feeling Empathy, and Inquiry. The A stands for Assertiveness, using "I Feel" Statements. The R stands for Respect (Stroking). These techniques require considerable practice and will backfire if not done skillfully.</p>

<p>45. One-Minute Drill</p>	<p>This technique practically ensures nearly perfect communication. It breaks the pattern of accusation and self-defense, and shifts the dialogue to the level of emotion and intimacy.</p> <p>You and your partner take turns playing the roles of Talker and Listener. The Talker spends 30 seconds expressing his or her feelings about a relationship problem. The Listener paraphrases what the Talker said as accurately as possible. The Talker rates the Listener's accuracy from 0% to 100%. Once the Listener receives a 95% or better rating, you can do a role-reversal.</p>
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Interpersonal Techniques for Shyness and Loneliness

<p>46. Smile and Hello Practice</p>	<p>If you are shy, you can smile and say hello to 10 strangers per day. Use a 3x5 card to record how many people respond positively, neutrally, or negatively. You'll often discover that people are much friendlier than you expected—unless you happen to live in Manhattan. I've tried this in Manhattan and everyone ignored me! Of course, even that can be helpful, because you quickly get over your fears of rejection.</p>
<p>47. David Letterman Technique</p>	<p>You learn how to make casual conversation using the Five Secrets of Effective Communication. The idea is to focus on the other person in a friendly way. Get them to open up, rather than feeling like you have to impress them by talking about yourself. These are the same skills used by successful talk-show hosts like David Letterman. They appear charming and relaxed because they always keep the spotlight on the other person.</p>
<p>48. Self-Disclosure</p>	<p>Instead of shamefully hiding your feelings of shyness or nervousness in a social situation, you disclose them openly. This technique requires a good sense of self-esteem to be effective.</p>
<p>49. Flirting Training</p>	<p>You learn to flirt in a light-hearted way, rather than interacting with others in an overly serious, heavy manner.</p>
<p>50. Rejection Practice and Rejection Feared Fantasy</p>	<p>If you're shy and afraid of rejection, you can accumulate as many rejections as possible in order to learn that the world doesn't come to an end. For example, when he was young, Dr. Albert Ellis, a noted New York psychologist, asked 200 women for a date during a two-week period. All but one turned him down, and she failed to show up! Although he didn't get a date, he did conquer his fears of rejection and ultimately developed a robust social life, to say the least!</p> <p>You can combine this technique with the Rejection Feared Fantasy. You need a partner if you want to try this technique. Your partner will play the most rejecting, hostile person you can imagine. She or he will be far worse than any real human being would ever be, and is really just the projection of your own fears. When you confront this fantasy figure, you will discover that you had nothing to be afraid of in the first place.</p>

50 Ways to Untwist Your Thinking*

By David D. Burns, M.D.

Basic Techniques	
1. Empathy	<p>When we're upset, we need someone to listen and see the world through our eyes <i>without</i> trying to cheer us up, help us, or give us advice. Although this won't usually lead to a cure, it can be a relief to know that someone's listening.</p> <p>You can learn to empathize when you're trying to help a friend or family member who feels upset. Usually, all they really want is for you to be a good listener.</p>
2. Agenda Setting	<p>Agenda Setting is the most basic and important technique of all. First, try to define the problem you want help with. It must be real and specific as to person, place, and time. Ask yourself, "When was I upset? What time of day was it? Where was I? Who was I interacting with? What was going on?"</p> <p>Now ask yourself if you're willing to roll up your sleeves and work on it <i>now</i>, rather than just talking about it endlessly. Ask yourself, "What would it be worth to me to solve this problem? How hard would I be willing to work on the solution?"</p>
3. Identify the Distortions	Use the Checklist of Cognitive Distortions to identify the distortions in each negative thought.
4. Straightforward Technique	Try to substitute a more positive and realistic thought for each negative thought. Ask yourself, "Is this negative thought really true? Do I really believe it? Is there another way to look at the situation?"
Compassion-Based Techniques	
5. Double Standard Technique	Instead of putting yourself down, talk to yourself in the same compassionate way you might talk to a dear friend who was upset. Ask yourself, "Would I say such harsh things to a friend with a similar problem? If not, why not? What would I say to him or her?"
Truth-Based Techniques	
6. Examine the Evidence	Instead of assuming that your negative thought is true, examine the evidence for it. Ask yourself, "What are the facts? What do they show?"
7. Experimental Technique	Do an experiment to test the validity of your negative thought, in much the same way that a scientist would test a theory. Ask yourself, "How could I test this negative thought to find out if it's really true?" For example, if you believe you're on the verge of losing control and cracking up during your panic attacks, you can test this belief by trying to drive yourself crazy through willful effort. You can roll around on the floor, flail your arms and legs in the air, and speak gibberish. It can be a relief to discover that you <i>can't</i> go crazy, no matter how hard you try.
8. Survey Technique	Conduct a survey to find out if your thoughts are realistic. Ask yourself, "How do other people think and feel about this? Could I ask some friends and get some feedback?" For example, if you believe that social anxiety is rare or shameful, you could simply ask several friends if they've ever felt that way.
9. Reattribution	Instead of blaming yourself entirely for a problem, think about the many factors that contributed to it. Ask yourself, "What caused this problem? What did I contribute and what did others contribute? What can I learn from the situation?"

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Logic-Based Techniques	
10. Socratic Method	<p>Ask yourself questions that will lead to the inconsistencies in your negative thoughts. For example, you might ask yourself, "When I say that I'm a 'failure at life,' do I mean that I fail at some things some of the time, or all things all of the time?"</p> <p>If you say, "some things some of the time," you can point out that this is true of all human beings. If you say, "all things all of the time," you can point out that this isn't true of anyone, since no one fails at everything.</p>
11. Thinking in Shades of Gray	<p>Instead of thinking about your problems in black-and-white categories, you can evaluate them in shades of gray. When things don't work out as well as you'd hoped, you can think of the experience as a partial success or learning opportunity. Pinpoint your specific errors instead of writing yourself off as a total failure.</p>
Semantic Techniques	
12. Semantic Method	<p>Substitute language that's less colorful and emotionally loaded. Instead of thinking, "I <i>shouldn't</i> have made that mistake," you can tell yourself, "It would be <i>preferable</i> if I hadn't made that mistake." This method is especially helpful for Should Statements and Labeling.</p>
13. Let's Define Terms	<p>When you label yourself as "inferior," "a fool," or "a loser," ask yourself what those labels mean. What's the definition of "a fool" or "a loser"? When you try to define these terms, you'll discover there's no such thing as "a fool" or "a loser." Foolish behavior exists, but "fools" and "losers" do not.</p>
14. Be Specific	<p>Stick with reality and avoid judgments about reality. For example, instead of thinking of yourself as defective or worthless, you can focus on your <i>specific</i> strengths and weaknesses.</p>
Quantitative Techniques	
15. Self-Monitoring	<p>Keep track of repetitious negative thoughts or anxiety-producing fantasies by counting them. You can keep a 3x5 card in your wallet or pocket and put a tick mark on it each time you have a negative thought. Alternatively, you can wear a wrist-counter like the ones golfers use to keep track of their scores. Record the total number of negative thoughts each day on your calendar. Often, the upsetting thoughts will diminish or disappear within two to three weeks.</p>
16. Negative Practice / Worry Breaks	<p>Schedule time to intentionally worry or criticize yourself. For example, if you constantly beat up on yourself because of your shortcomings, you can schedule several five-minute periods each day to berate yourself and feel miserable. At those times, you can be as self-critical as you want and rip yourself to shreds with gusto. Use the rest of your time for positive, productive living.</p>

