



Thinking for a Change

Lesson 6 –

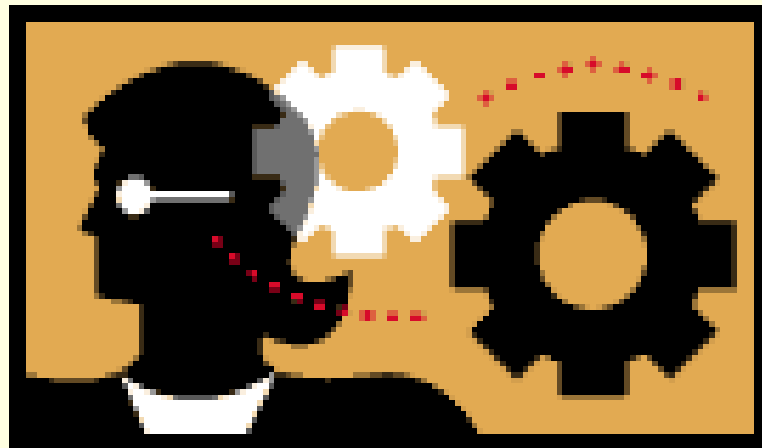
Cognitive Self-Change:
Thinking Controls Behavior

THINKING REPORTS

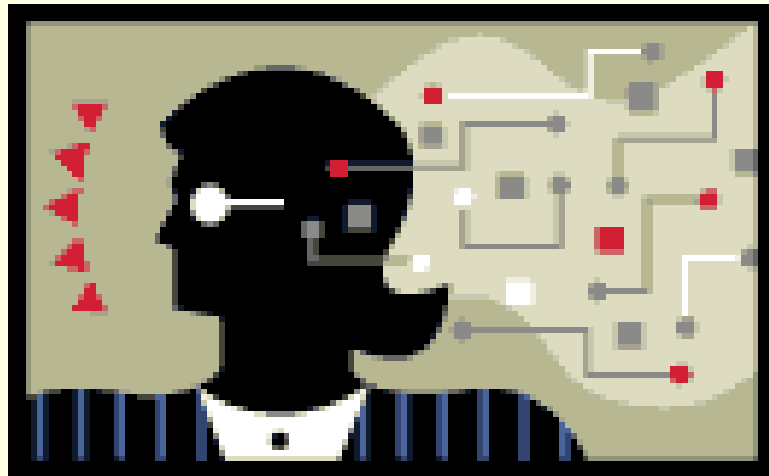
August 2015

Thinking Controls Behavior

- Thoughts / feelings control the way we act
- We can control how we act by controlling our ways of thinking
- We can look at the thoughts and feelings we have in a conflict



Objectivity – Definition



Saying your thoughts
exactly as they go
through your head

Staying Objective

- Remember the thoughts and feelings you had
- Don't judge your thinking
- Don't look at thoughts as right or wrong, good or bad
- Look at your thoughts, feelings, attitudes and beliefs as pure information about what was in your mind during a specific situation

Report your thoughts and feelings exactly

Helpful Hints for Staying Objective

- Don't judge
- Don't blame
- Don't make excuses
- Don't "second guess" (suggestions about how you should have or could have thought)

Attitudes and Beliefs

- General ways of thinking about a lot of different situations
- Rules, principles, values, or general opinions about a kind of person or a kind of situation
- Can express the values and the principles you live by
- Attitudes and beliefs define the things that matter most to us

Kinds of Attitudes and Beliefs

Express values and the principles we live by – defining what matters most to us

Examples -

- My family is the most important thing in my life
- You have to stand up for yourself

Opinions or general ways of thinking about the people and the situations around us

Examples -

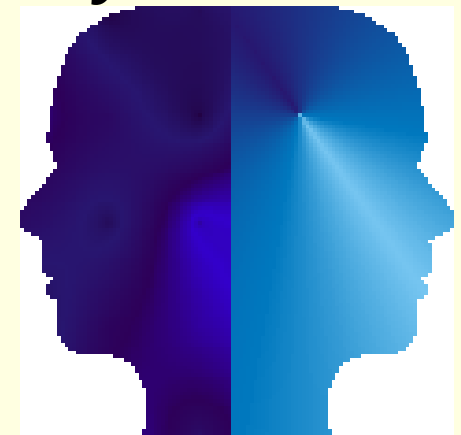
- My teachers are unfair
- My parents are almost always right

