

Mental Health Coaching

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POWERPOINTS, HANDOUTS, AND
OTHER RESOURCES

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Part 4: Practical Coaching Tools

USE TO FIND THE TRUTH!

You'll need a Mood Log

- ◆ You'll need a short Mood Log of a time when you were upset to practice these tools. Pick a moment when you felt anxious and worried or inferior and defective. You might have felt all four and much more.
- ◆ 10min to fill in Mood Log

Agenda for Part 4

- ✦ Three multipurpose tools you'll use repeatedly.
 - ✦ 1. Individual Downward Arrow
 - ✦ 2. Externalization of Voices
 - ✦ 3. Relapse Preparation
- ✦ Recap TEAM Flow in Coaching & how to work Negative Thoughts
- ✦ Conditions of Counter Thoughts
- ✦ Tips and tricks when working with clients on their Mood Log.
- ✦ Several cognitive tools and a few faith-based ones.

- T = Testing
- E = Empathy
- A = Assessment
- **M = Methods**

Individual Downward Arrow

Description – Downward Arrow

- ★ This uncovering tech is used to uncover one or more Self-Defeating Beliefs (attitudes that are causing problems) and/or drum up more negative thoughts hiding below the surface.
- ★ You've usually got to the bottom when the client says something like:
 - ★ That would mean I was worthless.
 - ★ That would mean life was not worth living (life would be meaningless...).
 - ★ Then I could never feel happy again (I'd be miserable forever...).
 - ★ OR they keep repeating the same idea and just can't get past it.

When to use it

- ◆ Can be used during:
 - ◆ Empathy for clients stuck in vague talk
 - ◆ Agenda setting
 - ◆ add more thoughts to the DML
 - ◆ convert statements of fact or why questions
 - ◆ Methods – to uncover Self-Defeating Beliefs or unpack more Negative Thoughts hiding under the surface.
- ◆ Use when the client is struggling producing Negative Thoughts that follow the 4 Rules
- ◆ Use when a thought seem particularly troubling or if the client reports they have this thought in a lot of different situations.

How to do it

- 1. Write** the negative thought at the top of a page and draw a downward arrow underneath.
- 2. Ask**, "If this were true, why would it be upsetting to you and what would it mean to you or about you?"
- 3. Write down** the new negative thought that comes to mind under the arrow.
- 4. Repeat** 8 to 10 times. You know you are at the bottom when the client says something like, "Life wouldn't be worth living." "That would mean I was worthless." "Then I could never feel happy."
- 5. Debrief** (see "After the Arrow").

Downward Arrow Worksheet

Negative Thoughts

1.



If that were true, what would it mean to you?
Why would it be upsetting to you?

2.



If that were true, what would it mean to you?
Why would it be upsetting to you?

3.



If that were true, what would it mean to you?
Why would it be upsetting to you?

4.

Three Options!

1. If using during Empathy – ask the questions without pulling out a worksheet and keep detailed notes. Give lots of 5 Secrets around each thought that comes up. Use your notes later to prompt the client when filling in the Mood Log.
2. If using during Agenda Setting - Add new NTs to the Mood Log.
3. If using during Methods. Ask the client, “What is coming up for you as you look at this list?” “How likely do you think this is to happen?” Do empathy as needed. Add any new NT’s to the Mood Log to unpack further if needed.

Tips

- ★ This powerful technique can illicit strong emotions. If client starts to cry, give space (pause, bit of silence, 5 Secrets) then come back when they are ready.
 - ★ IE: “Looks like this is painful for you... (pause) I can imagine you feel X. What’s coming up for you?” Do 2-10min of 5 Secrets. “Would now be a good time to go back to the exercise we were doing earlier, looks like this exercise is working to uncover some very important things?”
- ★ Summarize in short, concise sentences if client is says a lot for each round.
- ★ The question is VERY specific do NOT paraphrase! IF this thought were true... or IF this were true... ok but make sure you say IF and “upsetting” etc.

Tips

- ★ If you end up in a repeating loop, combine two or three of the thoughts.
 - ★ IE: “No one would like me.” “I’d be a loser.”
 - ★ Add all 3 together, “Imagine no one liked you and you were a loser. Why would that be upsetting, what would that mean about you?”
- ★ The arrow can split. You can end up with two NT coming up at the same time. Just follow one, then go back and follow the other thread.
- ★ Like any tools, you can use the downward arrow more than once.
- ★ It’s ok if you don’t get to the bottom.



