

CBT Tip of the Week, from Dr. Lee Rosen, Ph.D.

The Covid-19 Coping Praxis

One of the central tasks in CBT is to self-examine in a curious, searching fashion? We ask ourselves to take inventory of thoughts, feelings, and behaviors, and we look for places to make positive changes. Take a look at the graphic below (from the University of Colorado, Boulder). Most of us are moving in and out of the rings all the time. One way to create positive change is to take a moment and notice what space you are occupying. Inevitably, we will be pulled into self-absorption and fretting. The question is, can we move an increment in the positive direction? Can we create flexibility where a moment ago we thought our state was fixed? Experiment with another way of thinking about your experiences.



As always in CBT, practice and repetition are key.