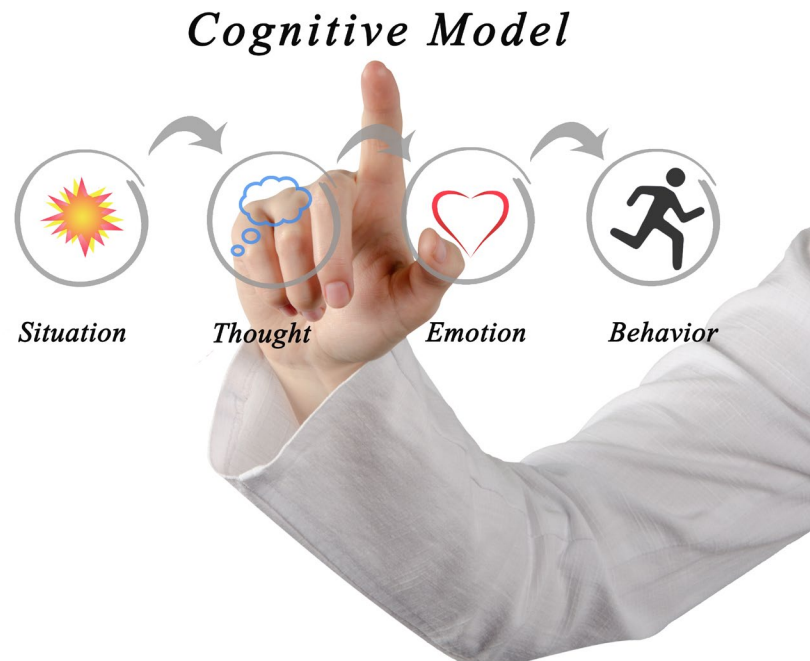


FREE CBT 1: The Cognitive Model

CBT is based on the idea that our thoughts are behind what we feel.



What is CBT?

Cognitive Behavioural Therapy (CBT) is based on the idea that our thoughts are behind what we feel. And that it is also our thoughts that will cause us to act in a certain way and for our bodies to respond in a certain way.

We are constantly having experiences and our brain is doing its best to make sense of what is going on, it's looking for meaning and telling stories about what is happening.

According to this theory, it is not an experience or situation itself that makes us feel a certain way, but rather, it's our interpretation of the situation (or the story we tell ourselves) that leads to our emotions, behaviours and physical responses.

*CBT invites us to
examine our
thoughts and
behaviours..*



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Am I seeing this clearly?

For example, imagine that you wave at a friend that you see across the street and that the friend does not wave back. What could you tell yourself about this, what story or meaning could you come to?

1. You could think– “That person is such a jerk, they ignored me!” This would likely lead you to feeling angry, maybe sending off a rude text to the friend and your body feeling tense and tight.
2. Another thought you could have is – “I’m such a loser, no one likes me or even waves at me.” This may lead you to feeling sad, going home and sitting on the couch and your body feeling heavy and slow.
3. Another thought you could have is – “That friend must have been really distracted and probably didn’t see me wave. I’ll text them later to say hi.” This would likely make you feel neutral if not a bit positive, you’d likely go on with your day and your body would remain calm.

Cognitive Therapy invites us to examine our thoughts and behaviours in order to arrive at a helpful, balanced and flexible thinking.