DEMO



ACTION-PRACTICE

- ◆ Practice the Downward Arrow, use one of your own negative thoughts.
- ◆ See Page 66 of your Handout



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Externalization of Voices

Description

- ✦ A powerful role play technique.
- ✦ Coach and client take turns playing the role of client's negative thoughts and works to come up with more realistic, positive ones. The person playing the negative thoughts attacks, and the person playing the positive thoughts defends. We use role-reversals when client gets stuck.
- ✦ This is a complex tool, you'll want to listen to this done a few times. See handout for Podcasts/Videos where this tool is used.

Purpose of EOV

- ◆ Helps with turning cognitive wins into more emotional and powerful wins.
- ◆ Often results in epiphanies.
- ◆ Can be used to create new positive thoughts or reinforce ones already done on the Mood Log, such as when doing relapse preparation.

4 Ways to Win!

- ◆ Acceptance Paradox: Use humility and/or humor to accept your flaws and/or the partial truths in the thought.
- ◆ Self-Defense: You can argue against the NTs and put the lie to the thought.
- ◆ CAT - Counter Attack Technique: Talk back to the negative voice itself, “I’m not listening to your baloney anymore!!!!”
- ◆ Use a combo of any of the above.

How it's Done

Introduce it to the client getting their permission to use this tool and explaining why it's important to try this method.

“I'm wondering if you'd like to try a powerful role play method called Externalization of Voices which takes the intellectual work and makes it experiential, gut level change. Would you like to hear more about this technique?”

How it's Done

“In this role play I will play the negative voice in your head. You can defeat me in 4 ways, Self-acceptance where you accept something true with humility and/or humor. Self-defense where you argue against it. CAT or counterattack where you tell the critical inner voice itself to get lost. OR Any combination of these. I'll start as negative ____ (client's name) and you be positive _____. The negative voice will talk in second person, you. The Positive voice talks in first person. Don't worry if you get stuck, we can do a role reversal, and I'll be Positive _____. I'd like you to record this on your phone to go over the recording for your homework. Do you have any questions?”

How it's Done

- ★ Coach reads the first Negative Thought EXACTLY how it is written on the Mood log but in Second Person (like you are attacking them). IE: “Negative voice here, You are a failure.” Let them respond.
- ★ After they respond, ask “who won, me or you?”
 - ★ If they say “me” (meaning the positive voice), ask, “big or small?”
 - ★ If they say “big”, ask, “big or huge.” If they say “huge”, you move onto the next thought.
 - ★ If they said, “you” (meaning the negative voice) OR anything not huge ask, “Would you like to try it again or do a role reversal?”

How it's Done

- ◆ In a role reversal the client hits you with their negative thought and you try to crush it. Try to use option #4, a combo of all 3.
- ◆ After your response ask “who won, me or you?” If “you” then ask, “big or small.”
 - ◆ If small, or me (the NT won), say, “Do you want me to try again or would you like another go?”
 - ◆ If big or huge, ask “What was big/huge about it?” Let them respond. Then tell them, “I’m going to hit you again and you can try that out yourself.” This way they can win for themselves. Not just intellectual assent.
- ◆ Repeat for all the Negative Thoughts.
- ◆ See Handout for detailed script & Homework

Other tips & info

- ◆ If your client seems to have difficulty with EOVT they may need to identify a few more distortions or use a few more tools first. Or it is possible this might not be the right tool for a client (happens about 2-5% of the time).
- ◆ Have them record the session AND TAKE a lot of notes because when the client gets a big win you can use that as insight for a role reversal.
- ◆ When the client wins huge, that is the Counter Thought! You can have them write it down on their Mood Log especially if you are NOT recording, or just keep going. Usually the client will get more and more powerful each round.
- ◆ If client gives you a big or huge win when you do a role reversal, then ask 'What was big/huge about it?' Then right away hit them again so they can experience it for themselves.



DEMO



Key points

1. Clearly identify the roles – who is playing what.
2. Four ways to defeat the NT – self-defense, self-acceptance, CAT, or combo
3. What level of win? Small, Big, Huge
4. Do role reversal if client gets stuck or offer to let the client try again.
5. Client needs to get the Huge win (not just the coach).

ACTION-PRACTICE

- ◆ Practice Externalization of Voices
- ◆ See Page 66 of your Handout



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Relapse Preparation

What is Relapse?

