

# Cognitive Behavioural Therapy Basics: Thought Reframing

## A JOURNEY TO FULLNESS

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**TRIGGER**

**THOUGHT**

**FEELING**

**BEHAVIOUR**

**CONSEQUENCE**

**Eating a piece of cake at work**

I have no willpower, I am such a failure, I have blown it now I may as well try again tomorrow.

I feel guilty and ashamed.

Stop at the shop on the way home and buy chocolate, ice cream and crisps. Eat them mindlessly at home.

Feeling physically sick and exhausted. Restricts food the following day and engages in binge eating in the evening again.

We cannot always change the trigger so we have to focus on reframing the thought.

Is this thought accurate? What evidence do I have for and against it? Is this thought helpful?

What is a more accurate and helpful thought? Reframing the thought can change how we feel, behave and the consequences of these

**Eating a piece of cake at work**

I am pleased I joined in with my colleagues birthday celebrations. I am learning that restrictive diets do not benefit me.

I feel a little uncomfortable, safe and calm.

Go home, relax with partner and enjoy a dinner together.

Have a good nights sleep, feel energised, able to concentrate at work the next day.