The Cognitive-Behavioral Cycle
And how to Break it.

- Ctrl + home  Go to first slide
- Ctrl + end   Go to last slide
- Backspace   Go back to previous slide
- ESC         Stop slide show
- +           Turn Volume up
- -           Turn Volume down
- Home        Replay slide show sound
- End         Stop sound
- a           Go to 3° Clarification Method
- b           Start of Mindtalk Model
- c           Step by Step Instruction

© J. B. Condon, 2016 all rights reserved. This slideshow is copyrighted, but may be freely shared and used openly without charge provided the source is acknowledged. If permission is needed in writing, contact condonj@clearcognition.org.
The Cognitive-Behavioral Cycle
And how to Break it.

To fully appreciate this slideshow, a familiarity with the Deception Generator and the Esteem Generator is recommended. These are available for review on www.clearcognition.org. You need your password to access them since they are copyrighted materials.
The Popular Reaction Model

External stimuli

Event ➔ Emotional Reaction
The Popular Reaction Model

Example:

External stimuli

She insulted me → so... → I’m Fuming Mad!

Event → Emotional Reaction
The Popular Reaction Model

Event → Behavioral Reaction

External stimuli
The Popular Reaction Model

Example:

- He insulted my wife
- so...
- I punched him

External stimuli

Event

Behavioral Reaction
The Popular Criminal Behavior Model

Event → Criminal Character → Behavioral Reaction
The Popular Criminal Behavior Model

He needed a fix and He’s a lazy junkie so... He robbed the bank

Event Criminal Character Behavioral Reaction
The Popular Criminal, etc., Behavior Model

Event ➔ Criminal Character
Immoral Character
Lazy Character
etc., or simply bad ➔ Behavioral Reaction
There is another way to view this. It is the internal thoughts and conditioning which causes people to *automatically* react in a certain way with no free will.
What? You’re saying I do not have free will?

Calm down, now. What is being said is that when caught in this Cognitive-Behavioral Cycle, which is about to be explained, is when you are on automatic.

Furthermore, it is not true that automaticism is bad or unhealthy. If you are driving a car, good reflexes can save your life. What is being proposed here is that it is not desirable to place everything in your life on automatic.
Events are sensed by a person with sight, sound, smell, touch and taste and brought into awareness mostly *unconsciously* and a situation is observed internally.
The situation is then passed through a filter for interpretation. This filter has been created by experiences. So how is this filtering done?
Firstly, there are the past experiences of reality. One can recognize a physical wall and not run into it. One can recognize the identity of people, etc. This type of recognition in the filter is not normally a problem, indeed it is required for survival and also for a re-balanced mental state.

Checking ones Experience of Reality is seldom a problem. Therefore, this will not be addressed and further in this presentation.
There exists for every human (at least past infancy) a list of core beliefs which are in place to instruct the Experience Filter how to interpret the situation as observed.
The interpretation is then compiled and given over to what is called here as Situational Mindtalk. (For “negative” thoughts these are called “Automatic Negative Thoughts.”)
The Mindtalk then triggers an emotional reaction that, from experience and from the core beliefs, seem to be appropriate and gets the person ready to react.
The Emotions that are produced then drives the unconscious choice about what course of action to take. This then leads to the Behavioral Reaction. There is **not any free will** in this chain of events.
In a bit of irony, the automatic reaction will lead to a new event which is usually not a favorable outcome and a new cycle is born!
There is another sub-cycle involved with the Experience Filter, Core Beliefs, Situational Mindtalk, and Emotional Reaction (outlines in red called the Deception Generator), which this course spends much time addressing. For the moment, the question is, “How can this automatism chain be broken?”

(Use the Deception Generator in order to write down the Mindtalk.)
The first step in breaking the chain is noticing the signal of the strong emotions that drive this cycle such as: Anxiety, Depression, Anger, Helplessness, Inflexibility, Confusion, etc.
Now, revisit the event. Feel the emotion and write down the mindtalk. At this point the Deception Generator is useful.
This next step is to verify whether the mindtalk is truthful or not. Ask if each statement of mindtalk is “true”, “false” or “I don’t know”
Now look at the list and see how many statements of mindtalk are true (usually not many, one or two.)