- ✦ Relapse in the context of TEAM is when a client reverts in ANY way, however small, to their previous way of thinking, feeling, or behaving. Examples:
 - ✦ Feeling nervous and inferior after crushing their performance anxiety.
 - ✦ Not feeling motivated to get out of bed after they have worked through depressive thinking.
- ✦ These need not go any further than one initial temptation, thought, or feeling.
- ✦ Sometimes the Negative Thoughts are just as believable and feelings are just as intense during a relapse.

How TEAM defines it vs “others”

- ◆ Most modalities only see relapse as the goal failure itself.
- ◆ But as we saw on the previous slide, TEAM-CBT treats any small movement in the wrong direction as a relapse.
- ◆ This is because “relapse,” either way, is gradual¹, so if we address it right away, we can often prevent worse outcomes.
- ◆ We normalize the ebbs and flows of life while avoiding a pathological response by allowing the little steps in the wrong direction, culminating in a full-blown episode of whatever issue the client initially came to you for.

1. Melemis, S. M. (2015). Focus: Addiction: Relapse Prevention and the Five Rules of Recovery. *The Yale Journal of Biology and Medicine*, 88(3), 325-332. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4553654>

Why should we address relapse?

- It is crucial to long-term recovery/goal success.¹
- It will happen; ignoring may cause clients to think therapy/coaching failed. It's not problematic if we address it ahead of time.
- To prepare clients; whatever tools worked the first time will work during a relapse.
- It is part of developing healthy coping skills; it provides an opportunity for reinforcing success. Leading to lasting change.²

1. Ludgate, J. (2021). Relapse prevention. In A. Wenzel (Ed.), *Handbook of cognitive behavioral therapy: Overview and approaches* (pp. 385–414). American Psychological Association. <https://doi.org/10.1037/0000218-013>

2. Melemis, S. M. (2015). Focus: Addiction: Relapse Prevention and the Five Rules of Recovery. *The Yale Journal of Biology and Medicine*, 88(3), 325-332. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4553654/>

Address it 3 times!

- ✦ Introduce the concept during the initial 15min consultation. I say something like, “I have 100% money back guarantee, you will relapse. It our human experience and it’s a good thing. What works for you in our sessions will work in the future. Relapse allows you to practice success creating new neural pathways.”
- ✦ After a successful Mood Log completion we’ll prepare the client for relapse. (This is what we’ll practice today)
- ✦ Before the termination session, done similar to above.

How to Prepare the Client for Relapse

- ◆ After completing a Mood Log, remind them about relapse and how it's a good thing! The more they practice the faster it gets and the relapses become fewer and fewer.
- ◆ Go over the tools that worked well for them. Suggest they keep this list handy to practice whenever they relapse.
- ◆ Add relapse thoughts to their Mood Log.
- ◆ Do Externalization of Voices and record it!
- ◆ Remind them to address even little “slips” so they can practice full recovery over and over to embed success in their minds. They can read over their Mood Log if the thoughts are the same or create a new one.

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Recap of TEAM Outline & Flow

Key Steps in the Coaching Process:

- Consultation & Intake
- A+ Empathy using the 5 Secrets
- Identify what they want to work on, Miracle Cure Question
- Get specific with ONE moment in time using a Mood Log
- Agenda Setting: Invitation; Positive Reframing; Pivot Question
- Pick ONE negative thought to work on
- Identify & Explain the Distortions
- Use tools as needed till client crushes that negative thought
- Repeat with ALL thoughts on the ONE Mood Log *Or* do 3–4 thoughts and then Externalization of Voices
- Do Relapse Preparation
- Do a couple more Mood Logs (Explore some Self-Defeating Beliefs *not part of this training*)
- Termination of Coaching

Working a Negative Thought

1. Pick ONE thought!
2. Use a method.
3. Create a truthful Counter Thought.
4. Rate new thought, If not 100%, explore, “Why not?” “What would make it 100%?” If can’t get to 100% go back to Step 2
5. Re-Rate the Negative Thought, if crushed, move onto another thought, if not... Try various methods till crushed.

Repeat with all the Negative Thoughts

Counter Thoughts Reminder

- ★ Alternative language:
 - ★ Positive thought
 - ★ Truthful or Realistic
- ★ The Necessary Condition. The Positive Thought must be 100% true. Half-truths, affirmations, and rationalizations will not be effective enough.
- ★ The Sufficient Condition. The Positive Thought must reduce your belief in the Negative Thought.”

