

**tier3**

Weight  
Management Service

**NHS**

**Doncaster and Bassetlaw  
Teaching Hospitals**

NHS Foundation Trust

**CBT Session 4**

[www.dbth.nhs.uk](http://www.dbth.nhs.uk)

# Welcome back!

- Any difficulties accessing the website / filling in forms?
- Any Significant reflections after last session?
- Homework completed?
- Any questions?

# Course content.....

1. Stigma, changing perspectives and the compassionate self
2. Breaking down resistance to change and goal setting
3. Mindfulness
4. Positive reframing of emotions and thought challenging
5. Food rule challenging, fighting cravings and changing habits
6. Preparing for tier 4 / bariatric surgery and relapse prevention

How is mindfulness going?

Any experiences to share?

# Notice any unhelpful thinking habits ?



## Mental Filter

When we notice only what the filter wants or allows us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed



## Judgements

Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for

## Compare and despair

Seeing only the good and positive aspects in others, and comparing ourselves negatively against them



## Catastrophising

Imagining and believing that the worst possible thing will happen



## Mind-Reading

Assuming we know what others are thinking (usually about us)



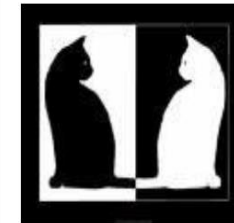
## Emotional Reasoning

I feel bad so it must be bad! I feel anxious, so I must be in danger



## Critical self

Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility



## Black and white thinking

Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'



## Prediction

Believing we know what's going to happen in the future

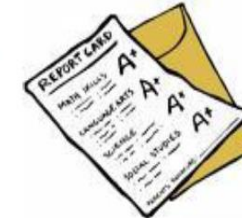


## Mountains and Molehills

Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives

## Shoulds and musts

Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations



## Memories

Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now



sess

DON'T  
BELIEVE  
EVERYTHING  
YOU  
THINK



**KEEP  
CALM**  
AND REVIEW YOUR  
**COGNITIVE  
DISTORTIONS**

And.....

**Our focus of attention, thoughts & interpretations directly impact on our feelings and behaviours....**

**Negative Thoughts = Uncomfortable Feelings**  **lead to** **Regretted Behaviours**

# Thought Challenging.....

## Group exercise :

[..\..\handouts for patients\commonly used forms\Positive re-framing and thought challenging exercise.docx](#)



# Example of thought challenging:

<b>Negative thoughts &amp; how these make you feel</b>	<u>Advantages and Core Values</u> —Ask yourself: 1. What are some advantages, or benefits, of this negative thought or feeling? 2. What does this negative thought or feeling show about me and my core values that is beautiful, positive and helpful?	<b>Unhelpful thinking habits</b>	<b>Alternative balanced thought – factual – no thinking errors &amp; you must believe it 100%</b>
<p><b>Situation:</b> Going to the super market</p> <p><b>Thoughts:</b> “People will stare at me and think she looks disgusting” –believe this 100%</p> <p><b>Emotions:</b> Anxiety (90%), embarrassment (100%), disgust (100%)</p> <p><b>If you could, would you get rid of these thoughts and feelings?</b></p>	<p>These thoughts and feelings highlight that I am not happy with the way I look, motivating me to change, and show that I care about what others think, which helps me to fit into society.</p> <p>They show that I care about myself and am a proud person.</p> <p>They also show that I am realistic; recognising that human’s do judge one another at times, and I am modest enough to recognise my flaws.</p> <p><b>No longer want to get rid of them</b></p>	<p>Mind reading</p> <p>Predicting</p> <p>Mental filtering</p> <p>Critical self</p> <p>Judgements</p> <p>Mountains and molehills</p> <p>Black and white</p>	<p>I don’t know what will happen in the future, and I don’t know what others are thinking!! – believe this 100%</p> <p>There is more to me than the way I look – believe this 100%</p> <p>It is unfair of me to assume that everyone is judgmental – believe this 100%</p> <p><b>Emotions now:</b> anxiety (40%), embarrassment (30%)</p>

# Homework.....

1. If you suffer with fluctuating moods or a distressing situation is weighing you down; start a thoughts and feelings diary or put it down on a thought challenge sheet.
2. Challenge any negative thoughts you identify using the methods taught here / thought challenge exercise.
3. Practise regularly to gain control over irrational thinking

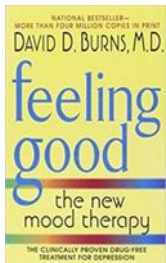
# Helpful resources:

## Free podcasts:

009: Should I Try to Be Happy All the Time? Healthy vs. Unhealthy Emotions:  
<https://feelinggood.com/2016/11/15/podcast-9-should-i-try-to-be-happy-all-the-time-healthy-vs-unhealthy-emotions/>

010: Negative and Positive Distortions (Part 1, 2 & 3):  
<https://feelinggood.com/2016/11/18/podcast-10-negative-and-positive-distortions-part-1/>

## Book:



‘Feeling Good’ series of books / podcasts, by psychiatrist, David D. Burns, scientifically proven techniques that will immediately lift your spirits and you develop a positive outlook on life / relationships.

# Any Questions?

Don't forget to check in with the website for the relevant handouts for today's session and the next!

Thank you for your time  
we hope you enjoyed the  
session

We would be very grateful if you could fill in the  
feedback questionnaire, your views are very  
important to us.