

# DEPRESSION & ANXIETY ARE THE OLDEST CONS

## HERE ARE 4 WAYS TO BEAT DEPRESSIVE THOUGHTS



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*Is it possible to change the way you feel?*

*Our thinking leads to our distress, not the events of our life. "Feeling Great" by David Burns*

## TEACHINGS OF COGNITIVE THERAPY

*\*You feel the way you think \*Thoughts, not events, cause feelings \*Depressions & Anxiety are the world's oldest cons  
\*Depressing & Anxious thoughts are distorted & illogical*

## 5 FORMS OF TWISTED THINKING

*\*Magnification/Minimization \*Labeling \*Emotional Reasoning \*"Should" Statements \*Discounting the Positive*

## EXAMINE THE GOOD IN NEGATIVE THOUGHTS

*"I'm a failure" (Guilt)...Feel an intense love & responsibility. Moral compass; high standards  
"I should have never done that" (sadness/anxiety) ....Empathy & desire to protect  
"It's my fault her childhood was ruined" (hopelessness) ....Honest & humility about flaws  
"I'm going to spend the rest of my life making this up to her" (inadequacy) ....Immense dedication*

## DIAL DOWN THE INTENSITY

*Dial down depression & anxiety to use their accompanying gifts in a way you can be productive and not paralyzed.*

# reflections:

Am I feeling depression or anxiety in my life right now? What about?

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What are the thoughts that accompany those things?

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How can I use the teachings of cognitive therapy to ease my depression & anxiety?

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Am I experiencing any "twisted" forms of thinking?

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What are the positive core values underlying my negative thoughts?

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How can I use my depression & anxiety in a productive way & not be paralyzed.

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Notes: