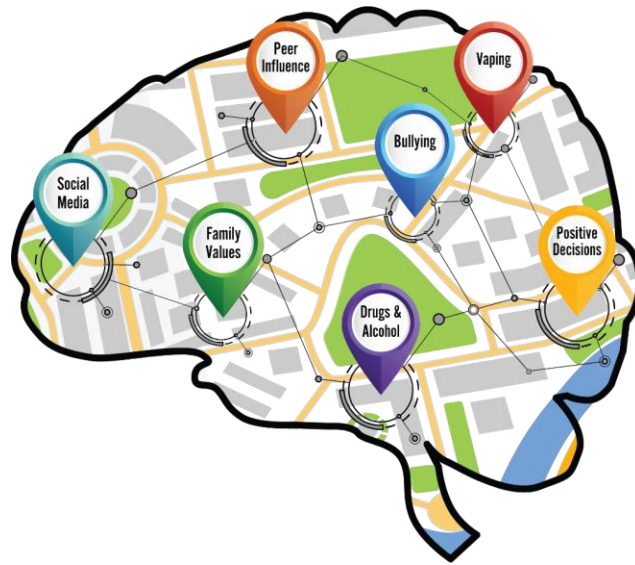


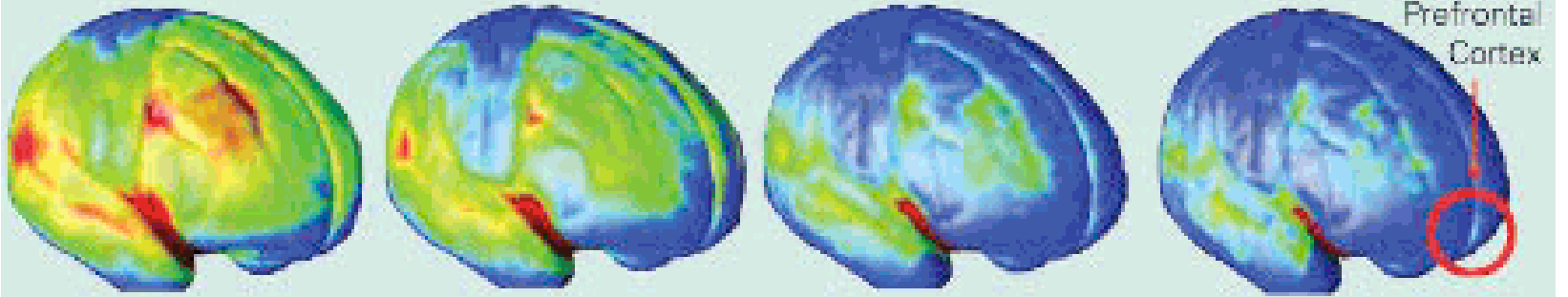
Challenging Cognitive *Distortions*



Crystal Collier, PhD, LPC-S

Know Your
Neuro

5 ← AGES → 20



Blue represents maturing of brain areas.



Self-Talk Exercise

I'm fat!

I'M GOING TO FAIL

i hate myself

I'm ugly!

I'm so stupid

I am a loser

She is such an idiot

This sucks!

I cannot believe he did that!!

Everything is horrible

I will never get it

A cartoon red ant with large blue eyes and a smiling mouth, holding a white sign on a silver pole. The sign has the text 'A.N.T.s' written on it in bold black letters. The ant is standing on its hind legs.

