

changing your thinking

In the handout 'Thinking & Feeling,' we established that it is our thoughts that influence our feelings, emotions, and behaviours - the thoughts and feelings connection. We also discussed and identified some unhelpful thinking patterns and styles that we frequently use. Often, a depressed person will think negative thoughts that are characterised by these unhelpful thinking patterns, which lead them to feel depressed, miserable, and distressed. This, in turn, maintains and perpetuates the depression.

The key to changing the way we feel is found in challenging and changing our unhelpful thoughts and beliefs. This begins with you taking a good hard look at them. Imagine that you are a detective and a lawyer, and your unhelpful thoughts and beliefs are to be investigated or on trial.

To assess whether or not your thoughts and beliefs are valid, you need to gather and examine evidence. As such, we liken this process to that of being a detective. This is the fourth step (or **D**) that follows on from the ABC Analysis.

Detective Work

"**D**" stands for "Detective Work" where you look for evidence that does or does not support your thoughts and beliefs. Like all good detectives, we need to find out the facts, and gather the evidence. Here are some helpful questions:

- Where is the evidence (or proof) that my thoughts/beliefs are true?
- Are there any evidence that disproves my thoughts/beliefs?
- How do I know that my thoughts/beliefs are true?
- Are there facts that I'm ignoring or I've overlooked?
- What other explanations could there possibly be?
- How realistic are my thoughts, beliefs, and expectations?



Disputation

"**D**" also stands for "Disputation." Remember, you are also like a lawyer, asking questions that challenge your thoughts, beliefs and expectations, ultimately testing and challenging whether or not they stand true, and whether they help or hinder you. Here are some other helpful questions to ask yourself:

- What other ways are there of viewing the situation?
- How might someone else view the situation?
- If I were not depressed, how might I view the situation differently?
- Realistically, what is the likelihood of that happening?
- Is it helpful for me to think this way?

Detective work and disputation is about trying to be objective about our thoughts. It is about analysing them, assessing, and evaluating them to see if they are indeed valid and true, as opposed to accepting these thoughts and believing them without question.

The End Result

We've spent some time examining the link between thinking and feelings, and discussed how to identify your unhelpful thoughts and thinking styles. We've also talked about looking for evidence that might prove or disprove your unhelpful beliefs as well as considering other alternative ways of viewing the situation. Now let's look at how you can change the way you are thinking in order to improve how you are feeling.

By this time, you would have learned how to describe an Activating Event, identify your automatic and unhelpful Beliefs and thoughts (including the Hot Thought) that have contributed to your experiencing distressing emotions (Consequences), and recognise a few unhelpful thinking styles you might have used. You would have also used the Detective Work and Disputation section to challenge your hot thought. Now, take a good look at the evidence you have listed and the answers to the other challenging questions. Is there enough evidence to believe that your hot thought is true all of the time? Are there other alternative explanations?

At this point, ask yourself, "How can I revise my hot thought to take into account all the evidence I have listed?" Then, write out an alternative explanation. This becomes your new, balanced thought. A balanced and helpful thought or belief is one that takes into consideration all the evidence, objective information, and alternative viewpoints. This is the fifth step of the ABC analysis - the End Result, where you replace your original, unhelpful thought with this new, balanced, and helpful belief.

After you have written down your new, balanced thought or belief, ask yourself, "How do I feel now?" Look at the most intense emotion you identified in section **C**, and re-rate how intense that emotion feels for you now. Often, you will find that it is not as extreme and distressing.

Finally, read through the Detective Work and Disputation section again, and re-rate how much you believe the hot thought now.

This final step of replacing your unhelpful (hot) thoughts with balanced thoughts is very important. Challenging your beliefs and evidence testing is the process of change, but the final step is where you **MAKE** the change. You'll probably find that this process becomes easier after some practice. So keep it up. Keep practising and remember that you can be your own expert at managing your moods!