



# CBT Journal For Dummies

By Rob Willson, Rhena Branch



**CBT Journal For Dummies** By Rob Willson, Rhena Branch

## Keep track of the progress you're making with Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique that teaches you how to break free from destructive or negative behaviours and make positive changes to both your thoughts and your actions. *CBT Journal For Dummies* offers a guided space for you to keep a record of your progress, used in conjunction with either *CBT For Dummies* and/or alongside consultation with a therapist.

This book features an introduction to CBT, followed by a guided 100-day journal. Each chapter focuses on a new CBT technique, with information on how to use the journal space and assessment advice. Topics covered include; establishing the link between thoughts and feelings; preventing 'all or nothing' thinking; turning mountains into molehills; focusing on the present; using emotional reasoning; avoiding over-generalising; thinking flexibly; keeping an open mind; assessing the positives; coping with frustration; tackling toxic thoughts; naming your emotions; comparing healthy and unhealthy emotions; working through worry; defining your core beliefs; adopting positive principles; and much more.

- Has a removable band, leaving a discreet black journal
- The small trim size makes it perfect to use on the go
- A CBT 'thought for the day' appears on alternate blank pages
- Content is progressive, encouraging you to keep working through the following days
- Coverage is generalized enough to be applicable to every user of CBT

If you've already purchased a copy of *CBT For Dummies* or *CBT Workbook For Dummies*, or are just looking for a practical new tool to develop your thinking, *CBT Journal For Dummies* is your one-stop guide to keeping track of your post-session homework.

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### Editorial Review

From the Back Cover

#### Work your way through life's problems with CBT

Challenge negative thinking while keeping track of your thoughts and feelings using this handy journal. Whether you're working through problems on your own, or speaking to a therapist, this journal provides 12 weeks of practical ideas and exercises to help guide you through your therapy.

- Read the signs – explore your emotions as you write and learn to spot errors in your thinking
- Maintain your mind – use your journal to help you work through your worries and adopt a positive approach to problem solving
- Reflect for success – set your sights on achievable tasks and look forward to the future

#### Use your journal to:

- Prevent 'all or nothing' thinking
- Assess the positives
- Tackle toxic thoughts
- Turn mountains back into molehills
- Explore mindful thinking
- Maintain and strengthen positive beliefs
- Help you accept your past and enjoy the present

About the Author

**Rob Willson** and **Rhena Branch** are CBT therapists who work in private practice in north London. They have both taught and supervised the MSc CBT course at Goldsmiths, having previously worked at The Priory Hospital in London. They are the co-authors of *Cognitive Behavioural Therapy For Dummies*, *Cognitive Behavioural Therapy Workbook For Dummies* and *Boosting Self-Esteem For Dummies*.

### Users Review

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