

Reframing

“If you can’t change it, change the way you think about it.”

Pursuing Podcast Episode 4

March 25, 2019

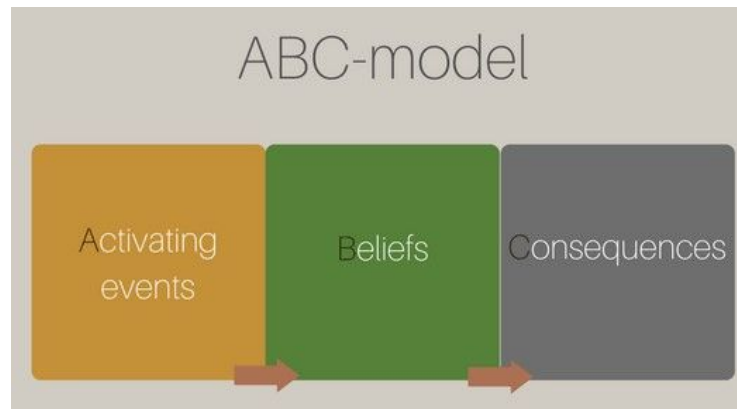
Notes	
Introduction:	“If you can’t change it, change the way you think about it.”
Introduction to Cognitive Behavioral (CBT)	“The first principle of cognitive therapy is that <i>all</i> your moods are created by your “cognitions” or thoughts. A cognition refers to the way you look at things—your perceptions, mental attitudes, and beliefs” (Burns, 1980, p. 11).
What is personal narrative, or cognitive, reframing? (Note: All quotes are direct from the guest during the podcast.)	<ul style="list-style-type: none">• “It is recognizing that first of all, our thoughts and beliefs impact how we feel, from moment to moment, day to day, in our relationships and our experiences, and that we actually have some control there around those thoughts and beliefs. And that by changing those thoughts to a more positive state that can actually give us better outcomes for our emotional well-being and our life in general.”• “We are, as human beings, master judges and master storytellers and we can do it in an instant.”• We think we live in THE real world, but we live in A real world constructed by our thoughts and beliefs.• We are masters at telling counterfactuals—a hypothetical story about a situation we create to try and fill in the gaps and use to grasp for meaning.• In that moment, we actually have a choice about what we will believe.<ul style="list-style-type: none">○ We think an adversity happens and then I feel this way (Adversity = Consequence).○ Actually there is another part of the equation: Belief. (Adversity + Belief = Consequence)○ “We have a whole lot of control over that B that we don’t even realize. When we hand over the power there, if we don’t take control over that, life just sort of

	<p>happens to us and we live in this emotional reactive state.”</p> <ul style="list-style-type: none"> ● Cognitive Reframing is first recognizing that we have some control over our emotions to the situations that happen in our lives.
<p>Explanatory Styles</p>	<ul style="list-style-type: none"> ● The stories we tell are influenced by our explanatory style. ● There are two main types of explanatory styles: <ul style="list-style-type: none"> ○ Optimistic explanatory style ○ Pessimistic explanatory style ● Explanatory style is not a character trait—it is modeled for us by our parents, other adults in our life, and is influenced by life events. It is a way of thinking. ● We may have a tendency towards one style over another, and it's that explanatory style that influences the way we view the world. ● If we lean towards a pessimistic explanatory style, we are a victim in the events without any real control there. ● If we lean towards an optimistic explanatory style, things happen but you absolutely have influence on them, so you are more of an agent that can act. (Post-Traumatic-Growth, so you can use those events to launch you forward.) ● Pessimists tend to attribute problems to permanent personal inadequacies (more prone to depression). ● Pessimist sees good luck as an accident, bad luck as, <i>I caused this</i>. ● Optimists view setbacks as a one-time thing attributable to bad luck, some external factor, or a specific cause that can be remedied. (Good luck = I did good; bad luck = freak accident) ● Confirmation Bias: The tendency to process information by looking for, or interpreting, information that is consistent with one's existing beliefs. ● Seligman: “Once you've formulated your theory, you tend to find evidence for it in any situation that comes along.” ● Our explanatory style can be influenced by explicit practice and recognition. ● Research shows it is better for us to adopt this more optimistic outlook even in the face of negative events. ● Our explanatory style has an extremely powerful influence on our health and wellness.

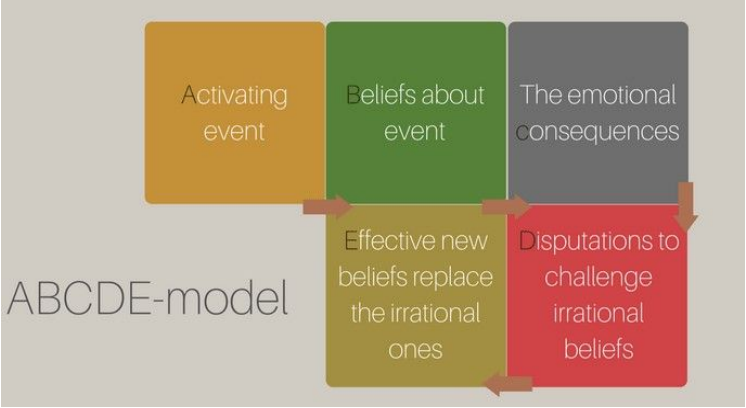
ABCD's

Albert Ellis's ABC Model:

- **A** = Adversity
 - activating event or circumstance
- **B** = Beliefs
 - interpretations, attributions, expectations
- **C** = Consequence
 - feelings/behaviors



- Once we become aware of the **ABC** model, we can add **D**.
- **D** = Dispute
 - Challenge your beliefs and create a more accurate, objective belief (take it to court).
 - What evidence do I have that proves this feeling/belief?
 - Is there another way to look at this?
 - Out of those options that I thought of, which one actually serves me better? Which ones helps me feel better, helps me feel like my best self, the person I want to be? "This is the one where I want to put my energy."
- Formula is **ABC + D**
- Note: The "ABCDE" model is no different than the "ABC" Model in practice, because Disputation is a key part of the ABC Model (such as in the case of disputing an irrational belief to turn it into a rational belief). Calling it the "ABCDE" Model instead of the "ABC" Model simply makes the final steps more explicit, but they are present regardless of what one calls it. We did not explicitly name the result of more rational beliefs and positive experience as **E** (New Effect), as it is just the natural result of disputation.

	 <p>ABCDEF-model</p> <ul style="list-style-type: none"> • Yes, and... • Things can coexist (e.g., Yes, this is how I felt, <i>and</i> maybe there's another perspective to it. [If adopting that perspective might put me in a better space for happiness and well-being.]) • We can create the space for meaning to come through by getting to a more neutral space, naming the facts that happened, looking at the other perspectives and disputing our beliefs, and then making a choice of which one we are going to act on, we put ourselves back in the driver's seat of that experience and allow that learning and meaning to then come to us.
<p>Real Time Resilience</p>	<p>In the heat of the moment, what are some strategies we can put into place that would help us to remember we have control and come out on top?</p> <ol style="list-style-type: none"> 1. Get calm (breathe) 2. Get curious (yes, <i>and</i>...) <p style="text-align: center; font-size: 2em; font-weight: bold;">&</p> <p>This allows us to be more flexible and accurate in our thinking, which leads to more positive emotional reactions.</p>
<p>Three Principles</p>	<p>Three principles to remind ourselves as we create and tell our stories:</p> <ul style="list-style-type: none"> • There is a relationship between thoughts, feelings, beliefs, and actions. • We have control over our thoughts and beliefs, and as a

	<p>result, we can change them. We can change our life experience by shifting our beliefs.</p> <ul style="list-style-type: none"> ● We can develop real time resilience, which allows us to be more flexible and accurate in our thinking and experience more positive emotional reactions.
Three Action Items	<ul style="list-style-type: none"> ● Recognize that there is a B in the equation <ul style="list-style-type: none"> ○ Our thoughts and beliefs influence our reactions (just start thinking about that) ● In reflective moments, apply the ABCD's <ul style="list-style-type: none"> ○ Slow down the process and recognize the ABC's ○ Bring in the D (dispute and get curious) ● Practice Real time Resilience <ul style="list-style-type: none"> ○ Find something you can remember in the heat of the moment to help you
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Source	Burns, D.D. (1980). <i>Feeling good: The new mood therapy</i> . New York, N.Y.: Penguin Books.
Other Recommended Reading	<i>The Happiness Advantage</i> by Shawn Achor <i>Flourishing</i> by Dr. Martin Seligman