



CBT SKILLS CARD

Cognitive Skills	Tally (x)
1. Urge Surfing: Observe the urge, rate the urge give it a number (1-10 {1 is low/10 is high}), engage in a distraction for 10 minutes that you do not associate with the urge, after 10 minutes re-rate your urge. If the urge has been reduced by at least half, you are done. If the urge has not been reduced by half, then distract again (with the same or different distraction) for 10 more minutes.	
2. Urge Postponement: Use after trying two cycles of urge surfing. Commit to engaging in the behavior you are having an urge for in no less than 3 hours and no more than 24 hours since the urge began (only if the urge will not end your life or is not self-injury). Do the behavior in public (if appropriate, for example: eat a binge food/trigger food in public).	
3. Cognitive Distortions: Label your cognitive distortion in your mind (Example: This is me catastrophizing). Cognitive Distortions are mind reading, fortune telling, catastrophizing, labeling, discounting positives, negative filtering, overgeneralizing, dichotomous thinking, shoulds, personalizing, blaming, unfair comparisons, regret orientation, what if, emotional reasoning, inability to disconfirm, or judgement focus. The goal is to recognize that our minds can distort our perceptions of ourselves, other people, the world. Identifying the distortion can give us more room/make it easier to challenge the thought.	
4. Formal Problem Solving: 1) Identify the problem (only select something that can be solved). 2) Summarize the problem in one sentence. 3) Brainstorm ALL possible solutions (even solutions you would not do). 4) Rate each solution (0-10) for how practical and effective (example: Talking to my parents {practical 8 and effective 9}. 5) Pick the top 3 solutions with the highest practical and effective ratings. 6) Use the solution and evaluate how it went. Pivoting to the productive vs. unproductive worry unit/skill if your struggling to identify the problem in one sentence or brainstorm solutions.	
5. Thought Logs: What is the situation, Automatic Negative Thoughts (ANTs), Emotions, Distortions, Evidence that supports ANTs, Evidence that does not support ANTs, and Alternative thoughts.	
6. Worry Time: Commit to a particular time each day (same time if possible) you can worry, worry for 10 minutes, at the end use a skill to distract (to stop worrying). Throughout the day, remind yourself as worries come up for you that you will worry during worry time only (can jot worries down to worry about them later).	
Behavioral Skills	
7. Behavioral Activation: Behavioral activation is an intervention designed to help individuals dig themselves out of this hole (depression), using a similarly gradual process. Keeping it gradual keeps it manageable, makes feeling better doable, and increases the chance for change. Create a plan to complete a task in the morning, afternoon and evening. Make sure to include some pleasurable activities as well.	
8. Activity Scheduling: Activity scheduling is a tool that helps combat avoidance of pleasurable and accomplishment-oriented tasks. Activity scheduling helps to structure unstructured time and improves mood by engagement in meaningful and value driven activities and decreasing avoidance. Create a structured schedule of how you are going to spend a day or series of days. Make sure to include awake time, bedtime, your meal plan, and different activities (pleasurable and accomplishment based). You can also chunk tasks as well or break tasks down into increments that feeling realistic (steps/pieces or time).	

9. Perfectionism and Procrastination: Perfectionism drives us to complete tasks in a precise way, often leading to difficulties delegating and managing time. Perfectionists are unable to leave a task partially completed, and often struggle to finish tasks on time due to unrealistic standards of achievement. Procrastination results from the urge to avoid the undesirable feelings (inadequacy, frustration, vulnerability, loss of control, disinterest) that come from completing certain tasks. Work on completing tasks and tolerating the process. You can also chunk tasks as well or break tasks down into increments that feeling realistic (steps/pieces or time).	
10. Exposures: Over time, we become more sensitive to the experience of anxiety and end up limiting our activities even further in order to avoid this distress ... which leads us to engage in a life that is limited and often driven by fear rather than our values. Exposure work has us face things that make us anxious or where we may feel distress to reduce our avoidance and increase our ability to tolerate uncomfortable emotions. Exposure work is intentional, time bound, and we plan to engage with a valued activity sometime that day to respond to the distressing stimulus differently.	
11. Sleep Hygiene: Sleep hygiene assists in setting up your environment to improve sleep quality. 1) Bed is only used for sleep and sex 2) set a sleep and wake time everyday (even on weekends) 3) No screens for a minimum of 2 hours before bedtime 4) Keep bedroom at 65 degrees, or as cool as you can tolerate 5) Take a warm shower or bath before bedtime 6) Make sure room is dark 7) Listen to white noise.	

CBT SKILLS CARD LOG

Date (DD/MM)	Skill Used (#)	Description of Event and Use of Skill