# What Is Cognitive Behavioral Therapy (CBT)?

Cognitive behavioral therapy (CBT) is an effective talking therapy. It is based on the idea that thoughts, feelings, and actions are all connected: what you think (your cognitions) and what you do (your behaviors) influence how you feel. CBT is provided in different ways, including one-to-one therapy, group therapy, computerized therapy, and through workbooks ('guided self-help').

## What are the essentials of CBT?

### Thoughts can be misleading

Sometimes our thoughts are inaccurate, unhelpful, or based on false assumptions. Since your thoughts and emotions are linked, negative thoughts can lead to difficult feelings like anxiety or sadness.

### Actions can keep problems going

Your thoughts can lead you to act in ways that strengthen your negative beliefs and make problems worse. For example, if you think you'll fail, you might not try, which reinforces the belief that you're a failure.

### Change means doing things differently

Since your thoughts, feelings, and behaviors are connected, changing one can improve the others. This means that addressing unhelpful ways of thinking and behaving can help you feel better.

## What will I do in CBT?

### Identify your goals

Setting goals makes sure that your therapy addresses what matters to you.

### Put the pieces together

You will develop an understanding of what is keeping your difficulties going.

### Examine your thoughts

Noticing and questioning the accuracy of your thoughts helps you see things more clearly.

### Test your beliefs

Doing things differently allows you to find out whether your beliefs are accurate.

### Develop new skills

You might learn useful skills like how to problem-solve or stand up for yourself.

### Become your own therapist

Doing homework and planning for the future will help you build on your progress.

## What can expect from my CBT therapist?

Your CBT therapist will be:

Active in your sessions   Encouraging   Focused on the present   Knowledgeable   Non-judgmental   Supportive

Working with you as a team

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