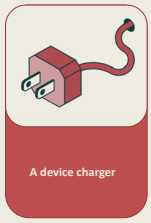
MomMA Module 4: Changing Your Thinking

1

Before we begin, make sure you have...


A device charger


Your MomMA packet


Something to write with

2

3 Mindful Breaths


Sounds


Breath

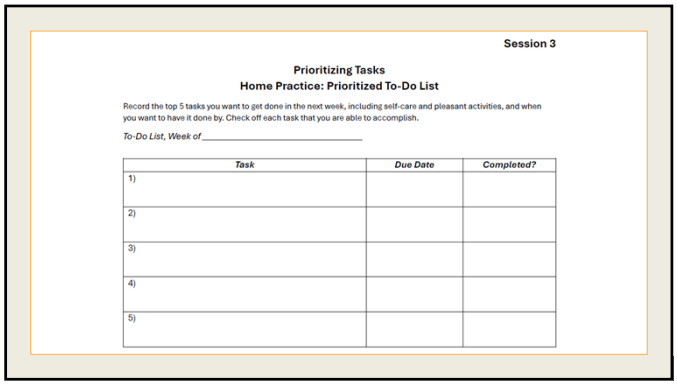

Body Sensations

3

Prioritizing Tasks Review

- **Benefits of prioritizing tasks and using to-do lists:**
  - Use time more effectively
  - Higher quality task completion
  - Reach goals
- **Created a prioritized to-do list:**
  - Used an urgent-important matrix
  - Urgent: WHEN something needs to be done
  - Important: IF something needs to be done
- **Assertiveness can help:**
  - Say "no"
  - Delegate tasks/ask for help
  - Agree to disagree

4



Session 3

Prioritizing Tasks
Home Practice: Prioritized To-Do List

Record the top 5 tasks you want to get done in the next week, including self-care and pleasant activities, and when you want to have it done by. Check off each task that you are able to accomplish.

To-Do List, Week of _____

Task	*Due Date*	*Completed?*
1)		
2)		
3)		
4)		
5)		

5

Home Practice Review

Did you have to make any changes to your to-do list?

What challenges came up? How did you manage them?

Did you notice any changes to your priorities (what was important or urgent) during the week?

6

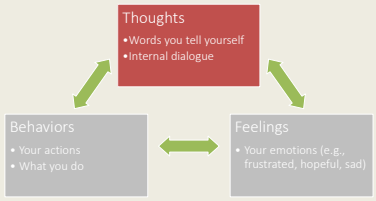
Plan for Today



- Continue to explore the connections between our thoughts, behaviors, and feelings
- Identify unhelpful thoughts
- Develop strategies for:
  - Challenging/reducing unhelpful thoughts
  - Increasing helpful thoughts

7

CBT Triangle



8

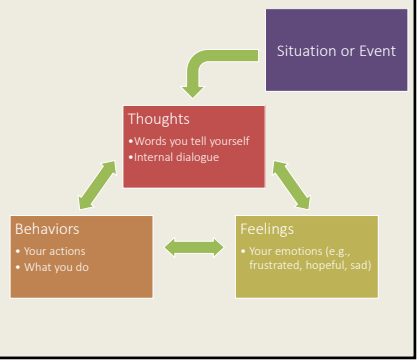
The Thoughts-Feelings Connection

Often, we think that a situation or event causes certain feelings or emotional reactions:



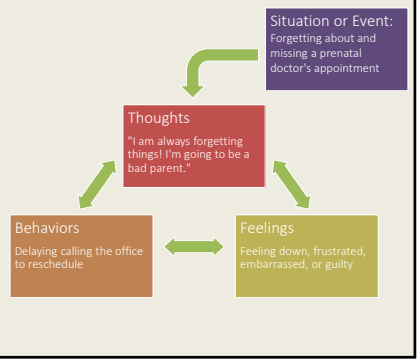
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The CBT triangle helps us understand that it's what we *think or tell ourselves* about a situation or event that causes the emotional reaction



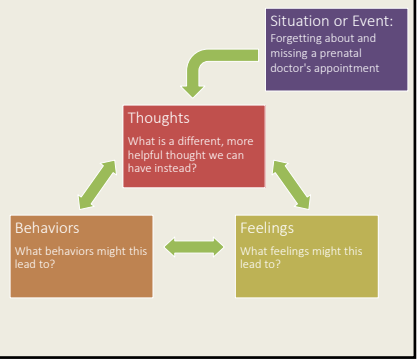
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The Thoughts-Feelings Connection: Example