Humor-Based Techniques	
17. Paradoxical Magnification	<p>Instead of trying to refute your negative thoughts, you can buy into them and exaggerate them. Try to make them as extreme as possible. For example, if you feel inferior, you could tell yourself, "Yes, it's true. In fact, I'm probably the most inferior person in California at this time." Paradoxically, this can sometimes provide objectivity and relief. Of course, if you're really upset, this technique may have the unintended effect of making you feel even worse. If so, try another method.</p>
18. Shame-Attacking Exercises	<p>If you suffer from shyness, you probably have intense fears of looking foolish in front of other people. Shame-Attacking Exercises are a specific and potent antidote to these kinds of fears. You intentionally do something foolish in public so you can get over this fear. For example, you could stand up and announce each stop on a bus or shout out the time in a crowded department store.</p> <p>When you make a fool of yourself on purpose, you discover that the world doesn't come to an end after all, and that people don't really look down on you. This discovery can be liberating.</p>
Role-Playing Techniques	
19. Externalization of Voices	<p>This technique transforms intellectual understanding into emotional change at the gut level. It's the most powerful of all the CBT techniques, but it can be quite challenging and even a bit upsetting at first.</p> <p>You and another person will take turns playing the role of your negative thoughts and the role of your positive thoughts. The person playing the negative thoughts attacks, and the person playing the positive thoughts defends. Use role-reversals when you get stuck.</p> <p>In the "I-I" version of the Externalization of Voices, both of you will speak in the first person, "I." In the "You-I" version, the person playing the negative thoughts will speak in the second-person, "You," and the person playing the positive thoughts will speak in the first person, "I." The "I-I" method is gentle and safe, but less effective. The "You-I" method is more intimidating and challenging, but has far greater healing power.</p>
20. Feared Fantasy Technique	<p>Like the Externalization of Voices, this is a two-person technique. You and the other person act out your worst fears, such as being rejected by an exceptionally hostile critic because you aren't smart enough or good enough. When you face your worst fear, you often gain liberation from it. Your worst fears don't usually turn out to be real monsters, but figments of your imagination that you can defeat with a little logic, compassion, and common sense.</p>
Other Role-Playing Methods	<p>Many techniques are much more effective in a role-playing format. They include Cognitive Techniques like the Double Standard Technique (#5) and, Acceptance Paradox (#21), Motivational Techniques like the Devil's Advocate (#30), and Exposure Techniques like the David Letterman Technique (#43) and Flirting Training (#45). The Interpersonal Techniques, such as the Five Secrets of Effective Communication (#49) and One-Minute Drill (#50) also work extremely well in a role-playing format.</p>

Philosophical / Spiritual Techniques	
21. Acceptance Paradox	Instead of defending against your own self-criticisms, you can find truth in them and accept your shortcomings with tranquility. Tell yourself, "It's true that I have <i>many</i> inadequacies. In fact, there is very little, if anything, about me that couldn't be improved considerably."
Visual Imaging Techniques	
22. Time Projection	<p>Future Projection. If you're depressed, you can take a mental trip into the future and imagine that you've recovered. The current self who feels worthless and defeated can have a conversation with the future self who feels joy and self-esteem. The outpouring of emotion will often have a cathartic effect.</p> <p>Past Projection. You can also take a mental trip into your past and have a conversation with someone who hurt or abused you. This will give you the chance to express thoughts and feelings that have been bottled up and eating away at you for many years.</p>
23. Humorous Imaging	When you feel consumed with anxiety or anger, it can sometimes help to visualize something humorous. A depressed woman obsessed about the fact that she'd gotten screwed in her divorce settlement. She could barely make ends meet, and became furious every time she fantasized about her ex-husband cavorting with his new trophy wife on his yacht and living in the lap of luxury. The constant feelings of anger and resentment were making her miserable. She found that picturing him at a board meeting in his underpants made her giggle. This was a useful antidote to the feelings of rage that were plaguing her.
24. Cognitive Hypnosis	<p>You'll need a therapist who uses hypnosis if you want to try this technique, and you'll have to be hypnotizable—this includes about a third of us. After inducing a trance, the hypnotist may suggest that you're standing in a special library with two sets of shelves. The shelves on the left contain intensely negative books, like "The Book of Rape" and "The Book of Despair," and the shelves on the right contain positive books, like "The Book of Joy" and "The Book of Self-Esteem."</p> <p>When you take a book from the shelf on the left, you'll discover that it's about you. It contains descriptions of all your negative thoughts, memories, and fears. When you read from this book, you'll feel overwhelmed with feelings of depression, anxiety, hopelessness and shame. Your hypnotist will guide you as you destroy this book. You can burn it, bury it, or shred it.</p> <p>Then you'll find yourself in the library again, where you'll take a book from the shelf on the right. Once again, you'll discover that it's all about you, but this time, it's filled with positive messages of self-esteem, creativity, and optimism. As you read from this book, you'll be flooded with feelings of inner peace.</p>
Other Visual Imaging Techniques	Cognitive Flooding (#39), Image Substitution (#40), and Memory Rescripting (#41) are also Visual Imaging Techniques, but they're categorized as Cognitive Exposure Techniques because they're extremely useful in the treatment of anxiety.