A.N.T.s

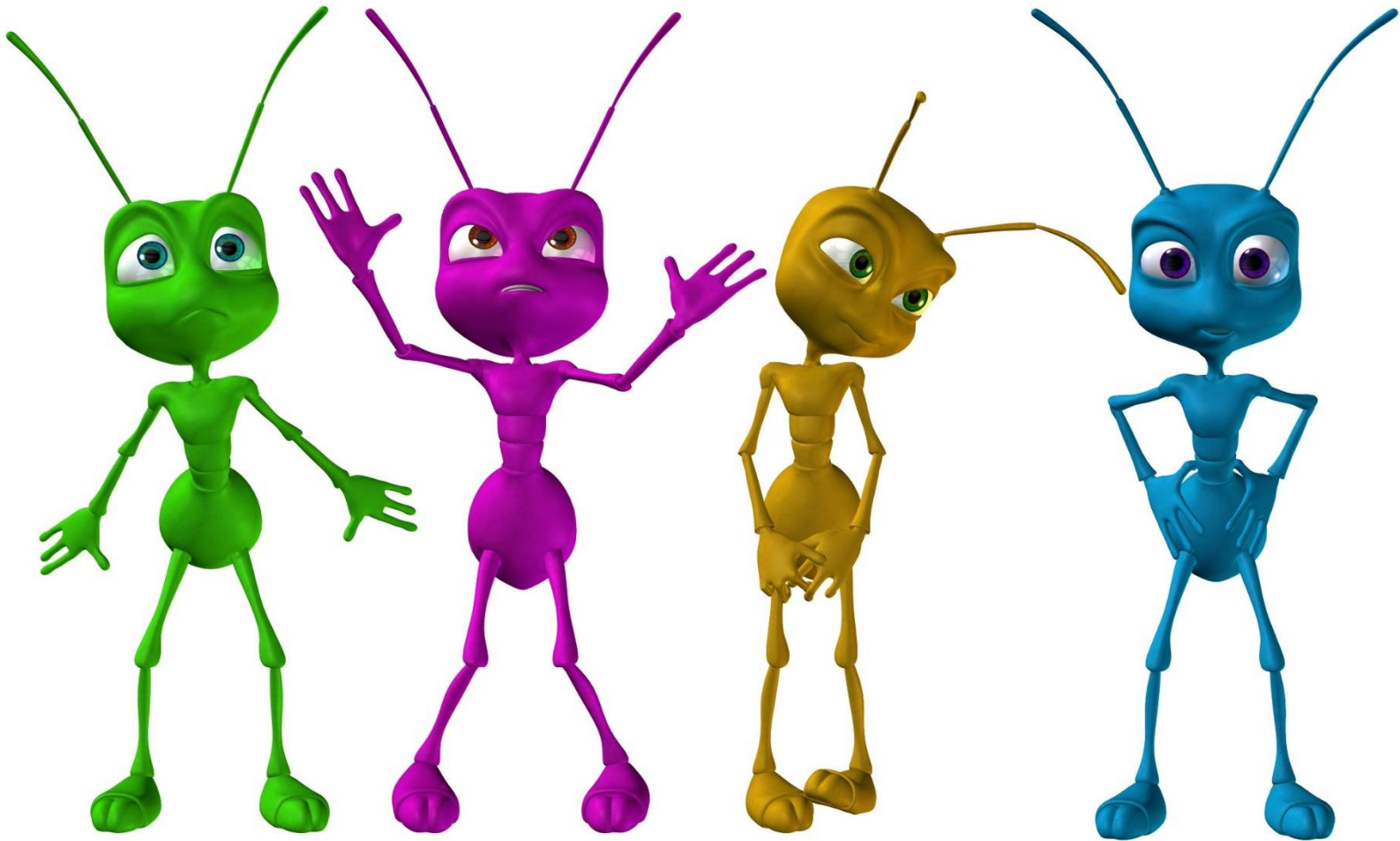
**Automatic
Negative
Thoughts**

A cartoon red ant with large blue eyes and a smiling mouth, holding a white sign on a silver pole. The sign has the text 'Cognitive Distortions' written on it.

