

THE ABC OF CBT

Understanding your emotions and the Cognitive Behaviour Therapy (CBT) skills which can help you



Apathetic? Try activity scheduling



Bombarded? Try boundaries



Calm? Try controlled breathing



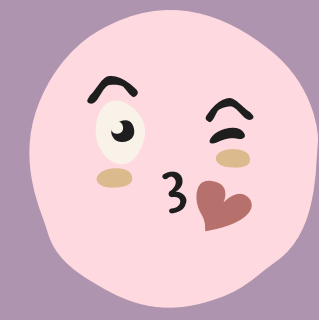
Distressed? Try distraction skills



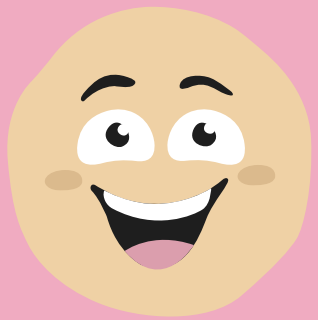
Embarrassed? Try exposure therapy



Fearful? Try focusing on the present



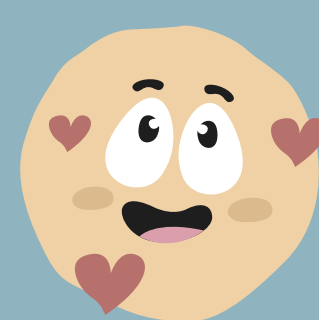
Grateful? Try gratitude writing



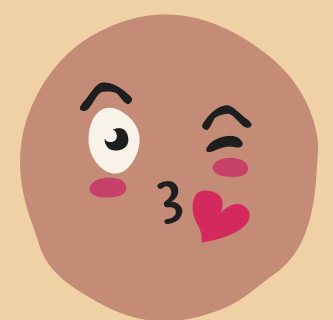
Happy? Try healthy habits



Irritated? Try interoceptive exposure



Joyful? Try journaling



Kind? Try kind self-talk



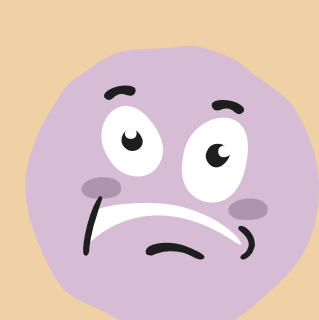
Lonely? Try less avoidance



Miserable? Try mindfulness



Nervous? Try noticing your strengths



Overwhelmed? Try open communication



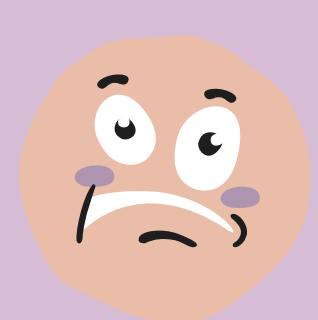
Proud? Try Progressive Muscle Relaxation



Quizzical? Try questioning negative thoughts



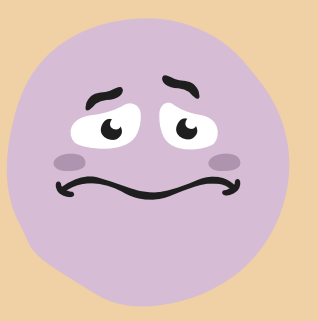
Regretful? Try reaching out to others



Scared? Try shifting your attention



Tense? Try time in nature



Unfocused? Try using your supports



Vulnerable? Try validating your emotions



Weary? Try waking at a regular time



X-hausted? Try X-tra self-care



Yearning? Try yielding self-compassion



Zealous? Try Zzzz's! (Prioritise sleep)