Uncovering Techniques	
25. Individual Downward Arrow	Draw a downward arrow under a negative thought on your Daily Mood Log and ask yourself, "Why would it be upsetting to me if this thought were true? What would it mean to me?" A new negative thought will come to mind. Write it down under the arrow and repeat this process several times. When you review the chain of negative thoughts, along with the list of Common Self-Defeating Beliefs (SDBs), you can pinpoint the attitudes and beliefs that make you vulnerable to depression and anxiety, such as Perfectionism, the Achievement Addiction, or the Brushfire Fallacy.
26. Interpersonal Downward Arrow	Draw a downward arrow under a negative thought on your Daily Mood Log and ask yourself, "If that were true, what would it tell me about the type of person s/he is? The type of person I am? The type of relationship we have?" A new negative thought will come to mind. Write it down under the arrow and repeat this process several times. The thoughts you generate will help you uncover the Self-Defeating Beliefs that lead to problems in your relationships with other people, such as Entitlement, Truth, or Submissiveness.
27. What-If Technique	<p>This Uncovering Technique was developed specifically for anxiety. Draw a downward arrow under a negative thought on your Daily Mood Log and ask yourself, "What if that were true? What's the worst that could happen? What do I fear the most?"</p> <p>A new negative thought or fantasy will come to mind. Write it down under the arrow and repeat this process several times. You'll generate additional thoughts that will lead to the fantasy that frightens you the most. Then you can ask yourself, "How likely is it that this would happen? And could I live with it if it did?"</p>
28. Hidden Emotion Technique	This technique is based on the idea that when you're anxious, you may be avoiding a personal problem that you don't want to face. Bringing the problem to conscious awareness and expressing your feelings will often eliminate your anxiety. Ask yourself, "Am I focusing on my anxiety to avoid dealing with something upsetting? What's the real problem that's bothering me? Do I secretly resent my spouse or my job? Am I unhappy about being in school? How do I really feel?"
Motivational Techniques	
29. Straightforward and Paradoxical Cost-Benefit Analysis (CBA)	<p>When you do a Straightforward CBA, you list the advantages and disadvantages of a negative thought ("I'm such a loser") or Self-Defeating Belief ("I should be perfect"). You can also do a CBA for a negative feeling (like anger, guilt, inferiority or anxiety), a habit (such as drinking, using drugs, overeating or procrastinating), or a relationship problem (such as blaming your spouse for your marital problems).</p> <p>Ask yourself, "What are the advantages and disadvantages of this belief, feeling or habit? How will it help me, and how will it hurt me?" After you list all the advantages and disadvantages, balance them against each other on a 100-point scale so you can see whether the costs or the benefits of your mindset are greater.</p> <p>When you do a Paradoxical CBA, you list only the <i>advantages</i> of a negative thought, belief, feeling, habit, or relationship problem. Now ask yourself, "Given all these advantages, why should I change?" This will make you aware of the powerful forces that keep you stuck.</p>

<p>30. Devil's Advocate Technique</p>	<p>This is a Role-Playing Technique. Another person plays the role of the Devil who tempts you to drink, overeat, procrastinate, or date the wrong person. Your job is talk back to those thoughts in real time. Use role-reversals when you get stuck.</p> <p>For example, if you're struggling to stick with your diet, imagine being in a mall where fast food is sold. The Devil might say, "Gee, why don't you go and get one of those hot, buttery cinnamon buns? They just came out of the oven. It would taste so good. You deserve it!"</p> <p>You can fight back and say, "I don't need a cinnamon bun, and I'll feel terrible if I give in. I'm determined to stick with my diet, and I'm looking forward to fitting into more attractive clothes." The Devil will try to break you down again, and you can fight back.</p> <p>This method can be surprisingly challenging, especially if the Devil is familiar with your own rationalizations and expresses them in a seductive and persuasive manner.</p>
<p>31. Stimulus Control</p>	<p>If you're trying to break a bad habit, such as alcoholism or overeating, you can reduce temptation rather than struggling with it. For example, if you drink too much, you can get rid of all the alcoholic beverages in your house and avoid going to places where alcohol is served. Stimulus Control is not a complete treatment for any addiction, but it can be an important part of a more comprehensive program.</p>
<p>32. Decision-Making Form</p>	<p>If you're stuck on the horns of a dilemma, the Decision-Making Form can help you sort out your options and get unstuck. It won't tell you what you should do, but will show you what the real issues are and how you feel about them.</p>
<p>33. Daily Activity Schedule</p>	<p>When you're depressed, everything seems overwhelming. Nothing seems worth doing, so you may give up on life. The Daily Activity Schedule can help you overcome do-nothingism. Record what you do each hour from the time you get up in the morning to the time you go to bed at night. Rate how satisfying each activity was on a scale from 0 (not at all satisfying) to 5 (the most satisfying). A review of the schedule will show you which activities boost your mood the most.</p>
<p>34. Pleasure Predicting Sheet</p>	<p>Schedule a series of activities with the potential for pleasure, learning, or personal growth. Indicate who you plan to do each activity with. Include activities you can do by yourself (such as jogging) as well as activities with other people.</p> <p>Predict how satisfying each activity will be on a scale from 0% (the least) to 100% (the most). After you complete each activity, record how satisfying it actually turned out to be on the same scale. Now compare your actual satisfaction ratings with your predictions. Many depressed people find that lots of activities turn out to be more rewarding than they predicted. This discovery can boost your motivation to become more actively involved in life again.</p> <p>You can also compare the satisfaction you get from being alone to the satisfaction you feel from being with other people. This can help you test Self-Defeating Beliefs such as, "If I'm alone, I'm bound to feel miserable."</p>
<p>35. Anti-Procrastination Sheet</p>	<p>Rather than telling yourself you have to do everything all at once, break an overwhelming task down into tiny steps that you can tackle one step at a time. List each step in the left-hand column of the Anti-Procrastination Sheet. In the next two columns, predict how difficult and how satisfying each step will be on a scale from 0% – 100%. After completing each small step, record how difficult and how satisfying it turned out to be in the last two columns. Now compare your predictions with the outcome. Many people discover that each step is far easier and more rewarding than they expected.</p>

