$$E + T = R$$

# Thought Management

1) Meditation
   a. Enhance power of concentration
   b. Enhance ability to think on purpose
   c. Develop ability to change states, to achieve peace of mind
   d. Learn new behaviors through mental rehearsal
   e. Recall forgotten resources
2) Modification of Distorted Thinking – very important since our thoughts determine our experience: *Event + Thoughts = Response (E + T = R)*
   a. Attribution style: internal/external, global/specific, stability/unstable,.
   b. Explanatory style: personal ("it's my fault"), pervasive ("I can't do anything right"), permanent ("it will never change")
   c. Identify and challenge pessimism and hopelessness
      i. Maintain future orientation
         1. Little time devoted to psychological archeology (Yapko, p107)
         2. Past does not have to be thoroughly explained to experience change
         3. Solution-focused
      ii. Build positive expectations
         1. Imagination can be used to change affective state.
         2. Recovery must be considered a possibility - HOPE
      iii. Compartmentalize the past
         1. Identify disruptive patterns and look for solns
   d. Think of reality as a personal construction: believed-in imagination.
   e. Take responsibility – Don't be a victim
   f. Identify triggers and develop a specific action plan for each of them:
      i. COPING CARDS
   g. Define success: when things are better, what will be different?
   h. Careful definition of depression: depression may not be a recurring disease. It may be life that is recurring: Humiliation is recurring, Rejection is recurring, Loss is recurring. The ability to continually adapt to changing life circumstances is the essence of good mental health. If your pattern for responding to such events is to become depressed, then depression will repeat itself throughout life.
3) Some Interventions
   a. ETR sheets. Record of events, thoughts, and responses. Develops self-awareness.
   b. Thought substitution: replacing unsupportive thoughts with supportive ones.
   c. Reminders
   d. Ritual
   e. Mental rehearsal