

Centered for Life

Assimilating New Ways of Thinking
Cognitive Restructuring / Taking Every Thought Captive

Expository Illustration
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- Acknowledge your emotional reaction.
 - I am getting angry with that no good mother-in-law of mine.
- Commit to Change.
 - Since I have decided that I don't want to be a victim of my negative emotional outbursts anymore, I will challenge my thinking about her.
- Identify the Irrational Thought
 - What might I be thinking when she does this?
 - I might be thinking that she **shouldn't** try to make me miserable and that I just **can't** stand it.
- Challenge the Irrational Thought
 - What evidence do I have that she really is trying to make me miserable?
 - Is it really true that she **shouldn't** act this way?
 - What makes me think that I **can't** stand her bad behavior?
- Put the Truth in Place of the Irrational Thought
 - I know that she learned to act this way from her mother and that she is behaving the only way that she knows how. She is just an imperfect human being.
 - I know that I can endure her bad behavior if needed. What is truthful is that I would **prefer** that my mother-in-law not misbehave. I would **rather** not have to experience the distress but I certainly **can** live through it so that I can find a better way.