

Workshops:

1. Behaviour

2. Emotions

3. Anxiety

4. Assertiveness

5. Worrying

6. Thinking 1

7. Thinking 2

Behaviour



All About Behaviour

Behaviour is **what you do**.

It is **observable** by other people.

It is your behaviour that **allows other people to know or infer how you are feeling and what you are thinking**.

Behaviour is subject to the laws of **learning**.

Apart from reflexes and instincts, **all our behaviour is learnt**.

We can apply what we know about the laws of learning to help ourselves and others to **change unhelpful (maladaptive) behaviours**.



Learning Principles

In simple terms, a behaviour that is followed by something pleasant tends to increase in frequency.

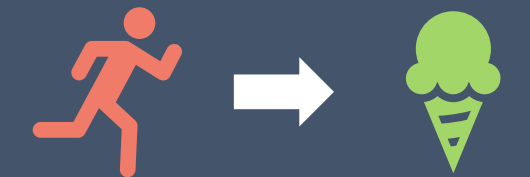


Conversely, behaviour that results in something unpleasant will decrease in frequency.



We can increase our low frequency behaviours by rewarding them with high frequency behaviours.

For example, I am only allowed to eat ice cream after I have done some exercise. Because I like ice cream, I should find myself undertaking more exercise. This is known as the “Premack Principle”.



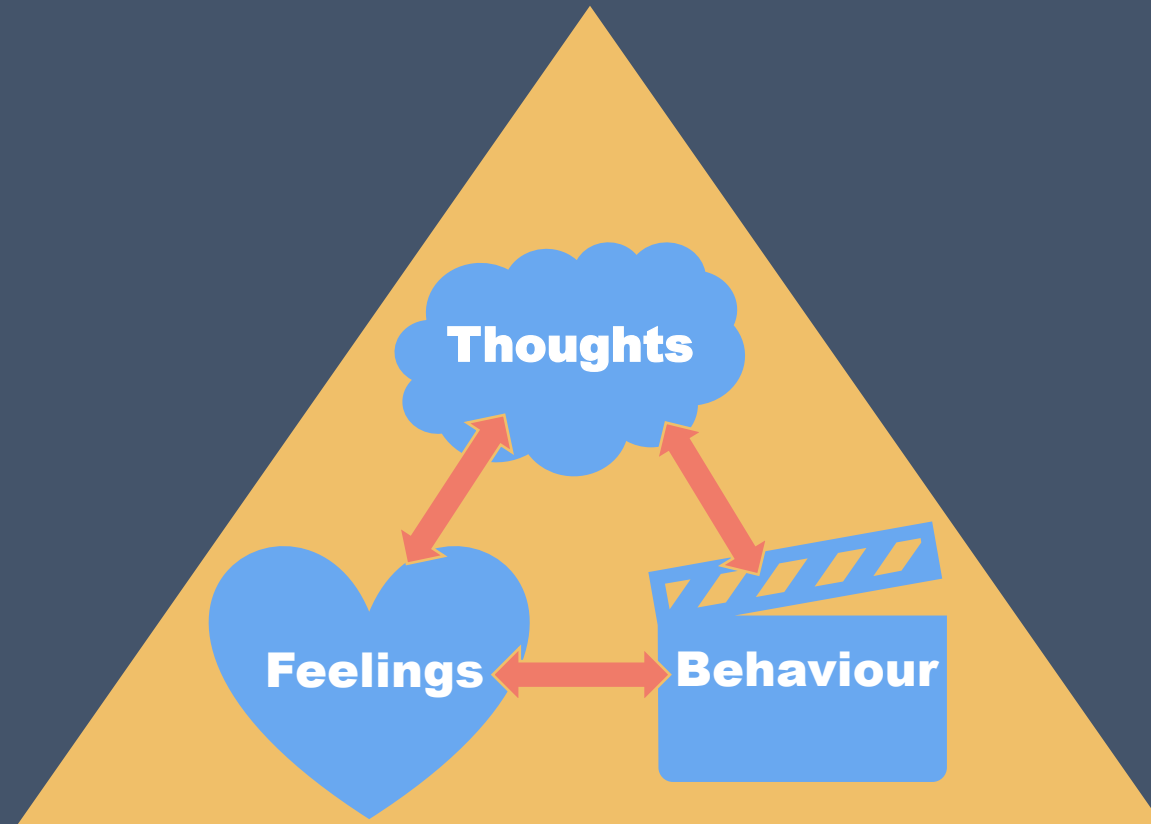
Changing Behaviour



Why would we want to change our behaviour?

- Often we have bad experiences in our early lives that give rise to behaviours that helped us to survive at that time, but as we grow older these behaviours become unhelpful (or maladaptive).
- Sometimes we are not very good at solving problems in our lives, so we behave in ways that are ineffective or actually make the problem worse.
- We can become set in our ways, so we resort to behaviours we are familiar with. Here we are talking about habits.
- We know there are good habits and bad habits, but it is probably better to see them as **helpful habits** and **unhelpful habits**.

