

Twisted Thinking

(and a few of the resources we need to untwist it)

Who's this guy?

- Licensed Counselor in Colorado
- One of the counselors who answer the SMOHIT Helpline
- Part of the Peer Training and SMART MAP Training team
- One of the world's worst fly fisherman
- And, as of 7 weeks and 4 days ago, a proud daddy!

Who's t

- Licensed C
- One of the
- Part of the
- One of the
- And, as of



pline
eam

FEAR

The Common Denominator Between Vampires and Inadequacy

Ropes into Snakes

“...we remain transfixed in the panic of fear’s awful falsity.”

Cognitive Distortions...

- are **deeply** ingrained irrational thought patterns
- have the potential to lead to severe consequences on our mental health
 - Anxiety and Depression can result from these Thinking Errors
- CAN be identified and challenged!

You might be wondering if YOU have fallen victim to Cognitive Distortions.

Wonder no more...

YOU HAVE.

Find a partner or two

- Spend a few minutes identifying which of these common cognitive distortions might fall into your thought patterns

common

COGNITIVE DISTORTIONS



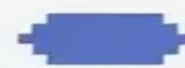
CATASTROPHIZING

WHEN YOU EXPECT THE WORST-CASE SCENARIO TO HAPPEN TO YOU



MIND READING

WHEN YOU ASSUME YOU KNOW WHAT OTHERS ARE THINKING OR FEELING



NEGATIVE FOCUS

WHEN YOU IGNORE THE POSITIVE ASPECTS & ONLY SEE THE NEGATIVE ONES



CONTROL FALLACY

WHEN YOU ASSUME YOU CAN CONTROL EVERYTHING THAT HAPPENS IN YOUR LIFE



PERSONALIZATION

WHEN YOU FEEL PERSONALLY RESPONSIBLE FOR THINGS YOU CAN'T CONTROL



OWNING THE TRUTH

WHEN YOU ARE CERTAIN YOU ARE RIGHT AND YOUR OPINION IS THE TRUTH



SHOULD-THINKING

WHEN YOU HAVE RULES OR EXPECTATIONS OF HOW THINGS OR PEOPLE SHOULD BE/ACT



EMOTIONAL REASONING

WHEN YOU BELIEVE THAT HOW YOU FEEL IS EVIDENCE OR REFLECTS REALITY



OVERGENERALIZING

WHEN A SINGLE NEGATIVE EVENT OCCURS AND YOU BELIEVE IT'S A PATTERN



LABELING

WHEN YOU LABEL YOURSELF OR SOMEONE NEGATIVELY SUCH AS "I'M A LOSER"



JUST-WORLD THINKING

WHEN YOU ASSUME THAT EVERYTHING IN THE WORLD WILL BE BALANCED FAIRLY



FORTUNE-TELLING

WHEN YOU THINK THE FUTURE IS SET IN STONE & OUTCOME IS SURE

Ways to challenge our Cognitive Distortions

- Practice Awareness – mindfulness practices, such as meditation
- Journaling – getting thoughts/beliefs on paper can get them out of our head
- Being intentional with the language we use – slow down and pause before speaking
- Bring others into the process – address the “closed economy”

Sometimes we get to bring in others we don't know well...

- Stranger on the street
- Spiritual Advisor
- Mental Health Professionals
- Helpline staff

BIO

PSYCHO

SOCIAL

SPIRITUAL

Examples:

Get to bed by 9:30pm

Eat a salad once a day

Morning walk (10 mins)

Weekly massage

Examples:

Weekly therapy

Meditate with Calm App daily

Daily check-in with loved one

Go fishing on Saturdays

Examples:

12-Step 3 times a week

Time with spouse every Friday

Play golf with friends

Get some good alone time

Examples:

Go fishing on Saturdays

Daily prayer time

Go to church/temple/mosque

Play time with the kids

SMOHIT HELPLINE

1-877-884-6227