This will break the link between the mindtalk and the Emotional Reaction.
Once the link driving the Emotion Reaction is broken, the reaction dissipates.
You will then notice that the entire chain breaks down. You are now free from an unconscious choice, but rather you are able to choose consciously.

The new model looks like the following:
Rather than reacting automatically, one now first notices the emotions - Step 1.
Event

Situational Observation

Experience Filter

Core Beliefs

Noticing Emotion

Emotional Reaction

Situational Mindtalk

Core Beliefs

Consciously Listening to Mindtalk

Step 2 Listen to the Mindtalk, both the Situational Mindtalk and the Core Beliefs.
Mindtalk Model the Cycle Modified

Event

Situational Observation

Experience Filter

Core Beliefs

Noticing Emotion

Emotional Reaction

Situational Mindtalk

Step 3 Verify the truth of the Mindtalk: True, False or Don’t know?

Verifying the Truth of the Mindtalk

Consciously Listening to Mindtalk

? + CB
Event 

Situational Observation 

Experience Filter 

Core Beliefs 

Situational Mindtalk 

Emotional Reaction 

Noticing Emotion 

Verifying the Truth of the Mindtalk 

Consciously Listening to Mindtalk 

Conscious Choice 

Behavioral Response 

Step 4 Make a conscious choice as to how you respond.

New

Mindtalk Model the Cycle Modified

- 30 -
This may change the quality of the reactions from others, but there is no guarantee (the yellow CAUTION.) More important is how it changes you!
The Cognitive-Behavioral Cycle
And how to Break it.
This is the End of the SlideShow.

There are some notes on the next page and the Triple Column Worksheet on the last page. For more information see the website http://www.clearcognition.org.

A longer list of dysfunctional thoughts (“false” or “don’t know” mindtalk) are at http://www.clearcognition.org/cognitive_distortions/CDindex.html.

You can advance to the notes by using the right arrow. To advance to the beginning of the worksheets, use the right arrow again.

Press “a” to go to the 3+ column worksheet, a substitute for the Deception Generator.
Notes

1 I have not discover the origin of the word “mindtalk.” Drs. Brad Brown and Roy Whitten used this term in their program in 1980. According to my brother who is a neuro-linguistic therapist, it was used in NLP. Several web sites use the word in their title, but the word existed before WWW.

2 Automatic reactions are usually not harmful, and indeed necessary. Fast reflexes can save lives. Most of us rely on automatism to walk. Even driving a car is done mostly automatically. (How often have you arrived at work and not been able to remember the details of how to get there? How is it that people can (literally) sleep-drive?) Automatic is almost always unconscious, although one can observe automatic behavior even as it is happening.

3 Researchers argue whether emotions come first or mindtalk comes first in timing. The timing is extremely fast, so the question is, “Does it really matter?” Never-the-less, I will weigh in with my opinion. I have noticed since becoming fluent in another language that the mind talk does get translated. Furthermore, I am somewhat unusual in that I remember very clearly being non-verbal and having thoughts that I could not express in words. I would today use the words, “I don’t want to leave!” and “Go back there!” I come down on the side that the mind talk is the translator of the thought and the emotion seem to come linked simultaneously from the non-verbal thought.

4 Another method used in CBT and MC(B)T is called the 3 (or triple) column technique developed by D. Burns in 1999 or the “Simple Thought Record” promoted by Psychology Tools. A more extensive sheet is the 7 column worksheet developed by Beck. The Deception Generator, developed by Brad Brown in 1980, is a little more flexible than either of these and especially does not squeeze dysfunctional thinking into 10 categories. I have determined that the literature lists at least 25 dysfunctional thoughts, but the number does not matter since there is a universal way of approaching the verification.