Tips & Tricks

- ✦ You may NOT get to 0 on the Negative Thought, if there is a lot of truth in it.
- ✦ A reduction from 100% to 50% is usually sufficient to bring some relief.
- ✦ We can ask, “How much is the negative thought affecting you right now, between 0% and 100%?” Or How upsetting is this negative thought now?”
- ✦ May need to follow up with Self-Acceptance or Forgiveness Tools (more on this later) if there is a lot of truth in the NT.

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Straightforward Technique

Very Simple Technique

- ★ We don't have to just accept anything that pops into our head as true or realistic.
- ★ Tell the client they can ask themselves: "Is this NT really true?" "Do I really believe it?" "Is there another way to look at the situation?"
- ★ Ask the client if they can use this information to generate a counter thought that fulfills the Necessary and Sufficient Conditions for emotional change.

When to Use

- ◆ Use this technique before or after Identifying the Distortions.
- ◆ It can be use used like Externalization of Voices, that is once a client is on a roll crushing negative thoughts they can try to just come up with a “better” thought instead of going through various tools.
- ◆ Tell client they can use this during the day when a Negative Thought comes up in everyday life. If it doesn't work, then try other tools, and / or a Full Mood Log.

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Examine The Evidence

Examine the Evidence*

- ◆ The client can play the role of a lawyer in court on both sides of the issue, then be the JUDGE and consider all the facts of the case!
- ◆ Good tool for any distortion!



Why look at facts FOR the Negative Thought?

Deals with any hidden resistance

Shows the client isn't dumb for believing this

Sometimes the client can't come up with **anything at all**

- ✦ That alone can crush the thought
- ✦ Or dramatically weaken it
- ✦ Clients may laugh and say, *“Nothing... there's no reason to believe this is true.”*

Examine the Evidence

- ★ Invite the client to look at the evidence for and against this thought.
- ★ You can have them get out a sheet of paper and draw a line down the middle.
 - ★ What does the evidence say?
 - ★ Are there facts to disprove this thought?
 - ★ With all this information What conclusion do you draw?

For	Against

Examine the Evidence Example

NT: “I’ll never learn all this information.”

For	Against
<ul style="list-style-type: none">• I don't remember everything from even the past hour!• There is a lot to learn.	<ul style="list-style-type: none">• I passed grade school and high school.• I have the notes and can watch the videos.• Everyone takes time to learn new things.• The more value it has, often the harder it is!

Examine the Evidence Example

- ◆ Now looking at all the evidence what conclusion do you draw?
- ◆ IE: “While I won’t learn everything at once, I have learnt things in the past and I will continue to learn in the future!”

Remember for EVERY technique:

- 1. Ask the client to create a new positive thought they believe 100%.*
- 2. Check how much do they now believe the Negative Thought?*
- 3. Once NT gets to 20 or less move onto NEW Negative Thought!*



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Semantic Technique

Semantic Technique or Kind Words

- ◆ Could you imagine Jesus saying cruel things to himself and making harsh rules for himself?
- ◆ Words we choose matter. “Kind words bring life, but cruel words crush your spirit.” Proverbs 16:24, NLT.
- ◆ We can speak toward ourselves in a more compassionate Christlike manner.
- ◆ Good tool for Should Statements but also can work for: Mental Filter, All or Nothing, Labeling, Self-blame, Other-blame, Emotional Reasoning, and Magnification/Minimization.

Semantic Technique

- ◆ Invite the client to try using kinder, gentler language.
- ◆ IE: “Can you restate your Negative Thought in a truthful and more compassionate or kind way?”
- ◆ You can prompt them: something like: "You can use words like, it would be preferable if or I wish that.”
- ◆ You can add scripture if client is Christian.



Semantic Tech Example

- ◆ Instead of the NT: “I should understand everything presented.”
- ◆ You could say, “I wish I had more time to really absorb all this new material. I’m sure I’m not the only one who is struggling to get all this information in their mind.”

Remember for EVERY technique:

- 1. Ask the client to create a new positive thought they believe 100%.*
- 2. Check how much do they now believe the Negative Thought?*
- 3. Once NT gets to 20 or less move onto NEW Negative Thought!*



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Be Specific

Be Specific*

★ Instead of making vague generalizations, you encourage client to focus on real problems/areas of growth.

