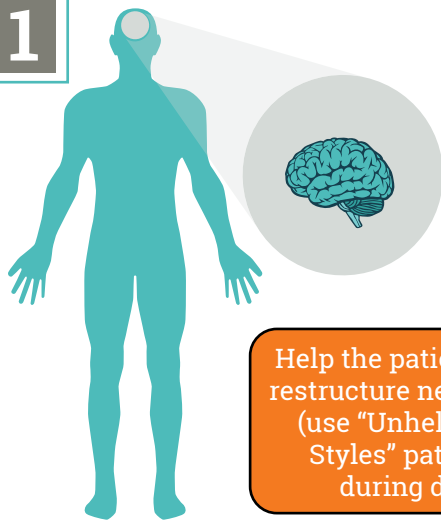


COGNITIVE BEHAVIORAL THERAPY (CBT) IN 3 SIMPLE STEPS

1



Help the patient identify and restructure negative thoughts (use "Unhelpful Thinking Styles" patient handout during discussion)

2

DISCUSS THE IMPACT OF NEGATIVE THOUGHTS AND DISTORTIONS



THOUGHTS = FEELINGS



PAIN FEEDS ON NEGATIVE THOUGHTS AND EMOTIONS.



FEAR FEEDS PAIN, ANXIETY FEEDS PAIN, STRESS FEEDS PAIN. STOP FEEDING THE PAIN MONSTER!



STOPPING THE CYCLE MEANS CHANGING OUR THOUGHTS TO PRODUCE MORE HELPFUL EMOTIONS AND FEELINGS

FRUSTRATION AND ANGER



HOPEFULNESS AND CALM

GET RID OF SHOULD STATEMENTS AND RESTRUCTURE TO MORE HELPFUL STATEMENTS

"I SHOULD BE ABLE TO WALK A MILE BY NOW"



"I MIGHT NOT BE ABLE TO DO EVERYTHING LIKE I USE TO DO BUT IF I KEEP WORKING AT IT I WILL SEE IMPROVEMENT AND WALK A MILE."



CHANGE THE DISTORTIONS TO MORE REALISTIC AND FACTUAL STATEMENTS

3

HELP YOUR PATIENT FORM COPING STATEMENTS TO SUPPORT POSITIVE FUNCTIONING



Coping statements reflect the reality and difficulty of a situation yet take a balanced approach.



The statement incorporates positive steps that the **patient can take to reduce pain.**



"I've been through this before and I can get through this again. I can take a hot bath, stretch and **get a good night's sleep** that should help my pain."