5 In follow-on, the Triple Column worksheet is modified from D. Burns, Feeling Good: The New Mood Therapy Harper Collins, NY (1999). The Deception Generator and a more complete list of Dysfunctional Thoughts are on the website www.clearcognition.org.
Resources and Worksheets

Available from Psychology Tools and other sources

The following worksheets and resources, although not the same as the copyrighted materials from MTL used in the Power of Self Esteem and Power of Purpose courses, are open sources and one needs not to pay for a license to use them. They are not quite as intuitive as the MTL materials and how they fit into the Cognitive Behavioral Cycle, so additional explanation and instruction might be necessary. Check with a CBT or MCT therapist how to get into the practice of self mental health maintenance.

To advance through this material, use the right arrow key, →.
<table>
<thead>
<tr>
<th>Thoughts (Mindtalk)</th>
<th>T, F or unknown (U)</th>
<th>Polarized Thinking</th>
<th>Positives Negated</th>
<th>Catastrophism</th>
<th>Emotional Reasons</th>
<th>Shoulds musts, etc.</th>
<th>Blame</th>
<th>Over generalization</th>
<th>Rational Response</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The C-B Cycle as expressed by Psychology Tools

Maintaining cycles are derived from functional analyses of behaviour. Helpful principles of behavioural analysis to consider are that behaviours which lead to short-term relief are reinforced, even if they prolong or maintain a difficulty in the long-term.

The intolerable internal state will consist of powerful emotions such as fear, anger, or despair. It might include cognitions if a client identifies this as important (e.g. “I am a failure”).

The emotional state is drawn as central - it is the source of the problem behaviours or experiences that are leading the individual to seek help.

- Significant events such as trauma, abuse, or loss are seen as important contexts for the current distress.
- The immediate trigger for the current distress is seen as being linked to past events (e.g. trauma, abuse, loss).
- A key principle of the emotion-focused formulation approach is to use, as much as possible, the client’s own language.
- Therapists should try to translate any psychological terms into everyday language.
- This is a behavioural approach and maintenance cycles should focus on behaviours and consequences.
Emotion Focused Formulation

The past

Recent stress

[Diagram of an emotion explosion]
4 column ABCD

<table>
<thead>
<tr>
<th>Activating Event</th>
<th>Beliefs</th>
<th>Consequences</th>
<th>Dispute (verification)</th>
</tr>
</thead>
</table>

See: https://www.1alliancecps.com/wordpress/2013/09/02/cognitive-behavioral-therapy-cognitive-journaling-using-the-abc-model/
## Simple Thought Record

<table>
<thead>
<tr>
<th>Situation</th>
<th>Feelings</th>
<th>Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who, what, when, where?</td>
<td>What did you feel? Rate your emotion 0 - 100%</td>
<td>What was going through your mind as you started to feel this way? (Thoughts or images)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# CBT Thought Record

<table>
<thead>
<tr>
<th>Where were you?</th>
<th>Emotion or feeling</th>
<th>Negative automatic thought</th>
<th>Evidence that supports the thought</th>
<th>Evidence that does not support the thought</th>
<th>Alternative thought</th>
<th>Emotion or feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where were you?</td>
<td>Emotions can be described with one word: E.g.: angry, sad, scared</td>
<td>What thoughts were going through your mind?</td>
<td>What facts support the truthfulness of this thought or image?</td>
<td>What experiences indicate that this thought is not completely true all of the time? If my best friend had this thought what would I tell them? Are there any small experiences which contradict this thought? Could I be jumping to conclusions?</td>
<td>Write a new thought which takes into account the evidence for and against the original thought</td>
<td>How do you feel about the situation now? Rate 0 - 100%</td>
</tr>
<tr>
<td>What were you doing?</td>
<td>Rate 0-100%</td>
<td>What memories or images were in my mind?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Who were you with?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 3+ Column Clarification Method

<table>
<thead>
<tr>
<th>Event:</th>
<th>Emotion: I have to (do what?) or else I/it am/will be</th>
<th>Verification step true, false or don’t know (or % possible -careful!)</th>
<th>Rational Response Alternative to “have to.” or what do you choose?</th>
</tr>
</thead>
</table>
### 3+ Column Clarification Method

