




Community and Mental Health Services

# Skills for Wellbeing Course

## Session 4

---

- Addressing Unhelpful Depressive Thoughts
- Thought Challenging





Community and Mental Health Services

# Ground Rules

---

- Please click on the zoom link ten minutes before the session starts.
- Attend all the sessions, if you can't please let us know.
- Phones on silent, to minimise disruption, take calls outside of the room if necessary. Please switch camera off if needed to minimise disruption.
- Respect confidentiality. For the privacy of yourself and others, please DO NOT record, video, screen shot or photograph anything or anyone (visual or audible) during the sessions.
- Treat each other with dignity and respect. Allow others opportunity to talk/feedback.
- The therapist will mute all participants during the session but there will be opportunities to ask questions at specific times. You do NOT have to speak out.
- Do not attend sessions under the influence of drugs and alcohol.
- Be mindful, this is not group counselling.
- If your video connection fails during the session, we advise that you attempt to re-access the session by clicking on the zoom link again and if this is not successful, we advise you telephone our team to inform us by calling **0151 228 2300**.





Community and Mental Health Services

# Confidentiality and Risk

---

- We will keep your involvement with Talk Liverpool confidential unless we identify a risk issue.
- Your GP will be updated at key points – this might be at the end of the course, or if anything changes as sessions go forward.
- We have a legal obligation to try and keep people safe at all times.
- If we are concerned for your safety or the safety of others, we may discuss your situation with a GP, social services or Police.





Community and Mental Health Services

# Safety Plan

---

Where to go, who and how to contact if you need help:

- Contact your **GP** and ask for an emergency appointment.
- Call **111** if you are in need of urgent medical help or advice but it's not an emergency or life-threatening situation.
- For **Urgent mental health support** during the Coronavirus crisis please ring 0151 296 7200 or by Freephone on 0800 145 6570.
- If your life or someone else's life is in immediate danger, **CALL 999**.
- **Samaritans** are available 24 hours a day, 7 days a week. Tel - 116 123 email – [jo@samaritans.org](mailto:jo@samaritans.org)

Again, if you are concerned about anything related to your safety you can also speak to one of the facilitators at the end of the session.



**Talk** Liverpool

**Course Contents**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Week 1 – Introduction to the course and CBT, Goal Setting and Relaxation Techniques
- Week 2 – Introduction to Depression and Strategies to Manage Low Mood
- Week 3 – Introduction to Anxiety and Worry Management Strategies
- **Week 4 – Addressing Unhelpful Depressive Thoughts and Thought Challenging**
- Week 5 – Understanding and Dealing with Panic. Tips for Sleep.
- Week 6 – Looking After Yourself in the Future and Next Steps



**Talk** Liverpool

**Today's session**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Recap on last week
- Recap of low mood cycle
- What are unhelpful thinking styles?
- How we challenge thoughts using technique called Cognitive Restructuring



**Talk** Liverpool

**Review of last week**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- How have you got on with the Worry techniques?
- Worry time
- Problem Solving
- Any feedback?



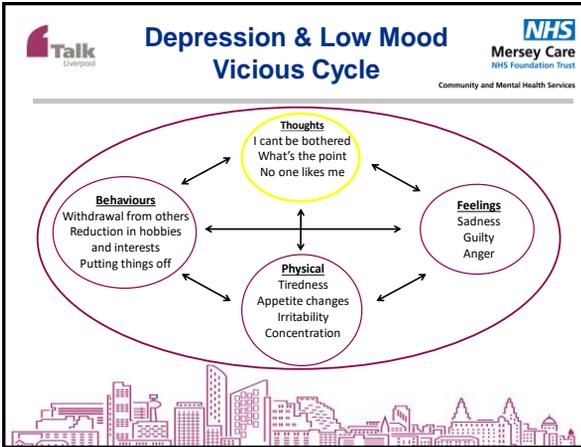
**Talk** Liverpool

**Review**

**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

- Any feedback from
  - Goal Setting
  - Relaxation
  - Diary Planning and Behavioural Activation





### Unhelpful Thoughts

People who are depressed tend to think about themselves, the world and the future in a negative way.

