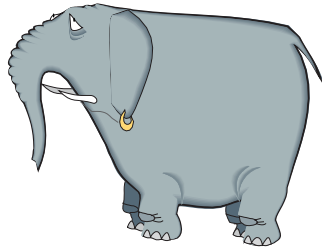


What is Cognitive Behaviour Therapy (CBT)?

Hassles and problems are part of everyday life. Parents, friends, school, work; in fact everything can cause problems.

Luckily, we are quite good at sorting out many of these problems but there are some that seem very **big and difficult**. They:



- ▶ happen fairly often
- ▶ never seem to get any better
- ▶ feel too big to sort out
- ▶ affect everything you do.

Problems like these can take over and you may end up feeling unhappy or worried. At times like this you need to discover more helpful ways of dealing with your problems and **Cognitive Behaviour Therapy (CBT)** may be able to help.

What is CBT?

CBT is a way of coping with problems that look at the link between:



- ▶ the way you think
- ▶ how you feel and
- ▶ what you do.

Why is this link important?

People with problems often think in unhelpful ways. They are more likely to:

- ▶ Expect things to go wrong.
- ▶ Worry about what has happened or what might happen.
- ▶ Seem to notice more of the things that aren't right.
- ▶ Are very critical of what they do.
- ▶ Blow small things up into big problems.

These ways of thinking are unhelpful and can make you feel **rotten**.



If you expect things to go wrong, then you might end up feeling **stressed or anxious**



If you think you always get things wrong, you might end up feeling **sad or unhappy**



If you think that other people don't like you or say unkind things, you may end up feeling **cross or angry**

People don't like to feel like this and so try to find ways of making themselves feel better. Unfortunately some of the things they end up doing actually make them feel worse. They **stop doing things**. They:



- Avoid things they find difficult
- Give up trying to do things
- Stop going out and spend more time at home on their own.

How will CBT help?

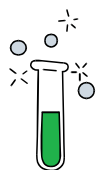
CBT will help you find:

- ▶ the thoughts and feelings you have
- ▶ the link between what you think, how you feel and what you do
- ▶ more helpful ways of thinking
- ▶ how to control unpleasant feelings
- ▶ how to face and overcome your problems.

What happens?

We will work **together** with you. You have lots of useful ideas and important things to say and so we want to hear them.

We will **experiment** and test new ideas to find out what helps you. You will:



- ▶ check out the thoughts you have and find helpful ways of thinking
- ▶ discover ways of controlling your unpleasant feelings
- ▶ learn to solve and overcome your problem.

So let's have a go and see if it helps!!