**Event:** Describe the event, where you were, what you physically sensed, who was there, what was said, etc.

<table>
<thead>
<tr>
<th>Emotion: Physical sensations, where in your body?</th>
<th>Verification step</th>
<th>Rational Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have to (do what?) or else I/it am/will be</td>
<td>true, false or don’t know (or % possible -careful!)</td>
<td>Alternative to “have to.” or what do you choose?</td>
</tr>
</tbody>
</table>


### 3+ Column Clarification Method

<table>
<thead>
<tr>
<th>Event: Describe the event, where you were, what you physically sensed, who was there, what was said, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotion: Physical sensations, where in your body?</td>
</tr>
<tr>
<td>I have to (do what?) or else I/it am/will be</td>
</tr>
<tr>
<td>Verification step true, false or don’t know (or % possible -careful!)</td>
</tr>
<tr>
<td>Rational Response Alternative to “have to.” or what do you choose?</td>
</tr>
</tbody>
</table>

*In reaction to the emotion and physical sensation, write down what your thoughts are about what you must (or not) do, have to do, (or not) want to do, can (or not) do.*
### 3+ Column Clarification Method

**Event:** Describe the event, where you were, what you physically sensed, who was there, what was said, etc.

<table>
<thead>
<tr>
<th>Emotion: Physical sensations, where in your body?</th>
<th>Verification step</th>
<th>Rational Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have to (do what?) or else I/it am/will be</td>
<td>true, false or don’t know (or % possible -careful!)</td>
<td>Alternative to “have to.” or what do you choose?</td>
</tr>
</tbody>
</table>

*In reaction to the emotion and physical sensation, write down what your thoughts are about what you must (or not) do, have to do, (or not) want to do, can (or not) do.*

*Tell what thoughts you have about what type of person you are or would be if you did not do (or did do) what you thought in the “have to” column instructs you.*
### 3+ Column Clarification Method

**Event:** Describe the event, where you were, what you physically sensed, who was there, what was said, etc.

<table>
<thead>
<tr>
<th>Emotion: Physical sensations, where in your body?</th>
<th>Verification step true, false or don’t know (or % possible -careful!)</th>
<th>Rational Response Alternative to “have to.” or what do you choose?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have to (do what?) or else I/it am/will be</td>
<td>Tell what thoughts you have about what type of person you are or would be if you did not do (or did do) what you thought in the “have to” column instructs you.</td>
<td></td>
</tr>
</tbody>
</table>
### 3+ Column Clarification Method

<table>
<thead>
<tr>
<th>Event: Describe the event, where you were, what you physically sensed, who was there, what was said, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emotion:</strong> Physical sensations, where in your body?</td>
</tr>
<tr>
<td>I have to (do what?)</td>
</tr>
<tr>
<td>In reaction to the emotion and physical sensation, write down what your thoughts are about what you must (or not) do, have to do, (or not) want to do, can (or not) do.</td>
</tr>
</tbody>
</table>

Now what is your mind telling you about what you have to do (etc.) to prove that you are not the person that your mind is telling you in the “or Else” column. |

