

FREE CBT 11:

# Notice-Challenge-Change (Practice)

## NOTICE – CHALLENGE – CHANGE

We have often heard the phrase, “...practice makes perfect.” However, when it comes to CBT (and to almost everything in life) there is no such thing as *perfect* so a better phrase is:

*Practice makes progress.*

Noticing, challenging and changing are all skills that need to be practiced and developed over time. When we think about it this way, we don't have to get perfect at it, rather we practice to get better at it and, to feel better.

We want to practice ways of think and behaving that are:

- Flexible, balanced and adaptable
- Adaptive and help us to feel healthy and positive
- Useful in helping achieve our long term goals and the life we want to lead

Some practices that you may want to consider include:

- Balanced thinking
- Self-Compassion
- Mindfulness
- Generosity
- Gratitude
- Enjoyable physical movement