



PERMANENTE MEDICINE®
The Permanente Medical Group

LESSON 5

Thoughts II: Awareness, Values and Action

SANTA ROSA MEDICAL CENTER

 KAISER PERMANENTE®



Key concepts from last week:

- The power of visualization skills
- Cognitive behavioral therapy (CBT) model
- Unhelpful thinking styles

Homework:

- Share your experience explaining the CBT model to a family member or friend.
- Find a partner and discuss the unhelpful thinking styles you tend to use most often.

Unhelpful Thinking Styles

(Find detailed descriptions in your workbook)

All or nothing thinking (also called polarized thinking)	Should statements
Overgeneralization	Blaming
Personalization	Jumping to conclusions
Catastrophizing	Minimization and/or maximization (“filtering”)
Emotional reasoning	Entitlement fallacy

Ways to Address Unhelpful Thinking Styles

Challenge It!

- Ask yourself if this thought is truly accurate.
- Gather evidence that supports and discounts the thought.
- Develop a more balanced statement/thought that is believable.

Use affirmations
or words of
encouragement

Try an Acceptance/Mindfulness-Based Approach

- Observe your reactions.
- Let go of judging your reactions.
- Get distance from your thoughts. They are not you!
- Accept your thoughts, emotions, etc. and focus on moving in a direction towards your values.

Track Your Thoughts: Example

Situation or event: Time to do my PT exercises at home

Feeling	Physical Response	Thoughts	Behaviors	Alternate Response (New Plan)
<ul style="list-style-type: none"> • Fear • Worry • Overwhelmed • Sad • Angry • Frustration 	<ul style="list-style-type: none"> • Increased pain • Rapid heartrate • Sweating • Muscle tension 	<ul style="list-style-type: none"> • “Oh no, my back is going to go out again.” • “It’ll just be as bas as is was before.” • “What’s the point, it won’t help.” • “I’ll never be able to do this.” 	<ul style="list-style-type: none"> • Skip it, don’t do it • Go back to the couch and watch TV • Eat comfort foods 	<ul style="list-style-type: none"> • “Relax, stretch, and slow down.” • “Stay calm and take your time.” • “Be patient. This will get easier with practice.” • “It’s OK to modify the activity as needed. (Remember pacing.)” • “I won’t know unless I try.”

Track Your Thoughts: Analyze It!

Situation or event: Time to do my PT exercises at home

Situation	Emotions (% Intensity)	Automatic Thought (% Belief)	Evidence For	Evidence Against	Balanced Thought	Outcome
Describe the situation	What emotions were you feeling?	Exactly what were you thinking when you felt these strong emotions? (How much do you believe this thought?)	What is the evidence that this thought is true?	What is the evidence that this thought is NOT true?	Rewrite your original thought to consider ALL of the evidence (both for and against).	Did your emotions change? How much do you believe the original thought now?

| Other Resources



Meditation for Pain Relief (guided imagery)

Includes affirmations



Mindfulness Meditation or Relaxation

This Week's Goal

- Ties in with this **value**: _____.
- This week I will _____ (what) _____ (how much) _____ (with whom) _____ (when) _____ (how often).
- My reward for accomplishing my goal will be: _____.
- How confident am I that I can do this? (1 = not at all confident, 10 = very confident):



Home Practice Options

Notice your unhelpful thoughts and use one of the three methods to cope more effectively.

Complete the Challenging Thoughts worksheet



Guided Imagery Exercise
“Safe Place” (20 min.)

Find meditation audio and transcripts at
kp.org/selfcaretools or
kp.org/self-compassion

