

TAKING THOUGHTS CAPTIVE

FALSE BELIEFS

A
ACTIVATING EVENT

I have to give a presentation!

B
BELIEF/THOUGHT

I am going to make a fool of myself.
It's going to be AWFUL.
I'll be shaking, my mouth will be dry, I can't do it.

People will laugh at me.

C
CONSEQUENCE

Anxious, afraid, can't concentrate on putting together the content...

I feel ill, I can't stop thinking about it.

D & T
DISPUTE WITH TRUTHFUL EVIDENCE & TAKE THOUGHTS CAPTIVE.

Hang on? What actual evidence do I have that 'I AM' going to make a fool of myself?

Take thoughts captive

None! It's just an irrational fear! I haven't even stepped out on the platform yet. How will it look when things go right?

"THERE IS SO MUCH FREEDOM AND HEALING THAT COMES WHEN WE ACCEPT THAT NOT EVERY THOUGHT IS A FACT"

- DR CAROLINE LEAF -



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