★ Three Key Principles

★ 1. All humans have flaws and shortcomings. We ALL fail at lots of things all the time. There is nothing about us that couldn't be improved. "All have sinned and come short of the glory of God."
Romans 2:23

★ 2. Failures and shortcomings don't cause our suffering. What does?

★ 3. When you accept your shortcomings with grace and/or humor, it will open the door to move forward. "If we confess...(then) He will cleanse us" 1 John 1:9 We need to first confess, accept where we are at!

Be Specific

Good tool for Self-blame, but also for:
All or Nothing, Overgeneralization,
Mental Filter, Discounting the
Positive, Emotional Reasoning,
Fortune Telling, and Labeling

Be Specific

- ◆ Ask the client (one or more):
 - ◆ What specifically do you mean by X (failure, stupid, enough, etc.)?
 - ◆ What exactly is X?
 - ◆ What specifically happened?
 - ◆ Is there something specific I can learn vs arbitrarily judging myself on the general?
- ◆ Can ask clarifying questions, this may take some nuance. I ask for the Holy Spirit to lead!

Be Specific Example

- ◆ NT: “It’s too hard.”
- ◆ What does too hard mean?
 - ◆ “Almost impossible.”
- ◆ What exactly is “too hard” or “almost impossible”?
 - ◆ “Learning new tools.”
- ◆ What can you take away from this?
 - ◆ “That learning new tools can be hard, but not impossible.”

Be Specific Example

- ◆ “While it’s not easy to learn a new career like mental health coaching, I can learn some today, some tomorrow, and keep moving forward with God’s blessing, Nothing is impossible.”

Remember for EVERY technique:

- 1. Ask the client to create a new positive thought they believe 100%.*
- 2. Check how much do they now believe the Negative Thought?*
- 3. Once NT gets to 20 or less move onto NEW Negative Thought!*

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Reattribution

Description

Reattribution guides a client to look at the entire situation with all the nuances of what affects it rather than self-condemnation or judging others.

We maybe blaming ourselves (others) for things we don't have 100% control over.

Reattribution allows us to consider other factors that might be contributing to an issue/event/problem.

Recommended for these distortions:

- ◆ Blame – Excellent for self-blame
- ◆ Mental Filter
- ◆ Should Statements
- ◆ Labeling
- ◆ Can work for Fortune telling and Overgeneralization as well.

How to do it

- ★ Describe technique & Invite. “You found self-blame in this NT. Many times we blame ourselves for things we don’t have 100% control over. I wonder if you’d like to do a technique called reattribution that helps you think about the many factors instead of blaming yourself entirely?”
- ★ “Great, let’s get a piece of paper out. At the top write down your negative thought. Now draw a line down the middle of a page. On one side write, “my part” and on the other side write “out of my control”.

How to do it

- Ask the client: “What part of this problem did you have control over? Let’s write those on the left.”
- “Ok, and what things were out of your control, what other factors were there?”
- Ok if end up going back and forth a little bit.

My Part / What I have Control Over	Out of my Control / Other Factors

Debrief / Wrap Up

- After the client can't produce any more ideas, ask (you can chose one or more):
 - “ When you look at all these things you wrote down, what are your thoughts about this?”
 - “What can you learn from the situation?”
 - “So looking at everything you have down here, what conclusions would you draw?”
- “Can you come up with a more realistic counter thought instead of ____ (read their NT)?”



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- ◆ At a gathering the client asked if there were any gluten free items. The host said, “Oh, sorry, I didn’t know you were gluten free, let me see what I can find.” The host then spent 20min making them a special dish.
- ◆ Negative Thought: “I shouldn’t have said anything, I put the host out.”

Alternative: short version

Have the client list all the reasons there could possibility be for the upsetting event / NT OR
Ask client if there were any other factors involved.

We are trying to discover:

- ★ What caused this problem?
- ★ What did I contribute and what did others contribute?
- ★ What can I learn from the situation?

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Acceptance Paradox Exploration

Note: this tool, Acceptance Paradox Exploration, along with all the following faith based tools in Part 4 were created by Angela Poch for coaches, some based on ideas from David Burns, all of them from years of Bible study and experience.

We are Human!