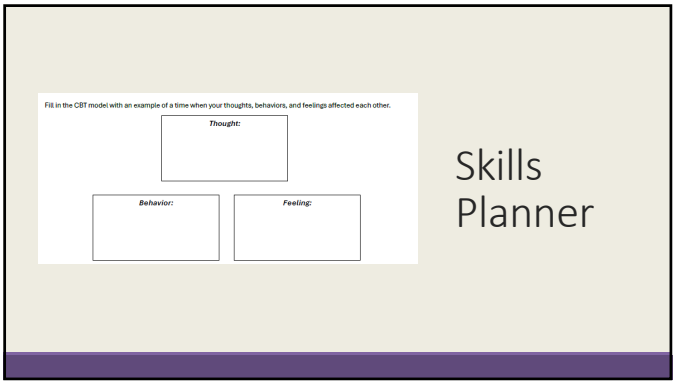


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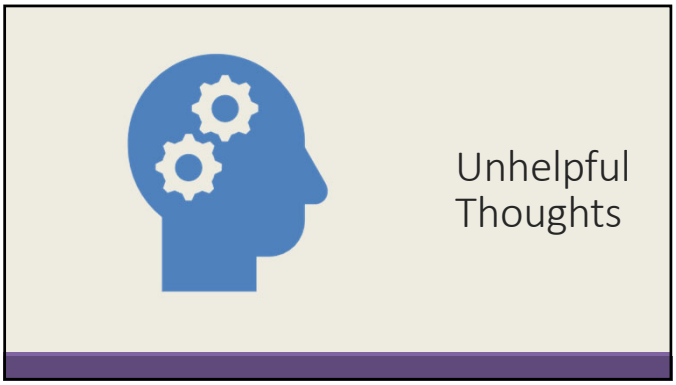
What happens
if we have a different, more helpful thought instead?



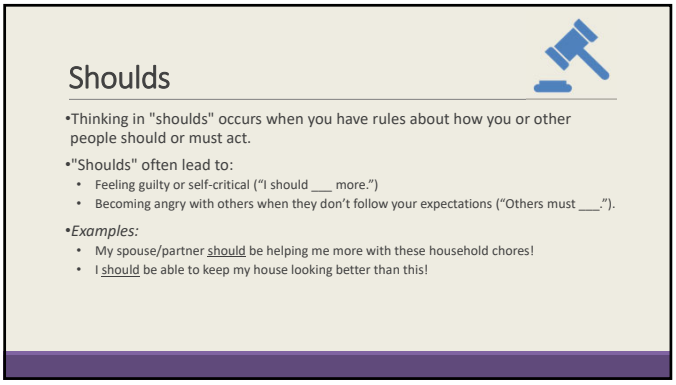
12


Fill in the CBT model with an example of a time when your thoughts, behaviors, and feelings affected each other.
Thought:
Behavior:
Feeling:
Skills Planner

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Unhelpful Thoughts

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Shoulds
•Thinking in "shoulds" occurs when you have rules about how you or other people should or must act.
•"Shoulds" often lead to:
• Feeling guilty or self-critical ("I should ___ more.")
• Becoming angry with others when they don't follow your expectations ("Others must ___.").
•Examples:
• My spouse/partner should be helping me more with these household chores!
• I should be able to keep my house looking better than this!

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All-or-Nothing Thinking

- In all-or-nothing thinking, you think in absolutes like *always, never, perfect, or terrible*.
- "Never" and "always" thoughts are rarely entirely true.
- Thinking in absolutes may lead to:
  - Feeling worse and potentially behaving in ways that one may later regret
  - Failure to act
- *Examples:*
  - My child never does what they are told!
  - Other people's houses are always neater than mine.

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Filtering

- Filtering occurs when we filter out the okay or good things about a situation and we are left with only the negative.
  - The good things "don't count" and the negative things are magnified.
  - For example, when someone asks how our day was, we might say "My day was awful," because we had a hard time putting our child down for a nap. We filtered out the fact that we our child was happy the rest of the day.
- *Examples:*
  - I did not accomplish anything today!
  - That project was a complete failure!

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Labeling

- When we give labels to ourselves or someone else, we discount a lot of information.
  - For example, we might think "I'm a loser" after making a mistake, even though we don't make mistakes every time we do something.
- Labeling can lead to angry or depressed feelings and behaviors.
- *Examples:*
  - I am not a patient person.
  - My child is manipulative.

