

Week 3 – Video 8 Homework

- ✓ Read the story of Michael
 - Reflect on your level of self-efficacy before and after reading this story
 - Self-efficacy outcome to formally measure:
<https://novopsych.com.au/assessments/pain-self-efficacy-questionnaire-pseq/>
- ✓ Catch your unhelpful thoughts and practice thought retraining
 - Make sure to journal down your thoughts as you go through the exercise (examples below)
 - Consider informal body scan when you notice the unhelpful thought – does it manifest any physical symptoms?
- ✓ Practice self-compassion
- ✓ Continue with your goals
 - Value-based goal
 - Exercise goal

Thought reframing exercise examples

- ✓ Catch your unhelpful thought- What is it that passed through your head?
- ✓ Check it - How is this thought true? Can you think of any reasons why this might not be true?
- ✓ Challenge it - How do I react, what happens, when I believe that thought to be true? Who would I be without the thought?
- ✓ Change it - Create new thought

- ✓ What is the catastrophe that I am worried about?
- ✓ Rate how awful you believe this catastrophe will be (0-100%):
- ✓ How likely is this event to happen?
- ✓ How awful would it be if it did happen?
- ✓ Just supposing the worst did happen, what would I do to cope?
- ✓ What would you tell a friend in this situation?
- ✓ What positive/reassuring thing do you want to say to yourself about the catastrophe now?
- ✓ Rate how awful you believe this catastrophe to be (0-100%):

- ✓ Turn It Around to: the self, the other, the opposite
- ✓ Check the evidence - What evidence supports the thought to be true? What information works against the thought or shows it isn't true all the time?
- ✓ Challenge unhelpful thinking styles - Disputation questions – play the judge
- ✓ Change perspective - What other ways are there of viewing the situation? If I was giving advice to someone I care about in this situation, what would I say? If I want to act in a certain way, how would I have to think differently?

Consider organizing unhelpful thoughts

Unhelpful thought	What were the thoughts that went through your mind?	What feelings did you experience consequent to your thinking?