- ◆ Admitting, with warmth and realism, that we are flawed human beings allows clients to stop fighting reality and start relating to themselves with kindness.
- ◆ Paradox: When we fully accept our flaws, they lose much of their power and allow us to move past them. IE: When recognize our need of Christ, we become strong through Him.
- ◆ Admitting imperfection with humility can be freeing rather than discouraging.
- ◆ Humor can soften rigid self-judgment and reduce emotional intensity.
- ◆ Self-acceptance does not excuse behavior; it removes harsh self-condemnation.

How to do it!

Start with simple version: Say to the client, “Instead of defending against your own criticisms, find truth in them and accept your shortcomings. You can tell yourself, ‘It’s true that I have many inadequacies. In fact, there is very little, if anything, about me that couldn’t be improved considerably.’ What can you tell yourself with humility and acceptance instead of ___ (read their NT)?”

If Simple doesn’t give them a powerful Counter Thought...

Ask these questions with curiosity:

- **1. Clarify what is actually true:** Ask the client, “Looking just at the facts, what part of this thought seems accurate?”
- **2. Locate the self-attack:** “What does this say about you as a person?”
- **3. Test universality** “Do you think this kind of mistake is unique to you, or something most humans do at times?”
- **4. Separate standards from worth:** “If someone you respected did the same thing, would it say everything about who they are—or about a moment they’re not proud of?”

Acceptance Paradox Continued

- ◆ **5. Explore the paradox:** “Imagine a little flower growing in the garden. It starts to wilt. What good does it do the flower to condemn itself, I should have drank more water. Bad flower. Yet paradoxically if the flower accepts it is wilted and that it needs water now it is open to getting the water and no longer being wilted. How might this apply to your situation?”
- ◆ **6. Identify healthy vs unhealthy acceptance:** “What do you think the difference is between accepting a flaw and giving up on change or improvement?”

Acceptance Paradox Continued

- ◆ **7. Create a Counter Thought:** “What could you tell yourself instead of or along side of _____ (Negative Thought)” “How much do you believe that thought?” “How upsetting is your negative thought from 0-100?”
- ◆ **Faith-Sensitive Prompt, do after #6 and before #7 above.** “How is being human, weakness, or making mistakes viewed in scripture?” If needed you can share scriptures below with client.
- ◆ *“My grace is sufficient for you, for My strength is made perfect in weakness.” (2 Corinthians 12:9, NKJV)*
“Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.” (2 Corinthians 12:9, NKJV)

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Forgiveness (Self)

Why this “tool” is important

- Letting go of self-punishment after responsibility has been clearly acknowledged.
- Forgiveness is not denial or excuse; it is the decision to stop sentencing oneself once accountability has been taken.
- Ongoing self-attack prolongs emotional distress, fuels shame, and interferes with learning and growth.
- Punishment does not produce change; clarity and compassion do.

What needs to happen

- ✦ Acknowledge responsibility **clearly and specifically**, without exaggeration or global self-labels.
- ✦ Identify what was learned and how behavior will change going forward.
- ✦ Consciously release self-punishment; it no longer serves a corrective purpose.
- ✦ Shift to compassionate, future-focused language rather than mentally replaying the offense.

How to do it

- ◆ **1. Explore the function of suffering:** “Why might it feel important for you to hold yourself accountable by continuing to suffer?”
- ◆ **2. Clarify responsibility (narrow and precise):** “What exactly do you believe you did wrong—stated as specifically and factually as possible?”
- ◆ **3. Assess whether punishment is occurring:** “In what ways are you still punishing yourself for this and what do you hope the punishment will accomplish?”
- ◆ **4. Test learning vs punishment:** “What have you already learned from this experience? How, if at all, do you want to respond differently if a similar situation comes up again?”

How to do it

- ◆ **5. Counter Thought:** “What could you say to yourself instead of _____ (read NT)?” Complete the follow up.... How much do you believe that? Rate NT, write Mood Log.
- ◆ **Optional, Faith Exploration (Do this before #5 above)**
- ◆ “Within your faith framework, what do you believe is meant to happen after confession—continued condemnation, or release?” “How do you personally understand the difference between accountability and condemnation?” Can share these Bible verses.
- ◆ *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9, NKJV) “There is therefore now no condemnation to those who are in Christ Jesus.” (Romans 8:1, NKJV)*

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Faith Based Tools

By Angela Poch

Faith based & other tools...