The Cognitive Principle - ***Thinking controls behavior***

*Learning to control thoughts and feelings
can control actions*

*There is always more than 1 way
of thinking about a situation*

*Control of thinking results
in real power over life*



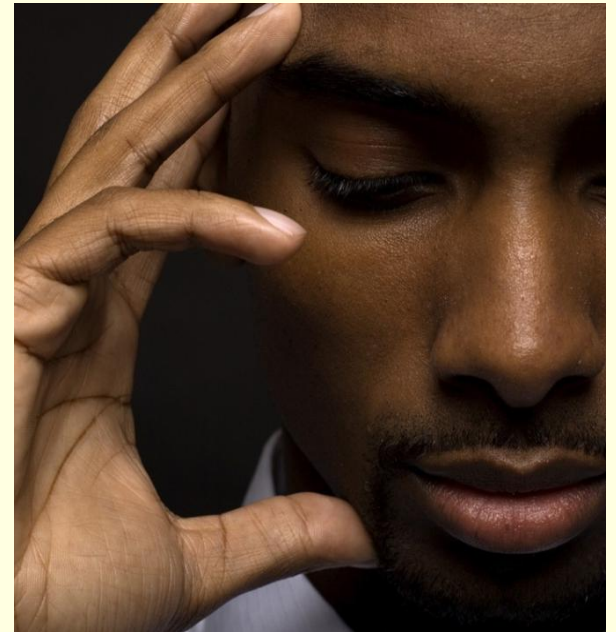
**When we think differently,
we act differently**

