We can change these negative thought patterns using some techniques from cognitive behavioral therapy (CBT). This type of therapy focuses on the relationship between thoughts, feelings, and behavior. By breaking unhelpful patterns of thought, we change our core beliefs.

Our thoughts, feelings, and behavior all influence each other. This is why cognitive behavioral therapy (CBT) focuses on the cycle of thoughts, feelings, and behavior. Changing our thoughts can change our feelings, which can change our behavior, and vice versa. Changing how we think takes practice, but it is possible over time. We can use strategies such as charting and the nevertheless technique to alter our core beliefs.

Cognitive behavioral therapy is a way of addressing negative patterns of thoughts, feelings, and behavior. By breaking unhelpful patterns of thought, we change our core beliefs. Our thoughts, feelings, and behavior all influence each other. This is why cognitive behavioral therapy (CBT) focuses on the cycle of thoughts, feelings, and behavior. Changing our thoughts can change our feelings, which can change our behavior, and vice versa. Changing how we think takes practice, but it is possible over time. We can use strategies such as charting and the nevertheless technique to alter our core beliefs.

### Changing Our Thoughts

1. **Situation:** Sitting alone at lunch time
2. **Thought:** Worthless and unlovable
3. **Evidence for:** She doesn't like me
4. **Evidence against:** Sitting by myself
5. **Alternative thoughts:** She has never done or said anything that explicitly says she doesn’t like it. Plus, she is doing a lunch-time club.

### Nevertheless Technique

For example:

She didn't have lunch with me, so I am unworthy. By using one simple little word, nevertheless, we can change our perspective so that we don’t blame events and other people for how we feel. For example:

- She didn't have lunch with me, nevertheless, I'm still a worthy and likeable person.

### Identifying Your Feelings

*The idea behind doing this exercise is to train ourselves to think of realistic and positive alternatives to our thoughts and feelings.*

Every day of next week, you need to write in your table. With practice, it does become easier, and you will be able to think of more alternative thoughts the more you do it.

If you can continue this exercise for a month, you're going to be far more aware of how your thoughts, feelings, and behavior interact. Recognizing how your thoughts, feelings, and behavior interact is a crucial step in breaking the vicious cycle.

To break this cycle, we need to think of alternatives to our thoughts and feelings. On a big piece of paper, or on your computer, jot down these headings (or you can download one and print it out):

- **Situation**
- **Thought**
- **Evidence for**
- **Evidence against**
- **Alternative thoughts**

### Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a type of therapy that helps people change their negative thought patterns. It is based on the idea that our thoughts, feelings, and behavior are all interconnected. By changing our thoughts, we can change our feelings and behavior.

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