- ◆ Why prayer and Bible study don't always work? Sometimes we need insight and direction from others because that's God's plan! God created us to work, live, and commune together.
- ◆ For these tools and some of the ones we already covered, free book, "The Truth will Set You Free" - share with your clients.



Introduction

Two types of Christian specific tools:

- ✦ Broad Strokes
- ✦ Finer Points

Broad Strokes aim at Self-Defeating Beliefs and an overall conducive environment to change.

Finer Points act very much like regular TEAM-CBT tools and help crush specific Negative Thoughts.

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Prayer as a Mental Health Tool

Prayer and Mental Health

- ◆ Change is hard at the best of times. As Christians we have an advantage, we can connect directly to the source of power.
- ◆ Prayer is not to make God willing, but us willing. We don't need to beg God to DO something FOR us, but rather prayer is the avenue for us to surrender something IN us.
- ◆ Right use of the will. We always have the power of choice! Pray enables that's choice to do God's will in us.

13 Points from the Lord's Prayer

1. *Pray in secret (not like Pharisees)* –We don't gain merit by praying.
2. *Shut thy door*, put away distractions, including NTs! This is about focus. Training your mind to put full attention on God.
3. *Not vain repetitions/much speaking*. God is ready to answer our prayer, begging is not required to move His hand.
4. *Our Father*. Abba or daddy would be a more accurate translation. God is personal, relational, and tender. He can be all that your worldly father isn't.

13 Points

5. *Hallowed by Thy name.* Put God first. “Seek ye first... all these things will be added.”
6. *Thy Kingdom come* (both God living in our heart and looking to God’s ultimate cleansing of the sin in this world.)
7. *Thy will be done.* Surrendering our heart to God’s will builds faith and pushes away darkness.
8. *On Earth as it is in heaven.* We can have a little piece of heaven here on earth. When God’s will, the law of love, is fulfilled there is peace, joy, and love abounding.
9. *Give us daily bread.* God can sustain us physically and spiritually. Bread = the word = Jesus!
10. *Forgive us.* We need of a Saviour, a redeemer.

13 Points

- 11. As we forgive others.* Asking God for empathy helps to crush Other-Blame thoughts.
- 12. Lead us... Deliver us from evil.* We don't need to ask God to not tempt us, this is an acknowledgement that it's so easy for us to fall into old patterns. Faith comes by asking and then remembering how God has led. Faith comes by asking and then remembering how God has lead.
- 13. For thine is the kingdom, power, glory forever.* Acknowledging our God is the Creator, Re-Creator, Redeemer, and LORD. His kingdom is one of the heart. See the Sermon on the Mount.

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Gratitude

Gratitude

- ◆ This works especially well for those with many thoughts that have the distortions Negative Mental Filter or Discounting the Positive.
- ◆ It helps you to focus on what you are thankful for. This must be real and genuine but it can be about the superficial or transient, e.g. Hot shower or seeing a rainbow.

How to DO this technique

- ✦ Gratitude Journal: Keep a gratitude journal to redirect your thoughts and help to retrain the brain to think on positive things. Write in it each morning or evening.
- ✦ Blessings Jar: blessing happens record it on a little note and place into a blessings jar. Be sure to pull some out and read through them occasionally as well.
- ✦ Daily Prayer Ritual: A third option is to include something to be thankful for every time you pray.

CAUTION!

- ◆ This is NOT positive thinking. We don't will good things to happen.
- ◆ Do NOT use gratitude to invalidate our emotions or the experiences of others. It can cause more problems if we ignore things that cause us pain or irritation,
- ◆ DO look at reality as a whole picture. Filtering out good things is a common self-defeating process gratitude can offset but we can error on Pollyanna syndrome which is equally as bad.

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Resist the Devil

Description

- ★ Use the CAT Technique specifically to resist the Devil.
- ★ We are told in James 4:7, “...Resist the Devil and he will flee from you.”
- ★ In Steps to Christ, “When Satan comes to tell you that you are a great sinner, look up to your Redeemer and talk of His merits. That which will help you is to look to His light. Acknowledge your sin, but tell the enemy that ‘Christ Jesus came into the world to save sinners’ and that you may be saved by His matchless love. 1 Timothy 1:15.” SC 36.

When to Use it

Distortions like SB, OG, AON, MAG, ER, LB, etc.
but as related to a thought relating to
inferiority, worthlessness, defectiveness,
incompetence, etc.