<p>Other Anti-Procrastination Techniques</p>	<p>Socratic Method. If you're struggling with procrastination, you can ask yourself a series of questions that will lead to the absurdity of your claim that you just "can't" seem to get started on the task you've been avoiding. First, break the task down into tiny steps. What's the first thing you'd have to do? The second thing? Then ask yourself, "What do I mean when I claim that I can't do the first step? Or the second step?"</p> <p>Problem-Solution Method. Schedule a time when you can do five minutes of the task you've been avoiding. Let's say you decide to start organizing the mess on your desk at 3:00 PM. Draw a line down the center of a piece of paper and list all the problems that will get in your way and all the excuses you'll give yourself for not getting started at 3:00 in the left-hand column. You might put, "A friend may call and need to talk," or "It may seem too anxiety-provoking," or "I may decide that I need to rest for a while first." You can put solutions to each problem in the right-hand column.</p>
<p>Classical Exposure Techniques</p>	
<p>36. Gradual Exposure and Flooding</p>	<p>When you use Gradual Exposure, you expose yourself to the thing you fear in small steps. For example, if you have an elevator phobia, you could get on an elevator, go up one floor, and get off. Once you're comfortable with that, you could ride the elevator for two floors. You can gradually increase the length of time you spend in the elevator. You can use Gradual Exposure for any phobia, such as the fear of heights, needles, or dogs, as well as other forms of anxiety, such as shyness or Obsessive-Compulsive Disorder.</p> <p>You can also create a Fear Hierarchy, listing the least threatening situation as +1, and the most threatening as +10. You can record the type and amount of exposure you perform each day, as well as how anxious you felt, between 0% and 100%.</p> <p>When you use Flooding, you expose yourself to the thing you fear all at once. For example, if you have an elevator phobia, you can force yourself to get on an elevator and ride up and down, no matter how anxious you feel, until your fear disappears. Flooding is more frightening than Gradual Exposure, but it works more rapidly. Both approaches have been used successfully in the treatment of nearly all forms of anxiety, so you can use the approach that appeals to you the most.</p>
<p>37. Response Prevention</p>	<p>Response Prevention is an important key to the treatment of all forms of anxiety. It's often combined with exposure. For example, let's say you have a powerful urge to check the mailbox over and over after you drop a letter in. Using Response Prevention, you would drop the letter in the mailbox and walk away without checking it as you usually do. Your anxiety will temporarily get worse, and you'll feel compelled to check it. But if you refuse to give in to this urge, your anxiety will eventually disappear.</p>
<p>38. Distraction</p>	<p>If you feel anxious, you can distract yourself from the upsetting thoughts by concentrating intensely on something else. For the best results, you can combine Distraction with Gradual Exposure or Flooding. For example, if you feel panicky during an airplane flight, you can work on a crossword puzzle or engage the passenger next to you in conversation.</p> <p>Some therapists recommend moving the eyes back and forth from left to right during exposure. This is called EMDR (Eye Movement Desensitization and Reprocessing). Others recommend tapping rhythmically on some part of your body, like your clavicle or eyebrow, during exposure. This is called TFT (Thought Field Therapy). Although these techniques are controversial, there's no harm in trying them, and they might make the exposure somewhat less upsetting.</p>

Cognitive Exposure Techniques	
39. Cognitive Flooding	<p>Cognitive Flooding is useful when you can't expose yourself to the thing you fear in reality. For example, if you have a fear of flying, you can't expose yourself to an actual airplane crash in order to overcome your fears! However, you can confront this fear in your mind's eye using Cognitive Flooding.</p> <p>Visualize your worst fear, such as feeling trapped in a plane that's crashing toward the earth in a ball of flames while all the passengers scream in terror. Try to endure the anxiety for as long as you can. If you become panicky, don't fight it! Instead, try to make the panic even worse. Eventually, the anxiety will burn itself out because your body simply cannot create anxiety indefinitely.</p>
40. Image Substitution	<p>Substitute a more positive or peaceful image for a frightening one. For example, during an airplane flight, you can fantasize landing safely or relaxing on a beach instead of imagining the plane crashing in flames.</p>
41. Memory Rescripting	<p>If you've been a victim of sexual or physical abuse, you may experience flashbacks with vivid memories of the traumatic episode. These mental pictures can be likened to a horrifying internal movie that you replay over and over, in exactly the same way every time. You can edit the frightening scenes in this movie in much the same way that you can change your negative thoughts.</p> <p>For example, if your best buddy was killed by a hand grenade when you were fighting together in Vietnam, horrifying memories of his body being blown apart may haunt you. You can bring him back to life in your mind's eye and tell him all the things you never got to say before he died. Then you can give him a proper burial and say goodbye.</p> <p>Changing the images can create a sense of mastery and help you overcome the feelings of helplessness that resulted from being a victim. In addition, the intentional exposure will desensitize you, and the traumatic memories will lose their power to intimidate you.</p>
Other Cognitive Exposure Techniques	<p>Negative Practice / Worry Breaks (#16), the Feared Fantasy (#20) and the Acceptance Paradox (#21) are all forms of Cognitive Exposure.</p>
Interpersonal Exposure Techniques	
42. Smile and Hello Practice	<p>If you're shy, you can force yourself to smile and say hello to 10 or 20 strangers each day. Use a 3x5 card to record how many people respond positively, neutrally, and negatively. You'll often discover that people are much friendlier than you expected. This discovery can help you overcome your fears of rejection or looking foolish.</p>
43. David Letterman Technique	<p>You can learn how to make casual conversation with anyone by using the Five Secrets of Effective Communication (#49), especially the Disarming Technique, Inquiry, and Stroking. These are the same skills used by successful talk-show hosts like David Letterman and Jay Leno. They appear charming, personable and relaxed because they always keep the spotlight on the other person.</p> <p>Instead of trying to impress people by talking about yourself, you can focus on them in a friendly way. Find truth in what they say. Express curiosity and admiration. Ask questions and encourage them to open up. You'll find that most people are somewhat bored and lonely, and love to be the center of attention.</p>

