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CBT Journal For Dummies (Hardback)

By Rob Willson, Rhena Branch

John Wiley & Sons Inc, United States, 2012. Hardback. Condition: New. 1. Auflage. Language: English. Brand new Book. Keep track of the progress you're making with Cognitive Behavioural Therapy Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique that teaches you how to break free from destructive or negative behaviours and make positive changes to both your thoughts and your actions. CBT Journal For Dummies offers a guided space for you to keep a record of your progress, used in conjunction with either CBT For Dummies and/or alongside consultation with a therapist. This book features an introduction to CBT, followed by a guided 100-day journal. Each chapter focuses on a new CBT technique, with information on how to use the journal space and assessment advice. Topics covered include; establishing the link between thoughts and feelings; preventing 'all or nothing' thinking; turning mountains into molehills; focusing on the present; using emotional reasoning; avoiding over-generalising; thinking flexibly; keeping an open mind; assessing the positives; coping with frustration; tackling toxic thoughts; naming your emotions; comparing healthy and unhealthy emotions; working through worry; defining your core beliefs; adopting positive principles; and much more. * Has a removable band, leaving a discreet black journal *...



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