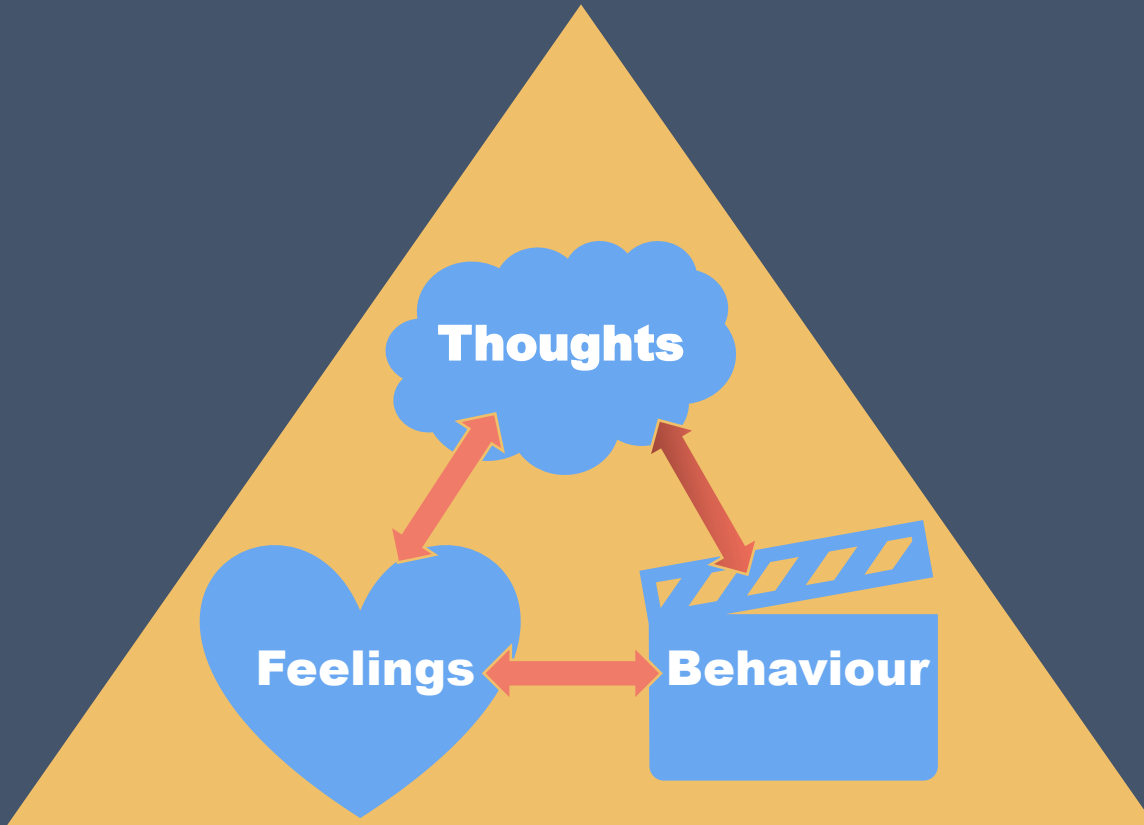
Thoughts-Feelings-Behaviour triangle



Behaving Differently to Think Differently - I

Our CBT model tells us that we can change the way we think by changing how we behave.

How is this possible?



Behaving Differently to Think Differently – II

Example:

I think everyone is unfriendly. They clearly do not like me. Let me prove this...

I went to a party the other day and no-body spoke to me or smiled at me. I ended up in a corner on my own eating a sausage on a stick.

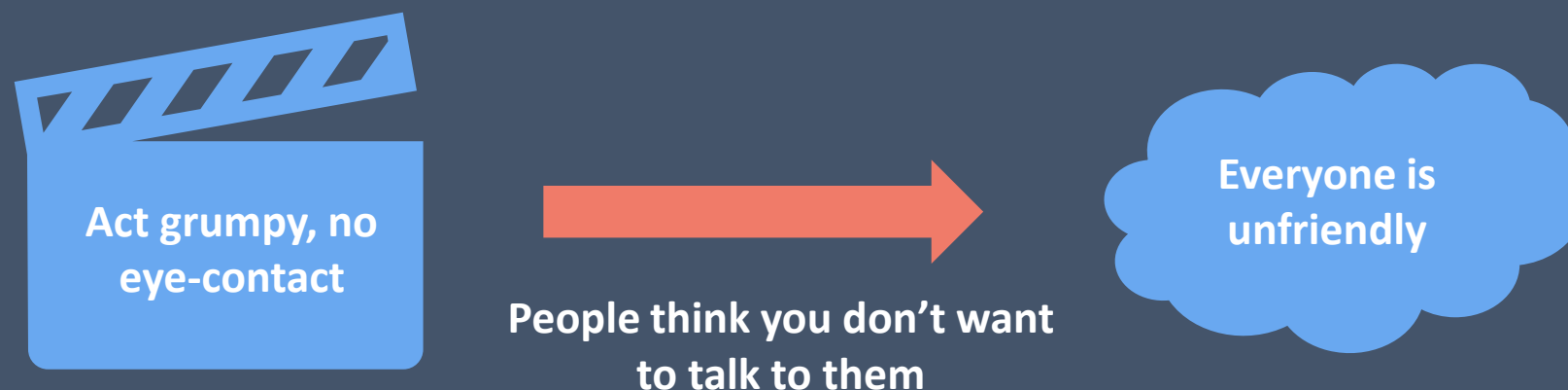
...