<p>44. Self-Disclosure</p>	<p>Instead of shamefully hiding your feelings of shyness or nervousness in a social situation, you can disclose them openly. This technique requires a good sense of self-esteem to be effective. If it's done skillfully, it will allow you to form real relationships with people instead of trying to put on a show and pretend to be something that you're not. This technique is based on the rather unintuitive idea that shyness without shame is actually an asset, because it makes you seem more human and personable.</p>
<p>45. Flirting Training</p>	<p>You learn to flirt in a playful, light-hearted way, rather than interacting with others in such a formal, heavy manner. Paradoxically, when you lighten up and learn to stop taking people so seriously, they're more likely to find you attractive and may even start chasing you.</p>
<p>46. Rejection Practice</p>	<p>If you're shy and afraid of rejection, you can try to accumulate as many rejections as you can instead of trying so hard to find someone to love you. Although this takes tremendous courage, you'll discover that the world doesn't actually come to an end when you're rejected. Paradoxically, when you stop fearing rejection, you stop getting rejected.</p>
<p>Other Interpersonal Exposure Techniques</p>	<p>Shame-Attacking Exercises (#18) are categorized as Humor-Based Techniques, but they're also Interpersonal Exposure Techniques. The Rejection Feared Fantasy is a variation of the Feared Fantasy Technique (#20). Let's say that you're intensely shy and afraid of rejection. You can enter an Alice-in-Wonderland nightmare world where your worst fears come true. A friend or therapist can play the role of the most rejecting, hostile person you can imagine. She or he will be far worse than any real human being would ever be, and will try to rip you to shreds. If you respond with the Acceptance Paradox, you'll discover that you can easily handle anything the Hostile Critic throws at you without getting perturbed. Use role-reversals if you get stuck.</p>
<p>Interpersonal Techniques</p>	
<p>47. Relationship Cost-Benefit Analysis (CBA)</p>	<p>List the advantages and disadvantages of blaming the other person for the problems in your relationship. You'll discover that there are lots of advantages:</p> <ul style="list-style-type: none"> ● You can feel morally superior. ● You won't have to examine your own role in the problem. ● You'll feel like truth is on your side. ● You can get back at the other person without feeling guilty. ● You can feel powerful. ● You can tell your friends what a loser the other person is, and they'll probably agree with you. <p>There may also be some disadvantages. You won't be able to resolve the problem or get close to the person you're mad at. The conflict will go on and on, and you'll feel consumed by feelings of frustration and anger. Your friends may get tired of your constant complaining. And there won't be any room for personal or spiritual growth.</p> <p>Once you've listed all the advantages and disadvantages on the CBA form, balance them against each other on a 100-point scale. Ask yourself whether the costs or the benefits of this mind-set are greater. If you decide to keep blaming the other person, the prognosis for the relationship will be extremely poor. The willingness to stop blaming them and examine your own role in the problem is the key to developing a more satisfying relationship.</p>

<p>48. Revise Your Communication Style</p>	<p>The Revise Your Communication Style form can help you improve your relationships with family members, friends and colleagues. There are five steps:</p> <p>Step 1. Write down one thing the other person said to you.</p> <p>Step 2. Write down exactly what you said next.</p> <p>Step 3. Analyze what you wrote down in Step 2. Was it an example of good or bad communication?</p> <p>Step 4. Think about the consequences of what you wrote down in Step 2. How will the other person think and feel? What will she or he say next? Will your response make the situation better or worse?</p> <p>Step 5. Generate a more effective response using the Five Secrets of Effective Communication.</p>
<p>49. Five Secrets of Effective Communication</p>	<p>The Five Secrets of Effective Communication can help you resolve virtually any relationship problem quickly. These techniques require considerable practice and must come from the heart or they'll backfire.</p> <ol style="list-style-type: none"> 1. The Disarming Technique. Find some truth in what the other person is saying, even if it seems totally unreasonable or unfair. 2. Empathy. Try to see the world through the other person's eyes. Paraphrase their words (Thought Empathy) and acknowledge how they're probably feeling, based on what she or he said (Feeling Empathy). 3. Inquiry. Ask gentle, probing questions to learn more about what the other person is thinking and feeling. 4. "I Feel" Statements. Express your own ideas and feelings in a direct, tactful manner. Use "I Feel" Statements, such as "I'm feeling upset," rather than "You" statements, such as "You're making me furious!" 5. Stroking. Convey an attitude of respect, even if you feel angry with the other person. Find something genuinely positive to say, even in the heat of battle.
<p>50. One-Minute Drill</p>	<p>You and your partner take turns playing the roles of Talker and Listener. The Talker spends 30 seconds expressing his or her feelings about a relationship problem. The Listener paraphrases what the Talker said as accurately as possible. The Talker rates the Listener's accuracy from 0% – 100%. Once the Listener receives a rating of 95% or better, you can do a role-reversal.</p> <p>This technique ensures nearly perfect communication. It quickly breaks the pattern of accusation, self-defense, and hostility, and shifts the dialogue to a level of greater vulnerability and intimacy.</p>
<p>Other Interpersonal Techniques</p>	<p>Interpersonal Decision-Making. When you're at odds with someone, you have three choices: you can settle for the status quo, work to make the relationship better, or leave the person you're not getting along with. Most of time, people know what they want, but sometimes it's confusing. You may ask yourself: "Should I get engaged or break up and look for someone more exciting?" Or, "Should I get divorced or try to make my marriage better?"</p> <p>The Decision-Making Form (#32) can help you sort out your options when you're having a tough time making up your mind. A wide variety of patterns can emerge, and each one will lead to a unique solution.</p>