Cognitive Distortions

**Biased or irrational
thoughts that can cause
inaccurate perception of
reality.**

ANTs: Automatic Negative Thoughts



Worry

Critic

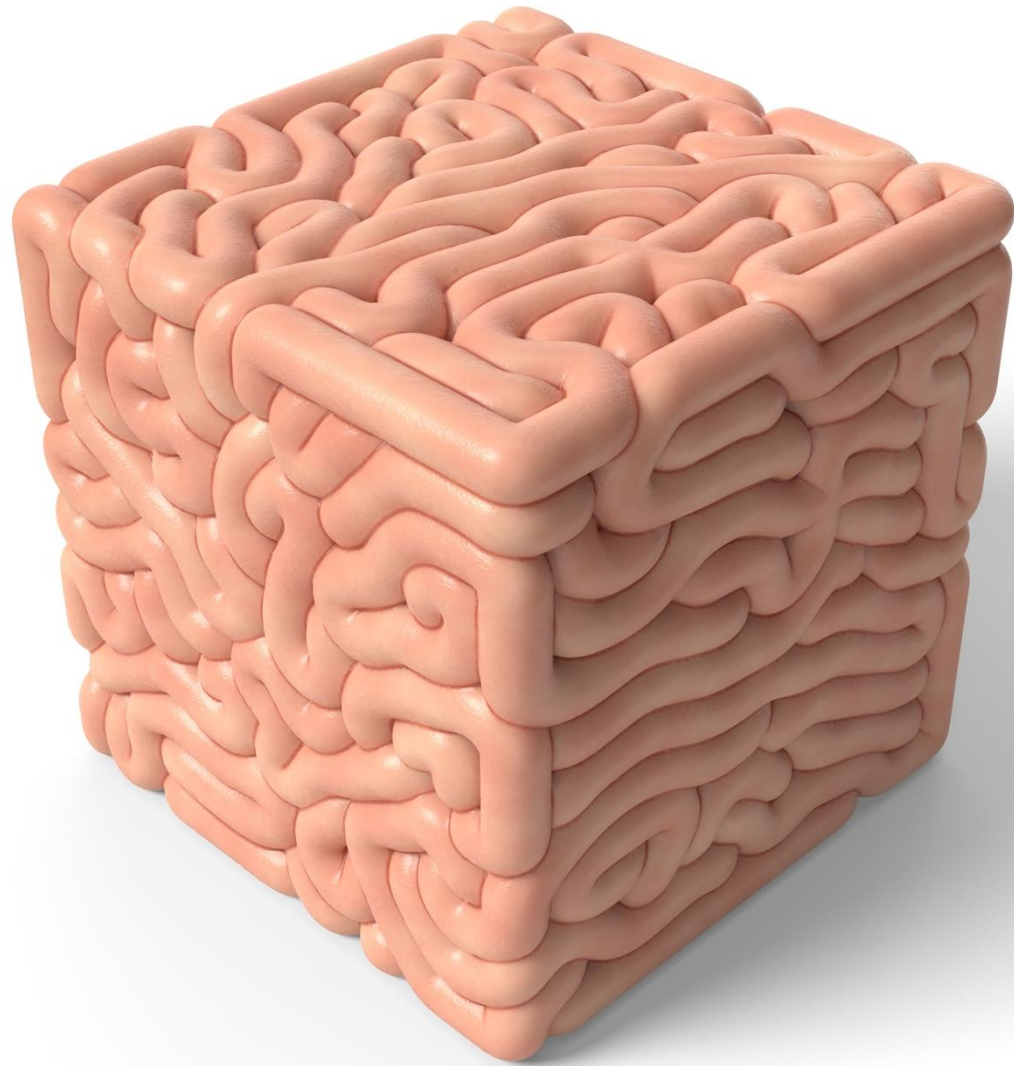
Victim

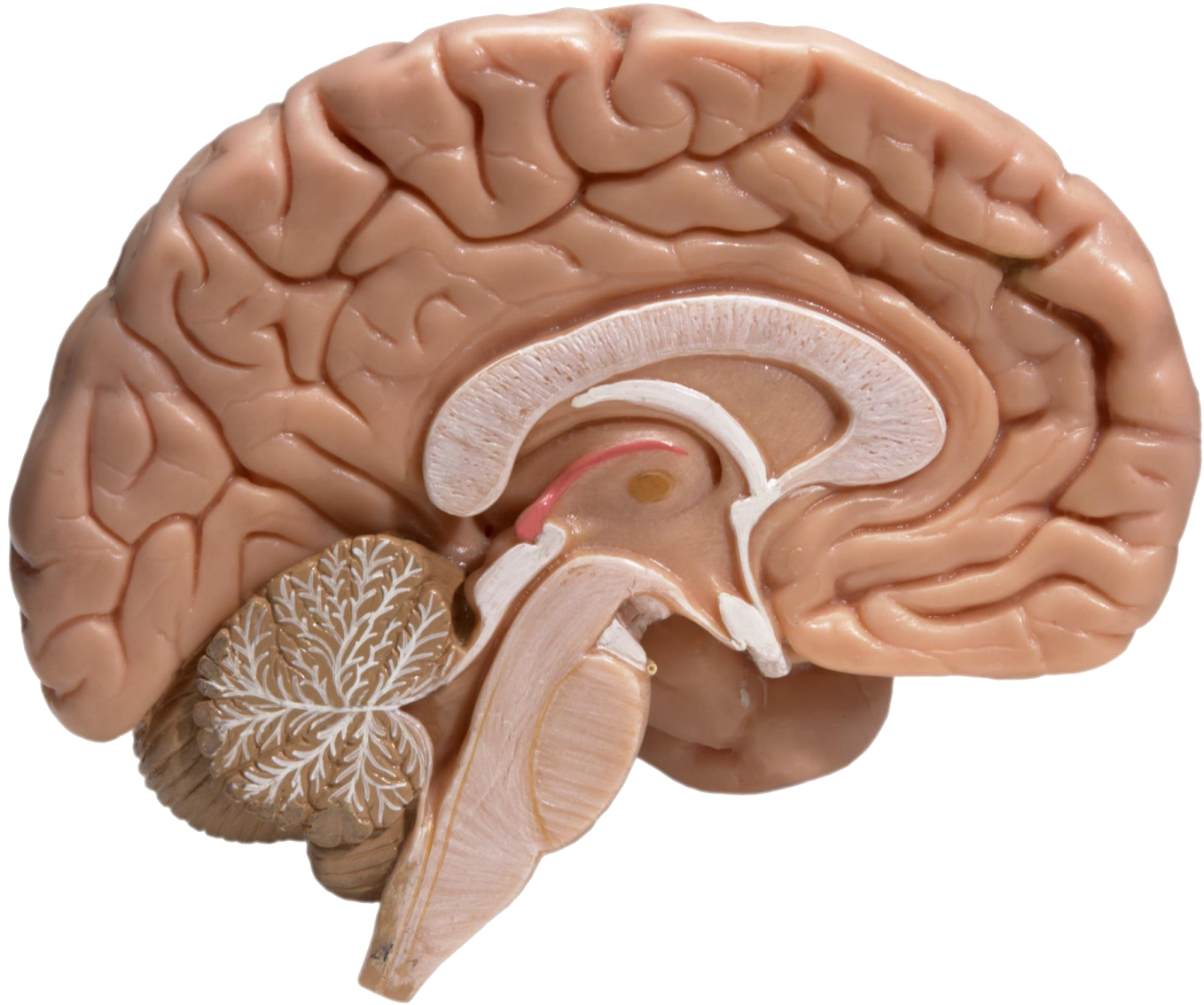
Perfectionist

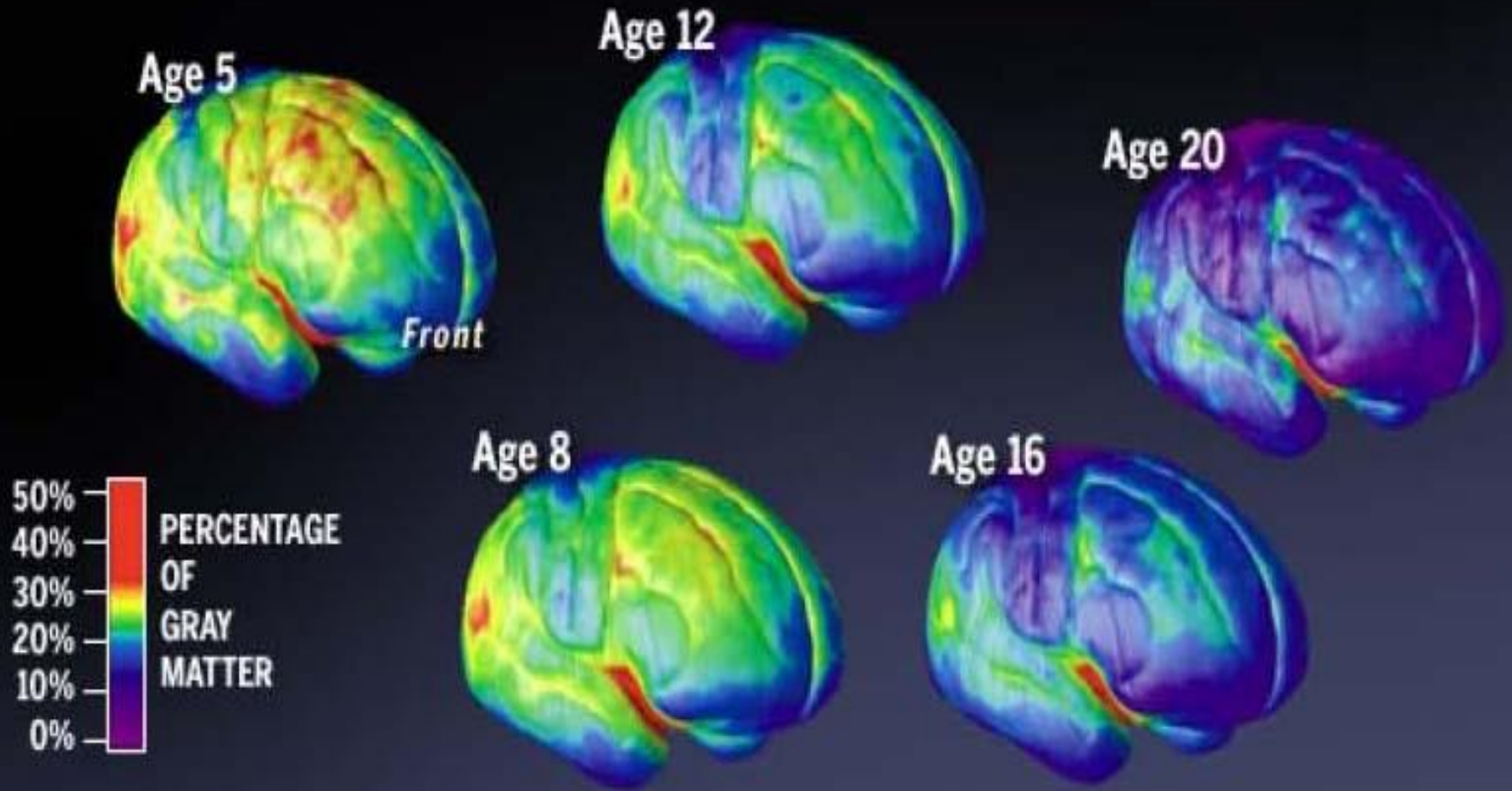
Neurodevelopment is Experience Dependent