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Challenging Unhelpful Thoughts

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Thinking Error	Example	Challenge Questions
Shoulds: Rules about how you/others should or must act "I should ___"; "They must ____"	I should be able to keep my house cleaner than this!	Can I accept myself/others as they are now? Are my standards realistic? Do I need to lower my expectations?
All-or-nothing thinking: Thinking in absolutes (always, never, perfect, terrrible)	My partner never helps around the house.	Does this really happen always or never? Is this actually awful? Are there examples of a time this didn't happen?
Filtering: Filtering out the good/okay things about a situation; good things "don't count" and negatives are magnified	This project was a complete failure!	What were the positive parts of my day? What went ok? Am I sure nothing good happened? (Nothing is too small to count!)
Labeling: Assigning labels to ourselves or someone else, discounting a lot of information.	I'm just an impatient person.	Do I/they really fit the definition of this label (lazy, failure, selfish, etc.)? Are there examples that do not fit?

Challenge Questions

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Think of times when you have had an unhelpful thought recently. Record the unhelpful thought and the name of the thinking error. Next, record a more helpful or more balanced thought you could have instead, and a strategy you can use for similar thoughts in the future.

Unhelpful thought I have had *(name/example)*	***Challenge question I could use for this thought***	***Different/more helpful thought I could have instead***
Labeling: I am going to be a terrible parent. All of the other parents have already finished their nursery.	*Does every good parent have a finished nursery before their baby is born? Is a nursery actually what makes me a good or bad parent?*	*Being a good parent means preparing to meet my baby's basic needs, not having a finished nursery.*

Skills Planner

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Reducing Unhelpful Thoughts



Thought Interruption



Acknowledgement/"Talking Back"

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Thought Interruption

- When you notice an unhelpful thought, **interrupt it.**
- Say "STOP!" or "I'm not going to think that right now."
- Try to say it loudly – either yelling out loud or "yelling" in your mind.



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Acknowledgment and "Talking Back"

- Notice the unhelpful thought; remember that everyone has unhelpful thoughts and that thoughts are not facts.
- "Talk back" to your brain
  - *"That's an interesting thought."*
  - *"Maybe, maybe not."*
  - *"Thank you, brain."*



- Then, let the thought go (imagine it floating away in a bubble, on a cloud, or as a leaf floating down a stream)

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Increasing Helpful Thoughts



Pay attention to your successes



Time projection

25

Pay Attention to Your Successes

- Train your brain to focus on the positive.
  - Write down 3 things you are grateful for every day (gratitude journal).
  - Talk with someone about your favorite part of the day (e.g., with your family at dinner, with a friend at the end of the workday).
- *Nothing is too small to count!*
  - Example: getting started on a task you've been avoiding



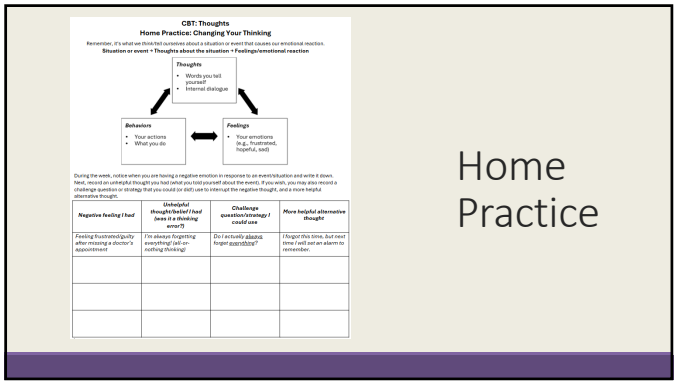
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Time Projection



- When we are upset, we often think situations are permanent instead of temporary.
- Imagining a future after a difficult/challenging situation is over or when your current problem will be gone can help you feel better now.
  - Remind yourself that things change. *The only thing constant in life is change!*

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Home Practice

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S: Stop
T: Take a breath
O: Observe
P: Proceed with awareness

29

How do you feel about your ability to:

- Notice and challenge unhelpful thoughts, and increase positive thoughts?

1 2 3 4 5 6 7 8 9 10

30

Remember:

Changing thoughts is **hard!**

Practicing these skills will make it easier.

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Reflection Questions

What impact might challenging unhelpful thoughts have on:

…your mood?

…your behavior?

…your role as a parent?

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