



CBT Journal For Dummies

Rob Willson, Rhena Branch

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Keep track of the progress you're making with Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique that teaches you how to break free from destructive or negative behaviours and make positive changes to both your thoughts and your actions. *CBT Journal For Dummies* offers a guided space for you to keep a record of your progress, used in conjunction with either *CBT For Dummies* and/or alongside consultation with a therapist.

This book features an introduction to CBT, followed by a guided 100-day journal. Each chapter focuses on a new CBT technique, with information on how to use the journal space and assessment advice. Topics covered include; establishing the link between thoughts and feelings; preventing 'all or nothing' thinking; turning mountains into molehills; focusing on the present; using emotional reasoning; avoiding over-generalising; thinking flexibly; keeping an open mind; assessing the positives; coping with frustration; tackling toxic thoughts; naming your emotions; comparing healthy and unhealthy emotions; working through worry; defining your core beliefs; adopting positive principles; and much more.

- Has a removable band, leaving a discreet black journal
- The small trim size makes it perfect to use on the go
- A CBT 'thought for the day' appears on alternate blank pages
- Content is progressive, encouraging you to keep working through the following days
- Coverage is generalized enough to be applicable to every user of CBT

If you've already purchased a copy of *CBT For Dummies* or *CBT Workbook For Dummies*, or are just looking for a practical new tool to develop your thinking, *CBT Journal For Dummies* is your one-stop guide to keeping track of your post-session homework.

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