Behaving Differently to Think Differently – II

But how did I behave in that situation?

Oh, I was feeling a bit grumpy, I kept my head down, I didn't want to make eye contact with anyone...etc. etc.

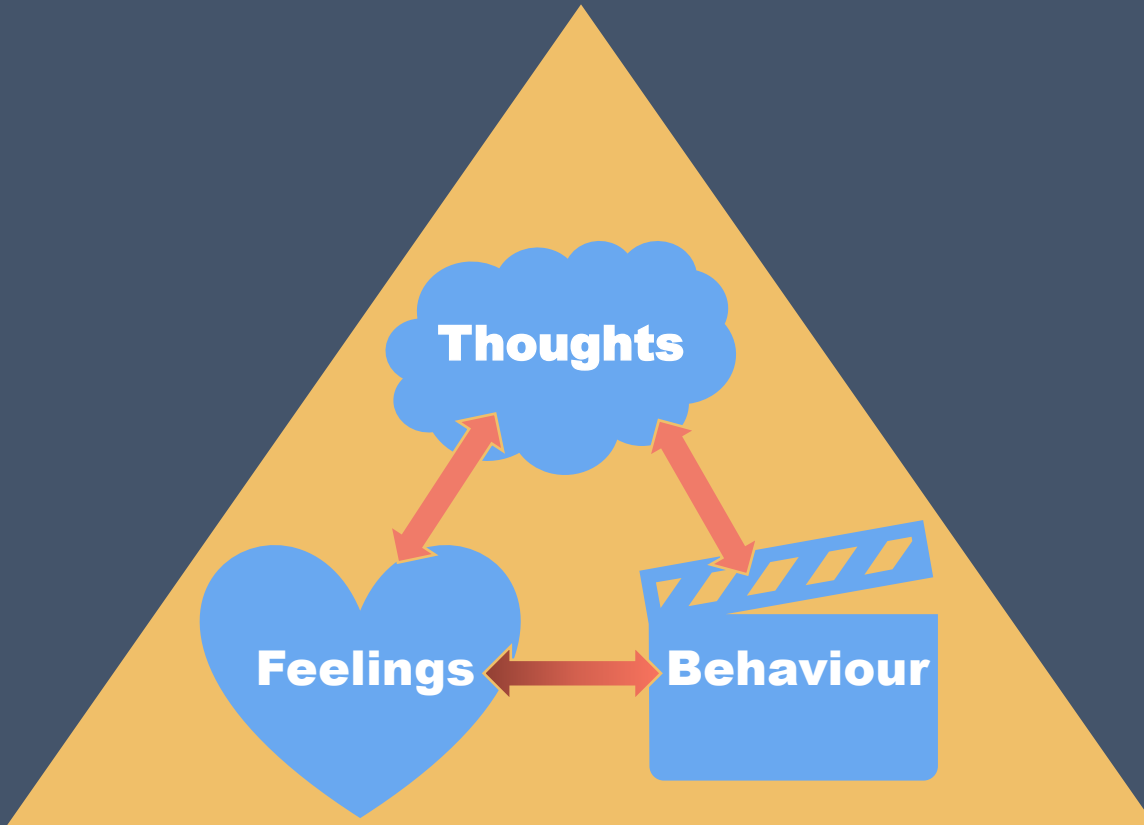


Had I behaved differently (e.g. through my body language) then people may have reacted differently towards me and I would not end up thinking nobody likes me.

Behaving Differently to Feel Differently - I

Our CBT model tells us that we can change the way we feel by changing how we behave.

How is this possible?



Behaving Differently to Feel Differently - II

My room is a complete mess. There is so much stuff I have to sort out. I can't find anything. It's starting to get me down.

So why not make a start at sorting it out?

I would, but there's no point. There's too much to do, it will get messy again, I've got TV to catch up with, and...etc. etc.

If I just made a start by tidying a small part, then I would probably feel encouraged to do more and then end up feeling less gloomy about my environment.



Behaviour is the key to everything.



We can observe and try to learn about the world through our senses, but our knowledge will be limited.

It is only when as babies we begin to interact with the world around us that learning really starts to take off – manipulating objects, exploring the environment, and discovering that we are both part of the world and agents of change within it.



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