### Verification step
true, false or don’t know (or % possible -careful!)

### Rational Response
Alternative to “have to.” or what do you choose?
### 3+ Column Clarification Method

<table>
<thead>
<tr>
<th>Event: Describe the event, where you were, what you physically sensed, who was there, what was said, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emotion:</strong> Physical sensations, where in your body?</td>
</tr>
<tr>
<td>I have to (do what?)</td>
</tr>
<tr>
<td>In reaction to the emotion and physical sensation, write down what your thoughts are about what you must (or not) do, have to do, (or not) want to do, can (or not) do.</td>
</tr>
<tr>
<td>Now what is your mind telling you about what you have to do (etc.) to prove that you are not the person that your mind is telling you in the “or Else” column.</td>
</tr>
<tr>
<td><strong>Event:</strong> Describe the event, where you were, what you physically sensed, who was there, what was said, etc.</td>
</tr>
<tr>
<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Emotion:</strong> Physical sensations, where in your body?</td>
</tr>
<tr>
<td><strong>Verification step</strong> true, false or don’t know (or % possible -careful!)</td>
</tr>
<tr>
<td><strong>Rational Response</strong> Alternative to “have to.” or what do you choose?</td>
</tr>
<tr>
<td><strong>I have to (do what?)</strong> or else I/it am/will be</td>
</tr>
<tr>
<td>In reaction to the emotion and physical sensation, write down what your thoughts are about what you must (or not) do, have to do, (or not) want to do, can (or not) do.</td>
</tr>
<tr>
<td>Tell what thoughts you have about what type of person you are or would be if you did not do (or did do) what you thought in the “have to” column instructs you.</td>
</tr>
<tr>
<td>Tell whether each of these thoughts is true, false or you don’t know.</td>
</tr>
<tr>
<td>For the “have tos” if you are uncertain, check the list of dysfunctional thoughts. These may be found at:</td>
</tr>
<tr>
<td><a href="http://www.clearcognition.org/cognitive_distortions/CDindex.html">www.clearcognition.org/cognitive_distortions/CDindex.html</a></td>
</tr>
<tr>
<td>(or with a student password Dr. John Hoover’s “Boxes” at:</td>
</tr>
<tr>
<td><a href="http://www.clearcognition.org/cognitive_distortions/Boxeslogin.html">www.clearcognition.org/cognitive_distortions/Boxeslogin.html</a>)</td>
</tr>
<tr>
<td>Now what is you mind telling you about what you have to do (etc.) to prove that you are not the person that your mind is telling you in the “or Else” column.</td>
</tr>
<tr>
<td>For each item in the first and second column, choose what you will do or how you will regard yourself, life and others as appropriate.</td>
</tr>
</tbody>
</table>
### An Example of: **3+ Column Clarification Method**

<table>
<thead>
<tr>
<th>Event:</th>
<th>I was instructing her how I made a calculation and she asked a question.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emotion:</strong></td>
<td>Mad, tight jaw, tight chest, clenched fists.</td>
</tr>
<tr>
<td><strong>I have to (do what?) or else I/it am/will be</strong></td>
<td><strong>Verification step</strong> true, false or don’t know (or % possible -careful!)</td>
</tr>
<tr>
<td>“How dare she, I have to show my outrage.”</td>
<td>False - I don’t have to</td>
</tr>
<tr>
<td>“I have to convince her I’m right.”</td>
<td>False - I’m neither right nor wrong, I just am. I am usually believed and am usually credible</td>
</tr>
<tr>
<td>“I can’t be useless, I may as well give up.”</td>
<td>False - I don’t have to</td>
</tr>
<tr>
<td>“I’ll have to disappear.”</td>
<td>False - not possible.</td>
</tr>
<tr>
<td>etc.</td>
<td>False Core Belief. Everyone has worth.</td>
</tr>
<tr>
<td></td>
<td>etc.</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Additional information

- The generally accepted cognitive behavioral cycle
- The relationship to traditional Christian theology
- How to modify Core Beliefs
The cognitive behavioral cycle according to modern psychology

The major cycle is from behavior to thoughts to emotions; whereas, there is a small cycle that might take place that is in the opposite direction. Notice that although an external event is what could trigger this cycle, it is not normally explicitly shown nor analyzed extensively as to its meaning.

