

Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: I'm the worst friend

EMOTION

How you feel
Ex: I feel sad and hopeless

BEHAVIOR

How you handle the situation
Ex: Isolate and withdraw

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are making your PTSD symptoms worse by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thought:

Is my thought factual?

What evidence do I have to support my thought?

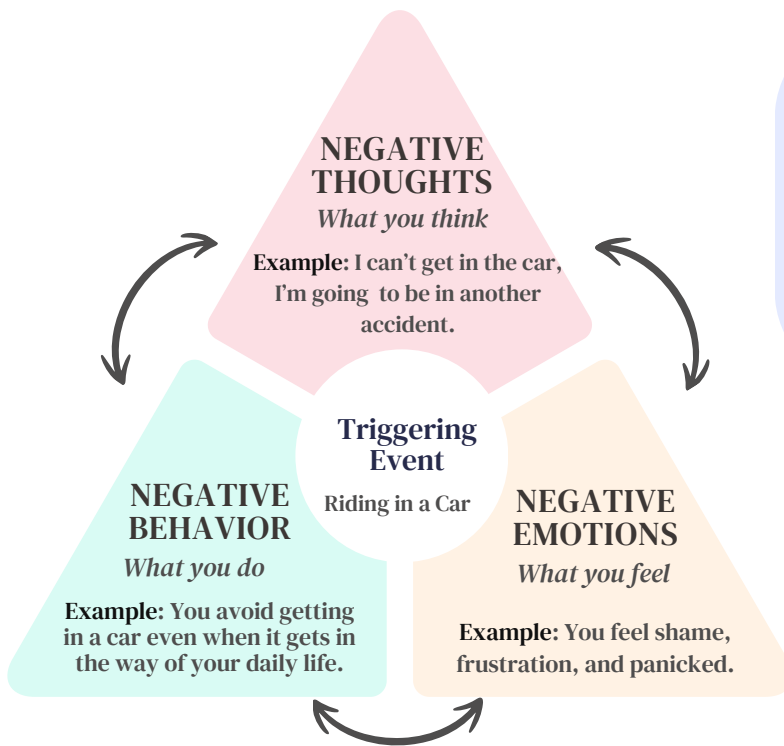
What would someone else say about the situation?

Is it possible to view this situation differently?

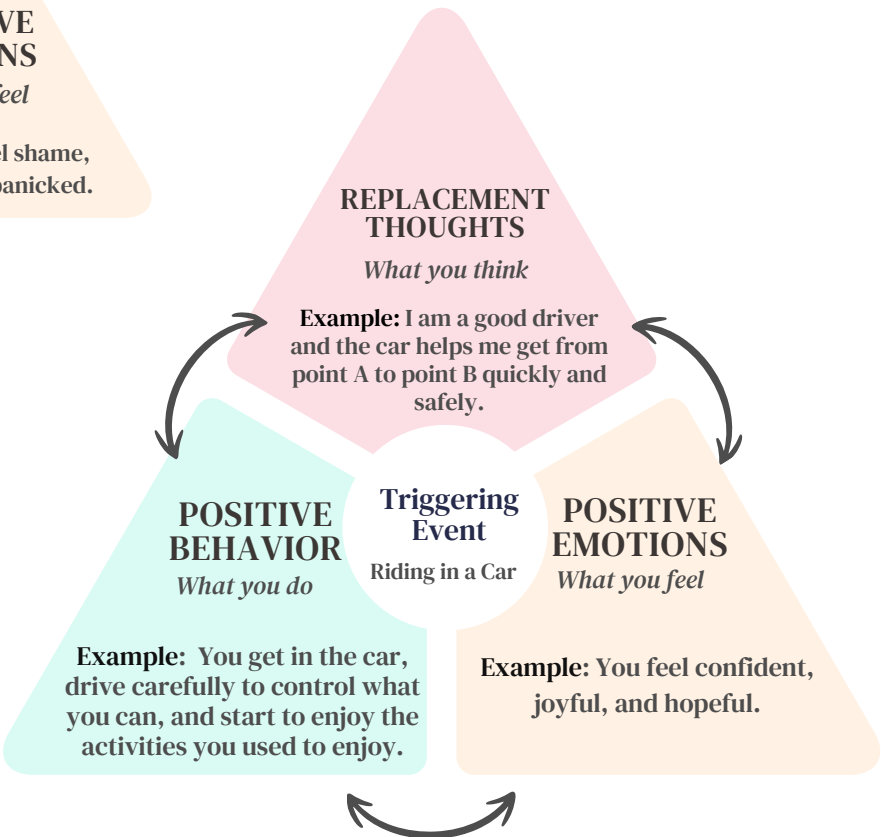


Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. Cognitive restructuring can help interrupt and change negative thought patterns to help reduce symptoms of PTSD, such as anxiety, distress, irritability, and body tension.



Here is an example of how a negative thought causes negative emotions and behaviors. Using cognitive restructuring to change the thoughts can change and improve the emotions and behaviors.



If you have a positive thought following a triggering event, positive emotions and behaviors follow. Those positive behaviors lead to more positive thoughts, and the positive cycle continues.