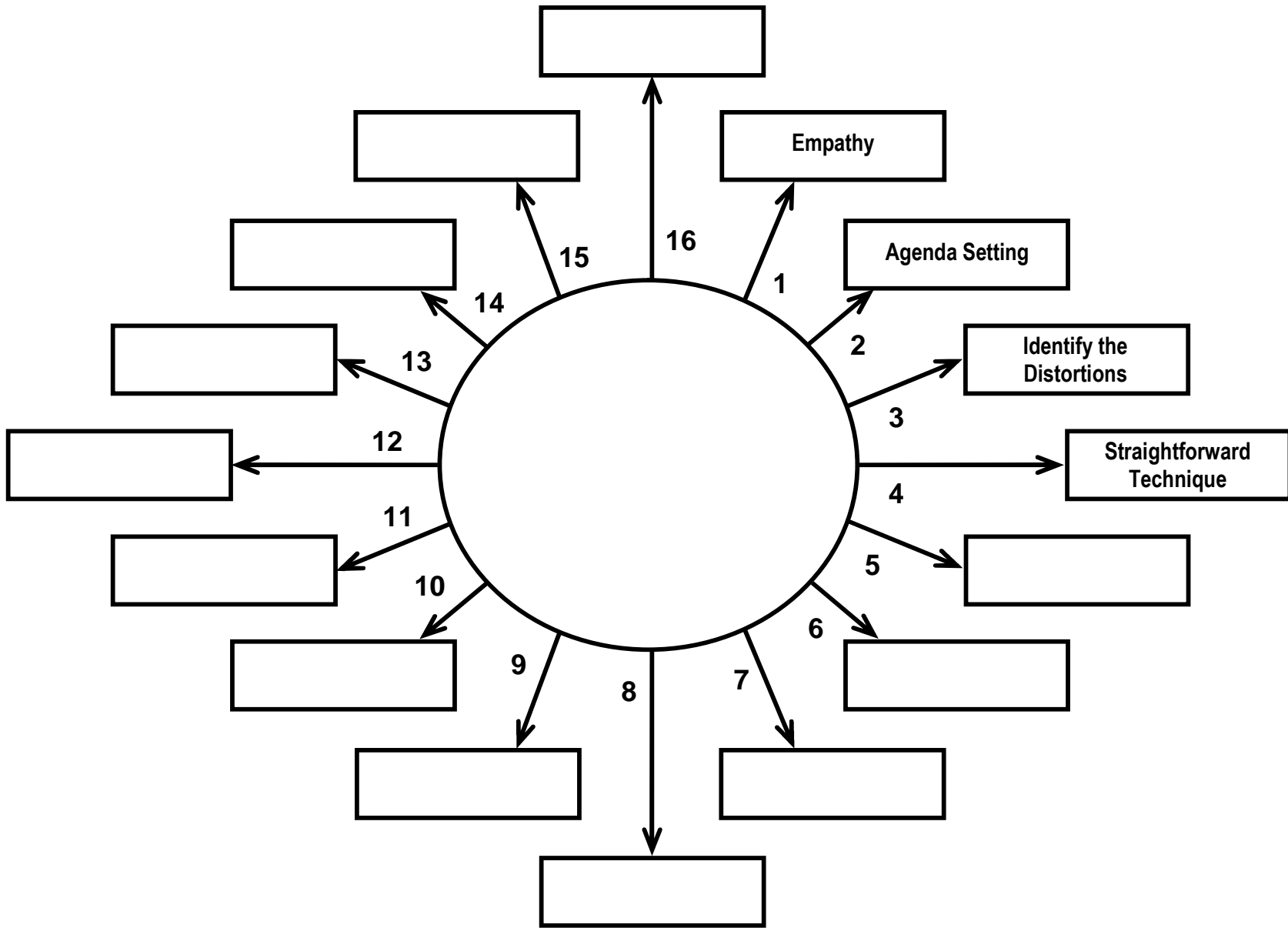
50 Ways to Untwist Your Thinking*

Basic Techniques	Role-Playing	Exposure Techniques
<ol style="list-style-type: none"> 1. Empathy 2. Agenda Setting 3. Identify the Distortions 4. Straightforward Technique 	<ol style="list-style-type: none"> 19. Externalization of Voices 20. Feared Fantasy <p>Plus: Double Standard, Acceptance Paradox, Devil's Advocate, and many of the Interpersonal Techniques</p>	Classical Exposure
Cognitive Techniques	Philosophical / Spiritual	Cognitive Exposure
Compassion-Based	Visual Imaging	Interpersonal Exposure
<ol style="list-style-type: none"> 5. Double Standard Technique 	<ol style="list-style-type: none"> 21. Acceptance Paradox 22. Time Projection 23. Humorous Imaging 24. Cognitive Hypnosis 	<ol style="list-style-type: none"> 36. Gradual Exposure and Flooding 37. Response Prevention 38. Distraction
Truth-Based	Uncovering Techniques	Interpersonal Exposure
<ol style="list-style-type: none"> 6. Examine the Evidence 7. Experimental Technique 8. Survey Technique 9. Reattribution 	Uncovering Techniques	Interpersonal Exposure
Logic-Based	Motivational Techniques	Interpersonal Exposure
<ol style="list-style-type: none"> 10. Socratic Method 11. Thinking in Shades of Gray 	Motivational Techniques	Interpersonal Exposure
Semantic	Motivational Techniques	Interpersonal Exposure
<ol style="list-style-type: none"> 12. Semantic Method 13. Let's Define Terms 14. Be Specific 	Motivational Techniques	Interpersonal Exposure
Quantitative	Motivational Techniques	Interpersonal Techniques
<ol style="list-style-type: none"> 15. Self-Monitoring 16. Negative Practice / Worry Breaks 	Motivational Techniques	Interpersonal Techniques
Humor-Based	Motivational Techniques	Interpersonal Techniques
<ol style="list-style-type: none"> 17. Paradoxical Magnification 18. Shame-Attacking Exercises 	<ol style="list-style-type: none"> 25. Individual Downward Arrow 26. Interpersonal Downward Arrow 27. What-If Technique 28. Hidden Emotion Technique 29. Straightforward and Paradoxical Cost-Benefit Analysis (CBA) 30. Devil's Advocate Technique 31. Stimulus Control 32. Decision-Making Form 33. Daily Activity Schedule 34. Pleasure Predicting Sheet 35. Anti-Procrastination Sheet 	<ol style="list-style-type: none"> 42. Smile and Hello Practice 43. David Letterman Technique 44. Self-Disclosure 45. Flirting Training 46. Rejection Practice <p>Plus: Rejection Feared Fantasy and Shame-Attacking Exercises</p> <ol style="list-style-type: none"> 47. Relationship Cost-Benefit Analysis (CBA) 48. Revise Your Communication Style 49. Five Secrets of Effective Communication 50. One-Minute Drill <p>Plus: Interpersonal Decision-Making</p>