Everyone has these thoughts. These negative thoughts are:

- **Automatic** – They just come to your mind without any effort.
- **Distorted** – they are not always supported by things you know to be true (facts)

### Unhelpful Thoughts

- **Unhelpful** – They keep you feeling depressed and make it difficult to change
- **Plausible** – You accept them as facts and do not question them

We refer to these as “*Negative Automatic Thoughts*” – the more depressed you become the more you believe them – which feeds into the vicious cycle.

### Unhelpful Thinking Styles

Unhelpful Thinking Style	Example
<b>Mental Filter</b> - Picking out a single negative detail and dwelling on it exclusively so that your vision of all reality becomes darkened.	I forgot my friends birthday, I am a bad friend.
<b>Should Statements</b> – Sometimes by saying “I should...” or “I must ...” you can put unreasonable demands or pressure on yourself and others. They can also create unrealistic expectations	I should have finished that project by now.

**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## Unhelpful Thinking Styles

Unhelpful Thinking Style	Example
<p><b>Jumping to conclusions</b> – we assume that we know what someone else is thinking (mind reading) or we make predictions about what is going to happen in the future (predictive thinking)</p> <p><b>Overgeneralisation</b> – we take one instance in the past or present and impose it on all current or future situations. If we say “you always...” or “everyone ...” or “I never...” then we are probably overgeneralising</p>	<p>I’m not going to go to the party because no one will speak to me.</p> <p>I always make a fool of myself when I’m speaking to my boss.</p>



**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## Unhelpful Thinking Styles

Unhelpful Thinking Style	Example
<p><b>Personalisation</b> - This is when you take all responsibility for negative events, even though there is no basis for this.</p> <p><b>Labelling</b> – We label ourselves and others when we make global statements based on behaviour in specific situations.</p>	<p>“It is my fault that the party was awful, if only I’d been able to talk more to people”.</p> <p>“I am a loser” (when I dropped and broke a glass) “They are so inconsiderate” (when they didn’t call me back).</p>



**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## Unhelpful Thinking Styles

Unhelpful Thinking Style	Example
<p><b>Catastrophising</b> – When we blow things out of proportion and we view the situation as terrible, awful or dreadful. We may exaggerate the importance of our mistakes or imperfections.</p> <p><b>Emotional reasoning</b> – When we base our view of situations or yourself on the way we are feeling for example the only evidence that something bad is going to happen is because you feel like something bad is going to happen.</p>	<p>“I really made a fool of myself in the supermarket – I know I’ll never be able to live it down”.</p> <p>I feel like a failure therefore I am a failure.</p>



**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## Unhelpful Thinking Styles

Unhelpful Thinking Style	Example
<p><b>Black or white thinking</b> – only seeing one extreme or the other. You are either wrong or right, good or bad. There are no in-betweens or shades of grey.</p> <p><b>Disqualifying the positives</b> – magnifying the positive attributes of other people and minimise your own positive attributes. Explaining away your own positive achievements as though they are not important.</p>	<p>I was 10 minutes late picking up kids, I’m a bad parent.</p> <p>I got the job, they must have been desperate. They were nice to me but they didn’t mean it they were just being polite.</p>






Community and Mental Health Services

## Lets have a break 😊





Community and Mental Health Services

## Cognitive Restructuring

Cognitive Restructuring is a way of changing unhelpful thoughts (which act to powerfully maintain our mood) by identifying, examining and challenging them.

- **Stage 1** – Identification of Thoughts
- **Stage 2** – Looking for evidence
- **Stage 3** – Revised thought

Changing or relating to our thoughts differently can profoundly change how we feel and behave.





Community and Mental Health Services

## Stage 1: Identification of Thoughts

- Whenever you recognise an unhelpful thought throughout the day, write it down on a piece of paper. Also identify the situation and any emotions you experienced at that point in time. Transfer them to the “My thoughts diary” at a convenient time.
  - If you have a recent example, please feel free to work it through as we explain.
- Rate the strength of the emotions associated with the thoughts on a scale from 0-10.
- Rate how much you believe the thoughts out of 100%.





