

Chapter 4 Home Practice



Practice Swapping Three Ways

Investigate several **hot thoughts**, putting them under the spotlight.
Remember, practice makes habit!

60 ↗



1. SWAP Thinking Traps

Use your home practice from Chapter 3, where you noticed thoughts and labelled the **Thinking Trap**. Now, practice coming up with a new thought. Use the **SWAP** tips and examples to help you. Notice how feelings, and how activated they make us on the **Dial of Activation**, may shift with the swapped thoughts.

82 ↗

81 ↗

90 ↗

13 ↗

EXAMPLE

Hot thought:

"I am lonely. My kids and grandkids should know that, and should call me."



- *Associated feelings and intensity on the Dial of Activation:*

Frustration: **6** Sadness/Loneliness: **4**

- *Type of Thinking Trap(s):* **Mind reading, Shoulds and Musts**

74 ↗

78 ↗

- *Alternative thought:* "My kids and grandkids may not have any awareness of how I feel right now. There have been times when I have been so busy in my own life, and have been unaware or unsure of what my loved ones needed. Actually, it's my own responsibility to take care of my needs; it's not up to my family to predict all of my needs. I could call someone to connect, or ask if we can schedule regular calls."

- *Feelings and intensity on the Dial of Activation if you were to think the alternative thought:*

Frustration: **2** Sadness/Loneliness: **4** Empowered: **5**



EXERCISE

60 ↗

Hot thought: _____

13 ↗

• Associated feelings and intensity on the Dial of Activation: _____

81 ↗

• Type of Thinking Trap(s) _____

• Alternative thought: _____

• Feelings and intensity on the Dial of Activation, if you were to think the alternative thought: _____



60 ↗

Hot thought: _____

13 ↗

• Associated feelings and intensity on the Dial of Activation: _____

81 ↗

• Type of Thinking Trap(s) _____

• Alternative thought: _____

• Feelings and intensity on the Dial of Activation, if you were to think the alternative thought: _____

2. SWAP Using the Anxiety Equation

Use the **Anxiety Equation** to find a new thought for each of the following two statements:



- a. "I really don't want to go to a holiday dinner with the entire extended family this year. I haven't been feeling well, and travelling feels like too much. My son will be upset and it will ruin our relationship."

i. **Minimize fear:** Write thoughts to help you estimate the danger in a realistic way: _____

ii. **Maximize coping:** Write thoughts to help you consider your resources and abilities: _____



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b. "The cake I made for the birthday party came out of the oven half-collapsed. The party is ruined!"

i. **Minimize fear**—write thoughts to help you estimate the danger in a realistic way: _____



ii. **Maximize coping**—write thoughts to help you consider your resources and abilities: _____

3. SWAP Using the THINK Acronym



Use the **THINK Acronym** to help you examine a thought from several perspectives. Start with very specific thoughts that arise in a situation, not general thoughts. For example, instead of writing, “Bad things always happen to me,” you would write, “I was waiting for the bus. It was late, and I had the thought that bad things always happen to me.”

Specific situation: _____

Hot thought: _____



On the next page, **THINK** it through:

T:TRUE?

H:HELPFUL?

I:INSPIRING?

N:NEEDS?

K:KIND?

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<p>What part of this is TRUE? Check the facts! Separate the kernel of truth from the shell of opinions and assumptions. How accurate is this thought? What Thinking Traps might be present? What is the evidence <i>for</i> it? What is the evidence <i>against</i> it? What evidence might I be ignoring? What is a thought that better reflects the known facts?</p>	
<p>How might this be HELPFUL? How useful is it to go on thinking this thought? How does thinking this way make me feel? What are the outcomes of thinking this way? How might I act if I didn't believe this thought? Consider writing out the pros and cons of continuing to think the thought. Is there a thought that represents a more helpful way of viewing the situation?</p>	
<p>How can I make this INSPIRING? Does accepting this thought inspire me to be my best self? How does it fit with my values, or who I want to be? How does it point me in a direction that I actually want to go? If I looked back on this thought five years from now, what would I advise myself about it?</p>	
<p>Which NEEDS does this alert me to? Is my mind signalling an underlying need by bringing up this thought? Is this thought coming up because of something I need to take care of? Why did my mind jump to this thought?</p>	
<p>What is the KINDest interpretation I can offer? How kind is this thought? Would I say it to a friend? If not, what would I be likely to say?</p>	

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SWAP: Now, rewrite the thought. You may be able to come up with more than one alternative. Remember the goal is to write thoughts that are more accurate, more helpful, and/or more flexible.

New thought(s): _____



“Until you change your thinking, you will always recycle your experiences.”

Anonymous



Practice the 5-4-3-2-1 Skill

For variety, you can also try just noticing four or five sights, sounds, and sensations.

What did you notice? _____

Brainstorm circumstances where this **grounding** skill may come in handy for you: _____

My Good for Me(s) This Week



I can give myself credit that I invested time, energy, or effort in: _____



Notes