
Cognitive-Behavioral Therapy

We need to deal with anxiety and depression from every therapeutic angle that we have available to us. Cognitive-behavioral therapy specific to social anxiety has been shown to be most effective, as it literally *changes* the brain. Therefore, we focus on three main areas:

1. COGNITIVE	2. BEHAVIORAL	3. EMOTIONAL
<p>(thinking/belief processes)</p> <p>We learn new methods to change our old thinking patterns and habits.</p> <p>We have several dozen MAJOR strategies that we use to reduce anxiety.</p> <p><i>Strategies Useful to Changing Negative Thoughts:</i></p> <p>Slow-talk (Calm talk),</p> <p>Negative thought stoppage,</p> <p>Changing irrational beliefs into rational beliefs,</p> <p>The “fighting” paradox,</p> <p>Rational self-talk,</p> <p>Moving our self-statements up,</p> <p>Assertiveness,</p> <p>Correction of cognitive distortions,</p> <p>A rational view of the world and how we fit into it</p>	<p>(our actions/what we do)</p> <p>The behavioral aspect of therapy is the part where we actually put everything into place in everyday, real-life situations.</p> <p>This area is best handled along with cognitive therapy, because we need a strong foundation of cognitive and emotional skills/strategies so that we can begin living and acting differently.</p> <p>Behavioral treatment is essential. We must put the cognitive methods and strategies we learn into practice.</p> <p>We put cognitive methods into behavioral practice in a step by step, hierarchical way, starting from what is least anxiety-causing, and working our way up, incrementally, from that point.</p>	<p>(emotional brain strategies)</p> <p>It is important to learn to control our emotions. A type of calming strategy should be accessible to everyone. The feelings of calmness and peace are emphasized and allowed to grow.</p> <p>The more your brain is quiet and relaxed, the easier therapeutic information can be processed. Being calm allows the therapy to reach your brain and be understood better.</p> <p><i>Strategies to become more emotionally rational:</i></p> <p>“The Peace zone,”</p> <p>Determined slow /calm talk,</p> <p>Imaging,</p> <p>Progressive muscle relaxation,</p> <p>Meditation,</p> <p>Mindfulness</p> <p>Other Relaxation Methods</p>