Cognitive Self Change

Step 1 - Pay Attention to Our Thinking

Step 2 - Recognize Risk

Step 3 - Use New Thinking



**Cognitive
Restructuring**

External Behaviors

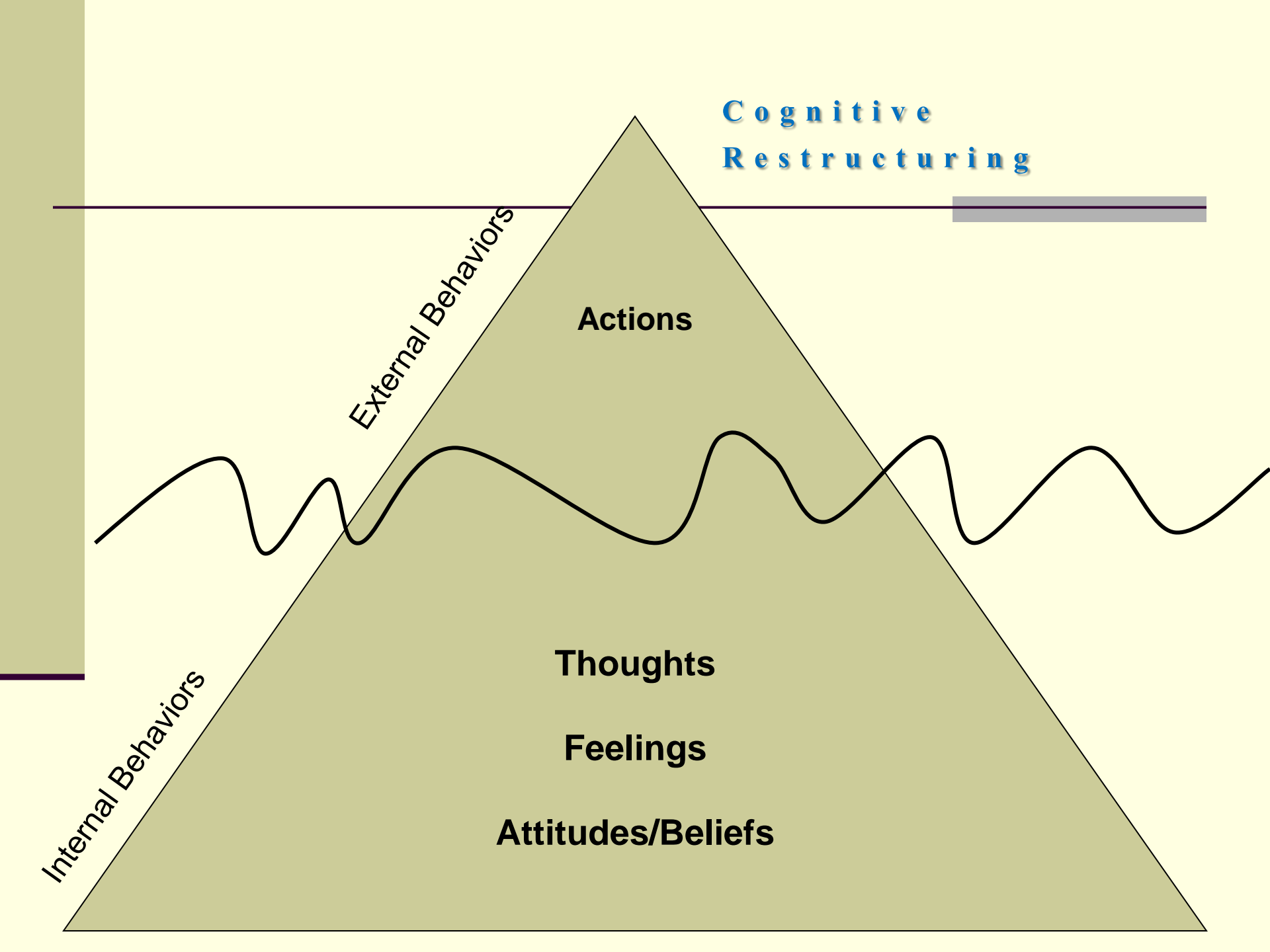
Actions

Internal Behaviors

Thoughts

Feelings

Attitudes/Beliefs

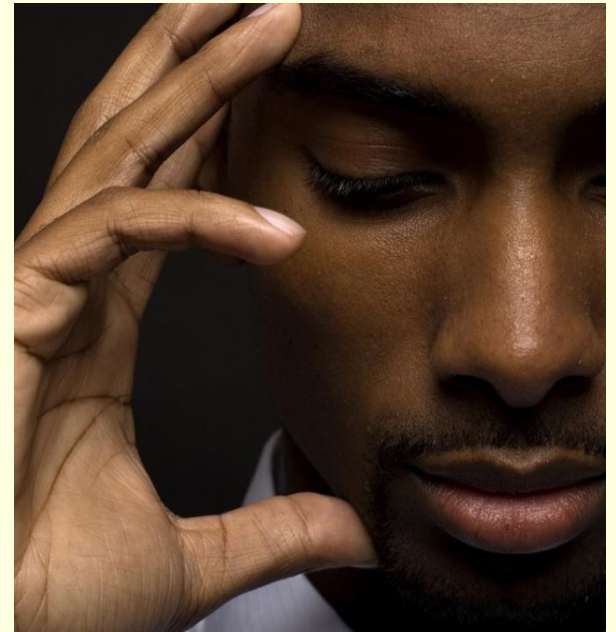


Cognitive Self Change

Step 1 - Pay Attention to Our Thinking

Step 2 - Recognize Risk

Step 3 - Use New Thinking



Parts of a Thinking Report

Part 1 - State what happened (stick with the facts)

Part 2 - List every thought you can remember

(exact words that were in your mind at the time)

Part 3 - List all the feelings you remember having

Part 4 - List beliefs you held in this situation

(beliefs are rules, principles and opinions that you carry into lots of different situations)



Thinking Report

Part 1 Situation:	State the facts of what happened <i>Who was involved and what was said and done?</i>

Thinking Report

Part 1 Situation:	State the facts of what happened <i>Who was involved and what was said and done?</i>

Thinking Report

Situation:	
Part 2 Thoughts:	List every thought you can remember <i>Use the exact words that were in your mind at the time</i>

Thinking Report

Situation:	
Thoughts:	
Part 3 Feelings:	List all the feelings you remember having Use words that seem right to you <i>Feelings can be either emotions or bodily sensations, or both</i>

Thinking Report

Situation:	
Thoughts:	
Feelings:	
Part 4 Attitudes/Beliefs:	List your attitudes and beliefs <i>Attitudes and beliefs are rules, principles, values, or ways of thinking that you carry into lots of different situations</i>

4 Parts of a Thinking Report

Part 1 Situation:	State the facts of what happened
Part 2 Thoughts:	List every thought you can remember
Part 3 Feelings:	List all the feelings you remember having
Part 4 Attitudes/Beliefs:	List your attitudes and beliefs

Cognitive Self Change

1. Pay Attention to Our Thinking

2. Recognize Risk

3. Use New Thinking



Step 2 – Recognize Risk

1. Did my thoughts, feelings, attitudes and beliefs lead me to do what I did?
2. Which thoughts, feelings, attitudes and beliefs were most important in leading me to do what I did?
3. How did these thoughts, feelings, attitudes and beliefs lead me to do what I did?



Cognitive Self Change

1. Pay Attention to Our Thinking

2. Recognize Risk

3. Use New Thinking



Use New Thinking



- What new ways of thinking can I use that will lead to different consequences?
- Will I feel okay about myself if I think this way?

Homework

Step 1

- Think of a time when you broke a rule or hurt someone.
- Write a thinking report.
- Focus on the thinking that led you to break the rule or hurt someone.

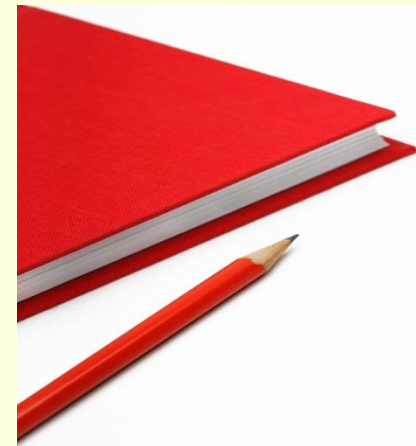
The situation can be a time when you violated the law or broke a rule; or when you hurt someone physically or emotionally



Homework

Steps 1 and 2

- Write another thinking report about a recent or past time when you broke a rule or hurt someone
- Circle one key thought, one feeling, and one attitude/belief that led you to do that behavior



Homework

Steps 1, 2 and 3

- Watch for situations between now and the next lesson where you feel some degree of tension or stress or conflict
- Do a thinking report on the situation
- Identify and circle key thoughts, feelings, and beliefs that put you at risk for getting into trouble

