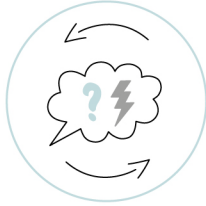


Journaling

Gathering data about your moods, their source / intensity, and your responses to them.

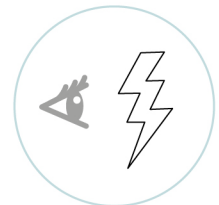
Unraveling cognitive distortions
Become aware of the distortions you are likely to be vulnerable of.



Cognitive restructuring

Challenge your harmful or destructive beliefs and restructure them.

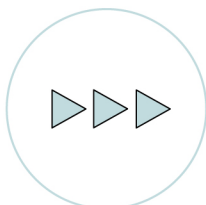
Exposure and response prevention
Expose yourself to whatever it is that normally provokes a compulsive behavior.



Interoceptive exposure

Expose yourself to sensations you are afraid of and recognize they are not dangerous.

Nightmare exposure and rescripting
Identify the emotion caused by a nightmare and cultivate a new emotion to replace it.



Play the script until the end

Finish a worst case scenario in your head to see that everything will likely turn out okay.

Progressive muscle relaxation
Relax one muscle group at a time until your whole body is in a state of relaxation.



Relaxed breathing

Bring regularity and calm to your breath and create a sense of balance.