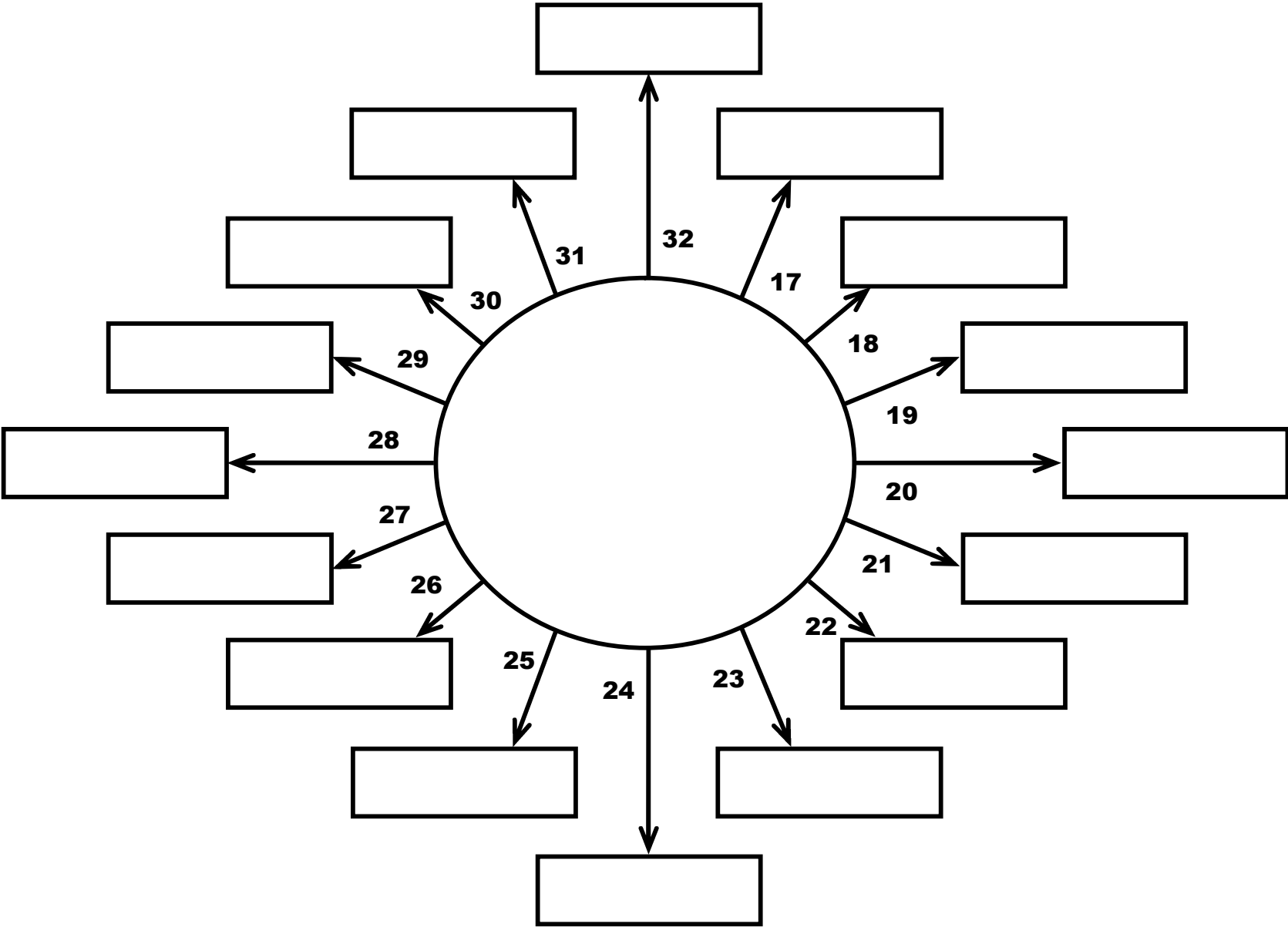
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<p style="text-align: center;">Basic* Techniques</p>	<p style="text-align: center;">Role-Playing</p> <p>19. Externalization of Voices 20. Feared Fantasy Also: The Double Standard, Acceptance Paradox, Devil's Advocate, and all of the Interpersonal Techniques</p>	<p style="text-align: center;">Other Motivational</p> <p>38. Decision-Making Form Also: Agenda Setting and Hidden Emotion</p>
<p>1. Empathy 2. Agenda Setting 3. Identify the Distortions 4. Straightforward Technique</p>	<p style="text-align: center;">Humorous</p> <p>21. Paradoxical Magnification 22. Shame-Attacking Exercises</p>	<p style="text-align: center;">Exposure Techniques</p>
<p style="text-align: center;">Cognitive Techniques</p>	<p style="text-align: center;">Visual Imaging</p> <p>23. Cognitive Flooding 24. Image Substitution 25. Memory Rescripting</p>	<p style="text-align: center;">Behavioral</p> <p>39. Gradual Exposure and Flooding 40. Response Prevention 41. Distraction Also: Smile and Hello Practice, Self-Disclosure, Rejection Practice, Shame-Attacking Exercises</p>
<p style="text-align: center;">Compassion-Based</p> <p>5. Double Standard Technique</p>	<p style="text-align: center;">Uncovering</p> <p>26. Hidden Emotion 27. Individual Downward Arrow 28. Interpersonal Downward Arrow 29. What-If Technique</p>	<p style="text-align: center;">Cognitive</p> <p>Negative Practice, Cognitive Flooding, Memory Rescripting, Feared Fantasy, Acceptance Paradox</p>
<p style="text-align: center;">Truth-Based</p> <p>6. Examine the Evidence 7. Experimental Technique 8. Survey Technique 9. Reattribution</p>	<p style="text-align: center;">Motivational Techniques</p>	<p style="text-align: center;">Interpersonal Techniques</p>
<p style="text-align: center;">Logic-Based</p> <p>10. Socratic Method 11. Thinking in Shades of Gray 12. Process vs. Outcome</p>	<p style="text-align: center;">Anti-Procrastination</p> <p>30. Daily Activity Schedule 31. Pleasure Predicting Sheet 32. Little Steps for Big Feats 33. Anti-Procrastination Sheet</p>	<p style="text-align: center;">Relationship Conflicts</p> <p>42. Relationship CBA 43. Revise Your Communication 44. The Five Secrets 45. One-Minute Drill</p>
<p style="text-align: center;">Semantic</p> <p>13. Semantic Method 14. Let's Define Terms 15. Be Specific</p>	<p style="text-align: center;">Anti-Resistance</p> <p>34. Straightforward CBA 35. Paradoxical CBA 36. Devil's Advocate 37. Stimulus Control</p>	<p style="text-align: center;">Shyness and Loneliness</p> <p>46. Smile and Hello Practice 47. David Letterman Technique 48. Self-Disclosure 49. Flirting Training 50. Rejection Practice and Rejection Feared Fantasy</p>
<p style="text-align: center;">Quantitative</p> <p>16. Self-Monitoring 17. Negative Practice</p>		
<p style="text-align: center;">Philosophical / Spiritual</p> <p>18. Acceptance Paradox</p>		

