***Stress Management Training***

Session Four.

***Negative Thinking Habits: Introduction to Cognitive Behavioural Therapy (CBT) .***

Session Plan.

1. Recap. Having worked on Session Three for at least a week you should now have familiarised yourself with the Relaxed Breathing Exercise*,* usingtheBreathing Log and the Daily Relaxation Log to monitor how you are progressing and feeling*.*
2. Depression **Questionnaire** (S4a).

Complete the questionnaire as indicated

Purpose: To assess whether or not you are exhibiting signs of depression and, if exhibiting signs, to what extent i.e., mild/moderate/severe.

***Please note***: This is not a definitive diagnosis but can be used as a guide. If your score points to signs of depression it is advisable to seek the advice of a medical practitioner.

1. **Depression Questionnaire Answer Sheet** (S4.aa).

* Assign a score to each answer as indicated and add them as instructed

on the answer sheet.

* Review your overall score as indicated by the guide.
* If you have any concerns or difficulties with this form please contact your coach at; [info@outcomecoaching.ie](mailto:info@outcomecoaching.ie)

1. **Background Information: Introduction to CBT 1 (**S4cbt.1**)**
2. **Information Giving Lecture on *Negative Thinking Habits* : Introduction to CBT 2)** (S4cbt.2). This information is provided as both a written script and a voice recording, so use it according to your own preference.
3. **Stress Thought Log.** (S4.b).

An *example* of a completed log is provided along with a blank sheet for you to complete. Please read through the example and complete your own form over the coming week.

Every time you catch yourself thinking negatively, **write the thought down** on the stress thought log. You will see your own pattern of negative thinking habits emerge.

**Purpose:**

* To encourage you to listen to your thoughts
* To help you identify your own personal negative thinking habits.

1. **Relaxation exercise – Deep Physical and Mental Relaxation**

This exercise is provided in written format and as a voice recording

As before, you should practice this exercise daily until your next session, lying or sitting somewhere comfortably with your head supported. Use Relaxed Breathing as **a coping skill in your daily life.**

1. **Remember** to use *Muscular Relaxation and Relaxed Breathing* as **coping skills** and begin to use the deepening techniques of *Mental Relaxation* as presented in this session as a coping skill in daily life.
2. **How to Stop Thinking Negative Thoughts** (S4.c)

Follow the instructions on the handout and ask yourself the questions listed when you suspect you are having a negative thought.

**Purpose:** To help you to stop thinking negative thoughts by identifying which thoughts are irrational and unhelpful. This is the first step in disputing irrational thoughts and beliefs, part of the ABC procedure.

1. **Homework.**

Complete your Stress Thought Log, Breathing Logs and Daily Relaxation Logs for Session 4 in preparation for the next session.