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

- Actions
- Thoughts
- Feelings
- Attitudes/Beliefs

Internal Behaviors

External Behaviors
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)
<table>
<thead>
<tr>
<th>Part 1</th>
<th>State the facts of what happened</th>
</tr>
</thead>
<tbody>
<tr>
<td>Situation:</td>
<td>Who was involved and what was said and done?</td>
</tr>
</tbody>
</table>


## Part 1

**Situation:**

State the facts of what happened

*Who was involved and what was said and done?*
## Thinking Report

<table>
<thead>
<tr>
<th>Situation:</th>
<th></th>
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</table>
| **Part 2 Thoughts:** | List every thought you can remember  
*Use the exact words that were in your mind at the time* |
<table>
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<tr>
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<tbody>
<tr>
<td>Thoughts:</td>
<td></td>
</tr>
<tr>
<td><strong>Part 3</strong></td>
<td>List all the feelings you remember</td>
</tr>
<tr>
<td><strong>Feelings:</strong></td>
<td>having</td>
</tr>
<tr>
<td></td>
<td>Use words that seem right to you</td>
</tr>
<tr>
<td></td>
<td>*Feelings can be either emotions or</td>
</tr>
<tr>
<td></td>
<td>bodily sensations, or both*</td>
</tr>
</tbody>
</table>
## Thinking Report

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### Part 4
**Attitudes/Beliefs:**

List your attitudes and beliefs

*Attitudes and beliefs are rules, principles, values, or ways of thinking that you carry into lots of different situations*
### 4 Parts of a Thinking Report

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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.