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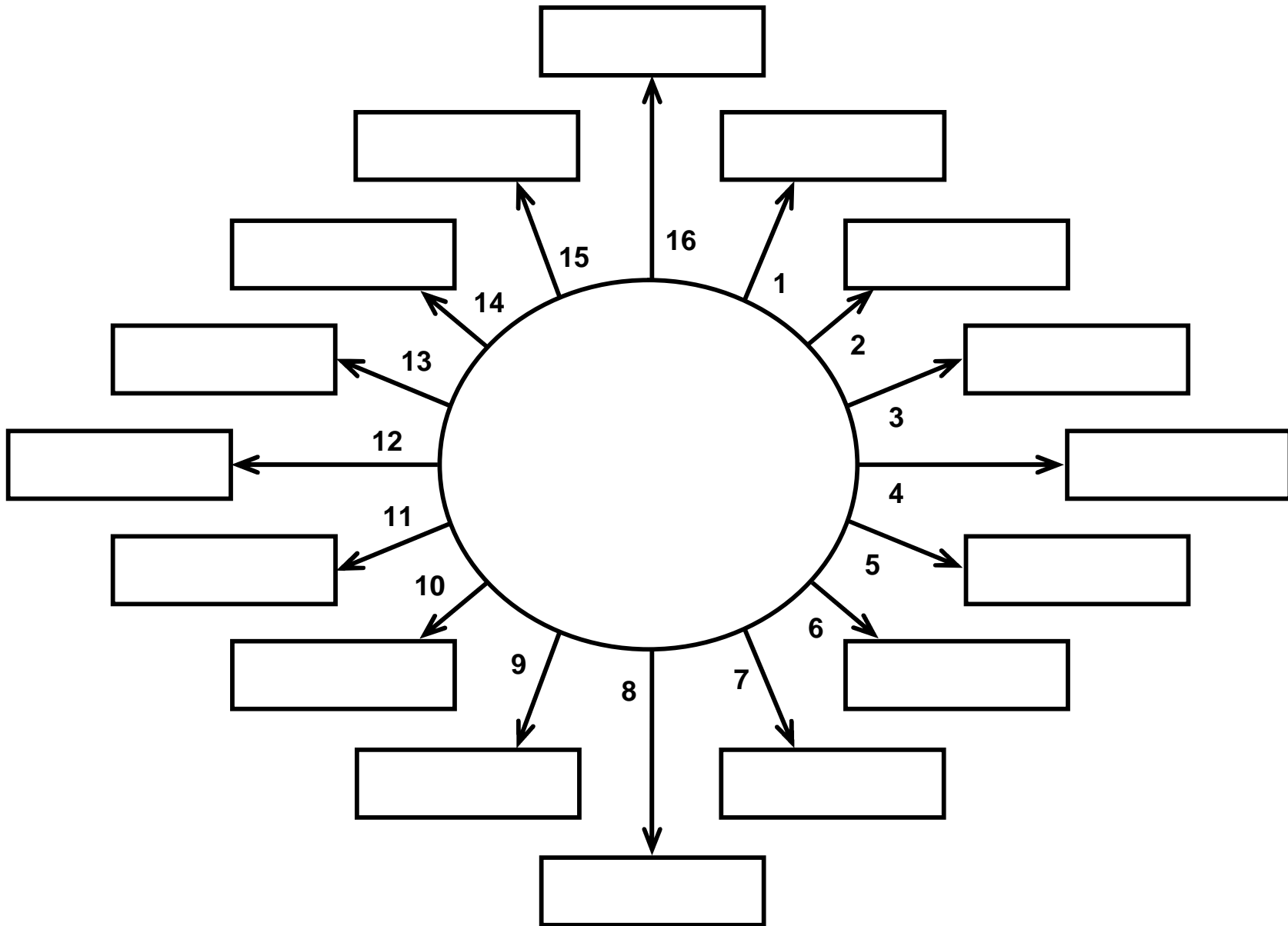


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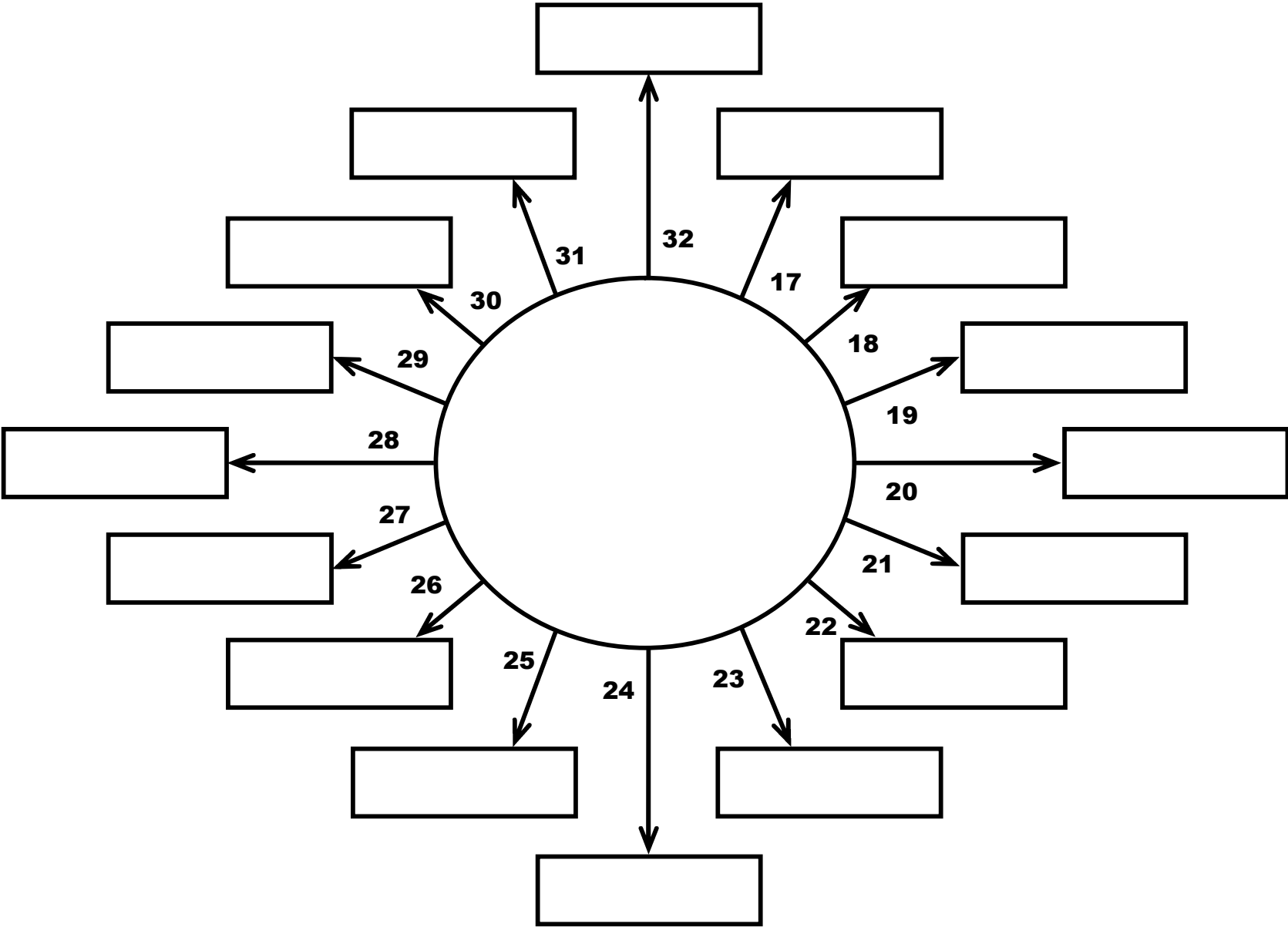
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