How to do it

- ✦ Use the framework on EO.V.
- ✦ Hit the client with their NT and they respond with the Counter Attack specially talking back to the enemy and acknowledging God/Jesus in some way.
- ✦ I highly recommend a role reversal to demonstrate what this looks like. Something along the lines of “my real problem is YOU (the devil)”
- ✦ Make sure to reverse roles again so the client can experience this for themselves and voice it in their own words and style of being.

Example:

- ◆ NT: “I’m worthless/defective/broken”
- ◆ “Christ came to save worthless broken people. My problem is NOT that I’m broken but that you accuse me of being so powerful that God can’t save me. That’s a lie and I don’t believe you!”

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Service / Volunteer Work

Service/Volunteering

- ◆ Works well for Negative Mental Filter or Discounting the Positive, but also for Labeling, Over Generalization, Self blame and even Other Blame. Depending on the NT's around those distortions.
- ◆ Matt 25:35-36 “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” There is something very therapeutic when we reach out to service others in compassion. This is not about duty but about connection.

How to DO this technique

- ◆ Volunteer work. Many organizations facilitate this. Anything from cleaning streets to soup kitchen to crisis line intervention.
- ◆ What is excess in your life to make time for. Don't just add more to your life if you are already swamped. That said, keep our minds busy on healthy things can have a positive influence on those with too much free time.

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Bible Promises

Bible Promises

- ★ Two rules to making Bible Promises work as a TEAM-CBT tool:
 - ★ Find one specific to your thought, not just the emotion you are experiencing.
 - ★ The promise has to crush or offset the NT. “Fail as fast as you can!”
- ★ Look for promises specific to your thought. IE: you might feel inadequate but what is the NT behind that?
 - ★ Example: “I’m never going to amount to anything.”
- ★ Next find a specific promise or story to crush it!
 - ★ Example: We might look for Bible promises or stories relating to God working through failing humanity such as Moses not feeling he could speak on God’s half to Pharaoh because of his speech impairment.

Coach Guided Process

- ◆ Ask what the NT is predicting, declaring, or condemning. This guides what kind of promise or story is needed.
- ◆ Search Scripture for a directly relevant promise or biblical account that contradicts or reframes the NT.
- ◆ Use the promise as a Counter Thought, not a platitude.

Example

- ✦ **Client NT:** “I’m never going to amount to anything.”
- ✦ **Coach:** “What does the Bible teach about this?”
 - ✦ If client is stuck, introduces a **relevant biblical passage/story/promise:**
 - ✦ “Moses believed his speech limitations disqualified him from God’s call, yet God worked through him powerfully despite—not because of—his confidence. What are your thoughts about this?”
- ✦ **Confirm with:** “What counter thought would include what God has to say about this?”

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Nature

God's Healing Creation

- ◆ This tool helps reduce emotional distress by engaging the nervous system directly. Time in nature often brings relief without deliberate cognitive work, making it especially helpful when clients feel depleted, overwhelmed, or stuck in rumination.
- ◆ It's very simple, explore ways for the client to get outside in God's creation. It can be as simple as a walk in the park, or more rejuvenating like a vacation in the mountains.

nothing so tends to restore health and
“ happiness as living amid attractive country
surroundings. Here the most helpless ones
can sit or lie in the sunshine or in the shade
of the trees. They have only to lift their
eyes to see above them the beautiful
foliage...”

“ ...A sweet sense of restfulness and refreshing comes over them as they listen to the murmuring of the breezes. The drooping spirits revive. The waning strength is recruited. Unconsciously the mind becomes peaceful, the fevered pulse more calm and regular. ”

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Stress Management

Two Prong Approach

- External Changes:
 - Reduce stressors
 - Increase calming behaviours/choices
- Internal Changes:
 - Reduce thoughts thatacerbate stressors
 - Increase peaceful mindset

External Changes

Ideally “Habit Tools” see TEAM Basics (follow up to this program)

facilitate a client making better choices to reduce stress. Start with exploration using Reattribution, what are the things the client can control.

Then use Be Specific, what specific things can they change.

Free book chapter on Habits www.feelinggood.com

Internal Change

- ◆ Create a Mood Log around ONE stressful moment and unpack the thoughts around that moment.
- ◆ Client's Counter Thoughts can include Bible Promises, faith reminders of God's presence, etc. These will increase peaceful mindset and reduce thoughts thatacerbate stressors.
- ◆ Include Acceptance Paradox Exploration.

