

#### Session 4: Identifying and Challenging Distorted Thinking

1. Life happens to everyone. Question is, “how will we respond?” We can choose to feel sorry for ourselves, or we can choose to respond in the best way we can.
2. One way of doing the best we can is to ensure that our thinking and self-talk is realistic and supportive of our goals.
  - a. Appropriately optimistic and hopeful
  - b. Accurate and non-manufactured
3. Definition of Stuck Point: Inaccurate thoughts that are interfering with achievement of your goals.
4. Identifying stuck points requires a lot of individual effort. Stuck points are often unconscious and automatic.
  - a. ETR sheets help identify stuck points
5. One goal of therapy is to help you recognize and modify what you are saying to yourself, which may be automatic. Your self-talk (verbal and thinking) may be so automatic that you are not usually aware that you are doing it. Whether you are aware of your self-talk or not, your self-talk affects your mood and your behavior.
6. ETR sheets help you see the connection between your thoughts and feelings following events.
  - a. Complete ETR sheet as soon after the event as possible.
7. ETR sheets help identify self-talk
  - a. May have to “drill down”
    - i. E = Didn’t get called about a job
    - ii. T = Drilling down to core thought: Why Sad and Angry?
      1. They didn’t call ...
      2. Need money ...
      3. I’m a failure
    - iii. R = Sad and angry