The items listed for the Core Beliefs are the same in the Mindtalk Cycle.
The Corrected Mindtalk Model with Social and External Interaction

- Event
- Core Beliefs
- Experience Filter
- Situational Observation
- Noticing Emotion
- Emotional Reaction
- Situational Mindtalk
- Verifying the Truth of the Mindtalk
- Consciously Listening to Mindtalk
- Conscious Choice
- Behavioral Response
- External Reaction to your Response
- External World Events

New
Theology of the Cognitive Behavioral Cycle according the Drs. Brad Brown and Roy Whitten

Drs. Brad Brown and Roy Whitten were an Episcopal priests, holders of doctorates in psychology and pioneers in what is today call cognitive behavioral psychology. Their insight into the science of psychology, base on their family and pastoral counseling, and its relationship it to theology are presented here in a very abbreviate form.
The Theological Interpretation of the Corrected Mindtalk Model

Event

Situational Observation

Experience Filter

Core Beliefs

Father

Holy Spirit

Son

Consciously Listening to Mindtalk

Verifying the Truth of the Mindtalk

Conscious Choice

Satan’s Sandbox
How to Disempower Core Beliefs

Here are two methods that diminish the power of Core Beliefs

Once you have identified a Core Belief, you can disempower it by one of the two methods listed here. Even though you may have disempowered it, does not mean that it will never return again. However, when it does return you will more readily recognize it and be able to list it and verify its falsehood. These, then are the methods:

- One method is to say out loud phases such as “I do not believe that I am <the core belief>!” or “I refuse to believe...”, “It is not true that I am...” or similar phases. Repeat these phases over and over with power and meaning. When the Core Belief pops up again, repeat this exercise.

- Another method is to use a guided meditation. This method is a little more respectful of the core belief. Instructions for this are given at: http://ClearCognition.org/Slideshows/SSmeditations.html

Written instructions are given on the next two slides, but it would be best for the first that you try the meditation that you use the guided meditation given on the website.
Once you have done a clearing process, especially a SEE clearing process, you may discover some accusations that are particularly uncomfortable and pointed. Usually these are like, "I am unworthy," or "I would be shunned." In other words, one word would suffice to describe the core belief:

- unworthy,
- shunned,
- bad,
- criminal,
- naughty,
- incompetent,
- alone,

the list goes on and on. Not all these words apply to you, just a few. Thus, the exercise that follows must be customized to fit your particular core beliefs. So I will give you some instructions as to how to do this and go through it for you.

First determine what core belief you wish to address that is bothersome to you. Determine also what would be an appropriate replacement for this core belief. Using the first example "unworthy" one might choose "worthy" and a replacement. Be sure that you recognize the replacement may be used in the true statement starting with "I am." In this example, "I am worthy." So now, you have the core belief, in this case "unworthy" and its replacement "worthy".

Verbalize the core belief by addressing it as if it were a person. Say the following where the bell rings, <high bell>, will start the addressing of this core belief. A high sounding bell, <high bell>, will be a signal to say the core belief and a low sounding bell, <low bell>, will be the signal to say the replacement. For example, one might say to unworthy the following:

<high bell> "unworthy, I acknowledge you for the good that you have done for me in the past. You have allowed me to survive and overcome problems, but there are better methods that I choose consciously. You no longer need to call me <high bell> unworthy, for I am <low bell> worthy just as I am. <high bell> Unworthy your function is no longer needed, so you may go to sleep and not return to instruct me how to react, for I am <low bell> worthy just as I am." (continued on the next slide)
Repeat this over and over until you get a sense that you do believe the statement. It is not important what the exact words you use. If you forget this long mantra, don't worry. There are two things you need to first determine:

- What is the name of the core belief and
- What is the replacement name for the core belief

Then there are three steps to the meditation:

- Acknowledging the core belief as being useful in the past
- Telling the core belief that it is no long needed and may go to sleep
- Telling the core belief what its replacement is.

This is what is being said in the guided meditation:

**Start of the meditation**

I will now start a semi-guided meditation for you. Repeat the words after me and when you hear a high bell chime,\textit{high bell}, say the core belief name. When you hear a low bell,\textit{low bell}, say the name of the replacement.

