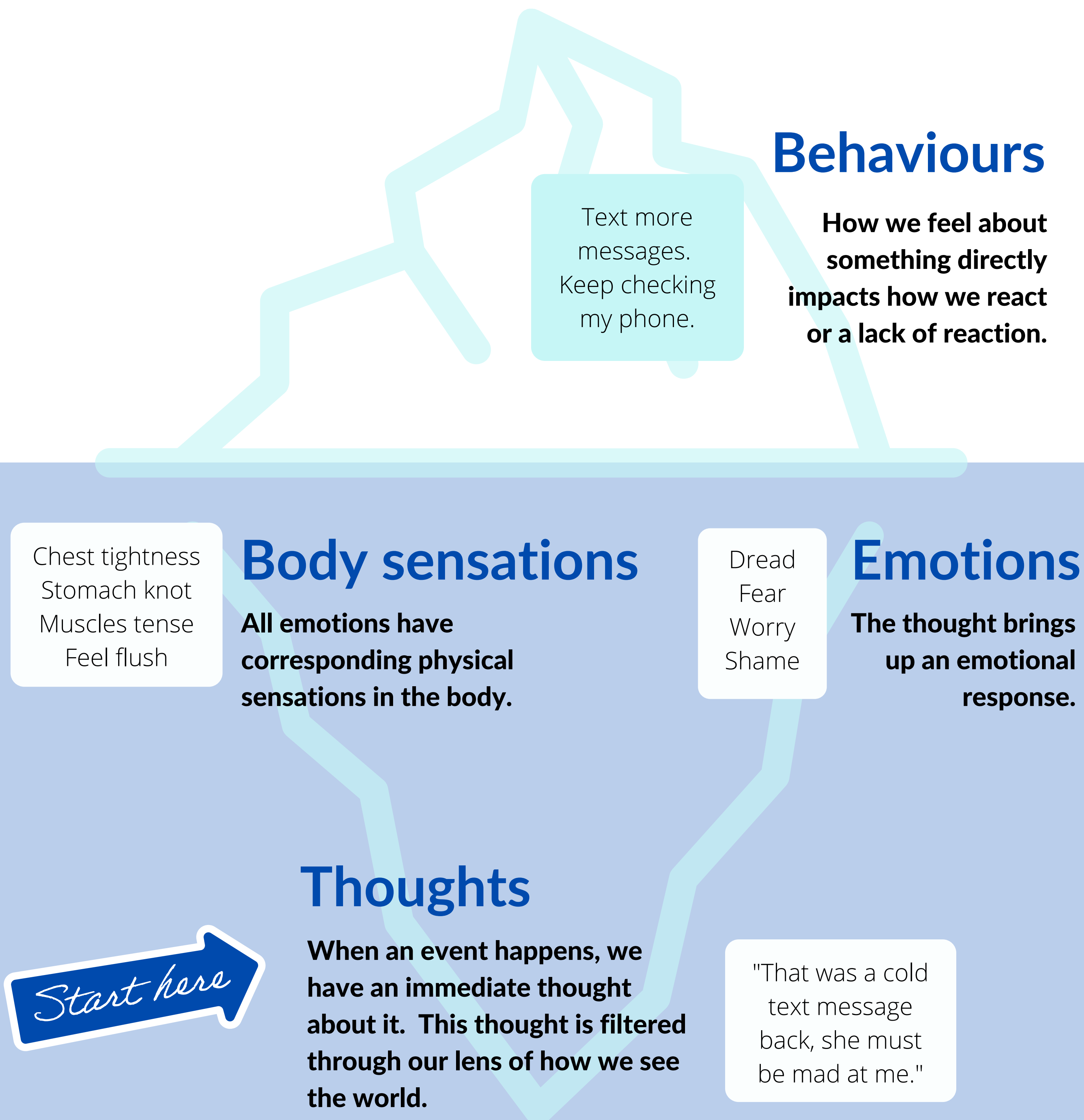


# The CBT Cycle



Cognitive Behavioural Therapy (CBT) is the a widely used approach in the mental health world. It's quite effective, pretty straightforward, and helpful for many different challenges. It's based on the idea that our thoughts, emotions, body sensations, and behaviours are all connected, and work together in a cycle.



# Why use CBT?

How we react to an event is filtered through our own unique lens (the way we see the world).

A key part of CBT is understanding and increasing the awareness of this lens, and how it impacts our thought cycles.



By becoming more aware of your thought cycle, you will start gaining control over it. Then, you are able to spend less time being **REACTIVE** and more time being **RESPONSIVE**. In other words, you get to feel more in control of your reality.

## Nonjudgmental awareness

Nonjudgmental awareness helps us to feel more **IN CONTROL** of our thoughts and ultimately more in control of reactions to our experiences. Try using the strategy of nonjudgmental awareness if you feel that your thoughts are often in the driver's seat. Here are the steps for nonjudgmental awareness:

1

Act as if you are a researcher taking note of your thought cycle

2

Objectively describe your observations

3

As soon as you become judgmental of what you notice, you are no longer your "observer self", the thoughts are in control of you.

4

Keep practicing being this observer self. Repeat!

Instead of your emotions controlling your experiences, you can take a step back from certain situations, notice them in a different way, and then respond differently. You can also write down what you are noticing or talk it out with your therapist.