Community and Mental Health Services

## An example of Step 1..

Situation	Emotion (0-10)	Thought
I went to the supermarket and forgot to buy bread for my children's lunches.	Low (8) Upset (6) Frustrated (6)	I'm a failure as a parent (75%)



**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## Stage 2: Looking for Evidence

- From the "thought diary" identify a thought to work on ('Hot thought')
- Identify the evidence for and against the thought (just like a court, consider facts not opinions!). (Page 28).



**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## Tips for gathering evidence

- Start with evidence that supports your thought. Then move on to gather evidence against the thought.
- Put the thought on trial, what evidence for and against it is there that would stand up in a court of law?
- Is this evidence fact or opinion?
- What would other witnesses (e.g. friends, family colleagues) in your life say when asked to give evidence against the thought?
- Do I believe the thought 100% all of the time? If I believe the thought 80% for example, what makes up the other 20% that doesn't believe it?
- Would I believe this thought if I wasn't feeling this way?
- Is there a more balanced way of looking at things? Are there any other ways that I could look at the situation?
- What would I say to a friend in the same situation?
- Will this thought matter in five years time? Is this way of thinking helping me to achieve my goals?



**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## An example of Step 2..

My Original thought: I'm a failure as a parent		Belief in thought: 75%
<b>Evidence that supports my thought</b>	<b>Evidence against my thought</b>	
<ul style="list-style-type: none"> <li>• I forgot to buy bread</li> <li>• The children won't have bread for their lunch</li> </ul>	<ul style="list-style-type: none"> <li>• I bought everything else that was on my shopping list.</li> <li>• I was able to get the children up, dressed and to school this morning.</li> <li>• I've done some cleaning today.</li> <li>• I can go to the shop to buy bread tomorrow.</li> <li>• The kids have other things they could eat for their lunch</li> </ul>	



**Talk** Liverpool **NHS Mersey Care** NHS Foundation Trust  
Community and Mental Health Services

## Stage 3: Revised Thought

1. Revise your thought based on the evidence.
2. Rate how much you believe this thought.
3. Notice if thinking about the new thought changes the way you feel (Page 27).



**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## An example of Step 3..

Situation	Emotion (0-10)	Thought (out of 100%)	Revised thought (out of 100%)	Emotion (0-10)
I went to the supermarket and forgot to buy bread for my children's lunches	Low (8) Upset (6) Frustrated (6)	I'm a failure as a parent (75%)	Just because I forgot bread doesn't mean I'm a failure as a parent,(60%)	Low (2)



**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## Points to remember

- Unhelpful thinking takes time to change. Often people need to challenge their thoughts several times before change takes place.
- It can be useful to ask a friend you trust to help you look for evidence for and against unhelpful thoughts.
- As you become more expert in this you can try and catch the thoughts and examine them as they actually occur.
- If you practice this technique over time it will have positive impact on your overall wellbeing and should improve low mood.



**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## Home Task

- Identify any particular thinking styles and the impact it has on your feelings/emotions.
- Complete the 3 steps of Cognitive Restructuring throughout the weeks.



**Talk** Liverpool **NHS** Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

## Home Tasks List

- ✓ Session 1 –
  - ✓ Vicious cycle
  - ✓ Smart Goals
  - ✓ Relaxation
- ✓ Session 2 –
  - ✓ Routine, necessary, pleasurable activities
  - ✓ Hierarchy of activities
  - ✓ Diary planning
- ✓ Session 3 –
  - ✓ Identify worries
  - ✓ Implement worry time
  - ✓ Implement problem solving
- ✓ Session 4 –
  - ✓ Identify thinking styles
  - ✓ Implement 3 steps of Cognitive Restructuring





**Next Week**



Community and Mental Health Services

---

- Introduction to Panic
- Graded Exposure
- Sleep Tips



**End of Session 4**



Community and Mental Health Services

---

Well done everyone! See you next week

Please approach us if you have any questions.