Do you have the name of the core belief and its replacement. Good, lets begin. \textit{high bell}<\textit{pause}> I acknowledge you for the good that you have done for me in the past.\textit{pause} You have allowed me to survive and overcome problems,\textit{pause} but there are better methods that I choose consciously.\textit{pause} You no long need to call me \textit{high bell}<\textit{pause}, for I am \textit{low bell} just as I am.\textit{pause} \textit{high bell} your function is no longer needed,\textit{pause} so you may go to sleep and not return to instruct me how to react,\textit{pause} for I am \textit{low bell} just as I am.
About Anger

Anger as such is not directed, it just seems that way since there are specific triggers for anger. Anger, fear and depression are the most primitive of the emotions. They are uncomfortable and are strongly felt in the body as sensations, normally stated as “stress.” Our reaction to the bodily sensations are normally automatic as an attempt to relieve this stress. These reactions are for survival of our genetics, either ourselves or related persons. The reaction to the body stress leads to an action which will relieve the stress (at least momentarily.) This is schematized including the key portions of the brain involved according to R. Douglas Fields* as follows:

trigger → perception and processing → amygdala → anger → reactive stress → hypothalamus → angry action → reprocessing → amygdala → release → temporary non-stress

This chain is represented by the modification of the Cognitive Behavioral Cycle by filling in some specifics:

![Cognitive Behavioral Cycle Diagram]

How can one avoid this? Firstly, one could avoid the triggers but this is nearly impossible for most people as can be seen from the triggers listed below.

<table>
<thead>
<tr>
<th>Trigger</th>
<th>Potential Co-emotion</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Threat of physical harm or death</td>
<td>fear</td>
<td>Someone threatens with a gun.</td>
</tr>
<tr>
<td>Threats to mate</td>
<td>possible fear</td>
<td>Someone attacks or insults your wife.</td>
</tr>
<tr>
<td>Threat to family</td>
<td>fear</td>
<td>Someone breaks into your house with family present.</td>
</tr>
<tr>
<td>Threat to tribe</td>
<td>fear</td>
<td>Someone shreds the political party you affiliate with.</td>
</tr>
<tr>
<td>Insult to oneself</td>
<td>possible hidden shame</td>
<td>Someone calls you a liar.</td>
</tr>
<tr>
<td>Insult to social order</td>
<td>possible hidden shame</td>
<td>Someone indicates your social group is bad.</td>
</tr>
<tr>
<td>Encroachment on territory</td>
<td>possible fear</td>
<td>Someone trespasses on your property.</td>
</tr>
<tr>
<td>Encroachment on resources</td>
<td>possible fear</td>
<td>Someone tries to steal something from you.</td>
</tr>
<tr>
<td>Physical or mental restraint</td>
<td>fear</td>
<td>The boss tells you to do something you don’t want to.</td>
</tr>
</tbody>
</table>

One possibility of handling anger is to notice the discomfort but not act on it. This is the most common coping method. The problem with this approach is that the anger gets "bottled up," in other words, the amygdala gets no relief. Consequently, the non-directional anger builds up and may be released for minor incidences where it may be entirely inappropriate. (Although, it could be argued that almost all angry reactions are inappropriate.)

To handle anger, it is far preferable to acquire the ability to remove, or at least slow, notice the step before the amygdala. This is possible with practice. The practice requires that one revisits past events when the anger was strong or possible even an event that resulted in actions that were regrettable. The thoughts that were formed and were racing in the mind (and subsequently passed on to the amygdala at the moment of anger) are inspected and the validity of these thoughts are determined. Most of these thoughts are related to self-esteem and are therefore powerful. By knowing that these thoughts, called automatic thoughts and core beliefs, are normally incorrect makes it easier the next time the trigger is encountered.

Handling thoughts, automatic thoughts and core beliefs, is the main emphasis of the course The Power of Self Esteem.

How to print a slide from this slideshow:

For the PDF file from Acrobat Reader:
This is the best version to print from since the reader has print buttons.

For the HTML version from most browsers:
To print or save an individual slide from this slideshow do the following:
❖ Right click in the middle of the slideshow.
❖ Save or view the image of the slideshow.
❖ Print from the view or
❖ you can rearrange the format in the saved image to landscape mode and print a larger image.

For the EXE file (automatic file):
It is very difficult to print from this file. Some OSs can do it but it is not the preferred file to print from.