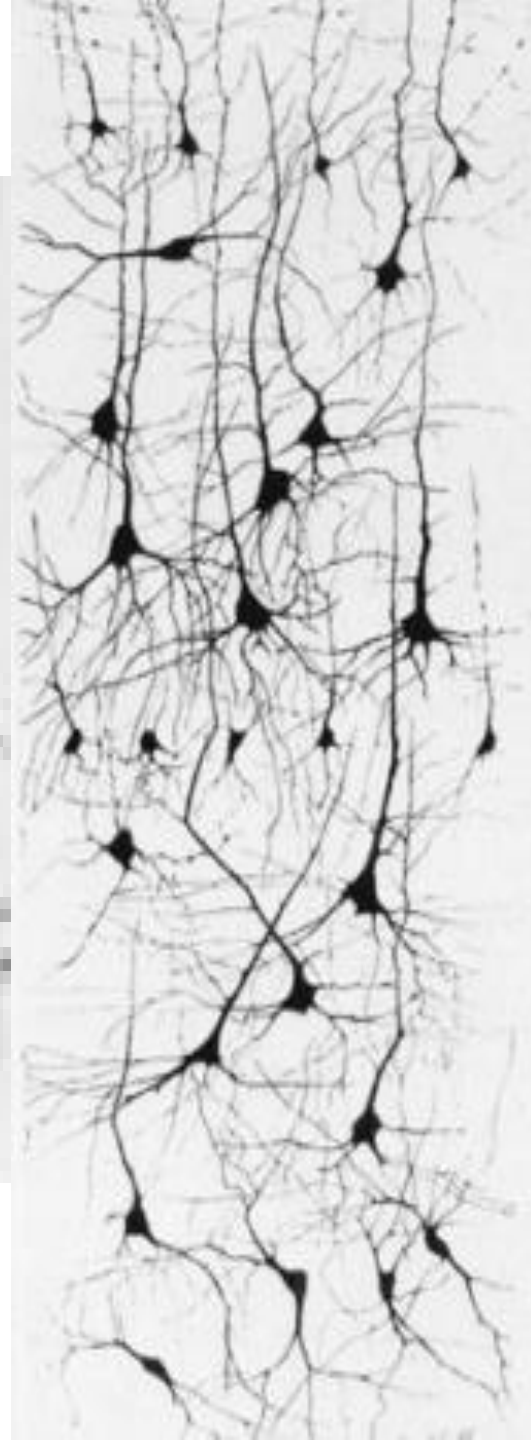
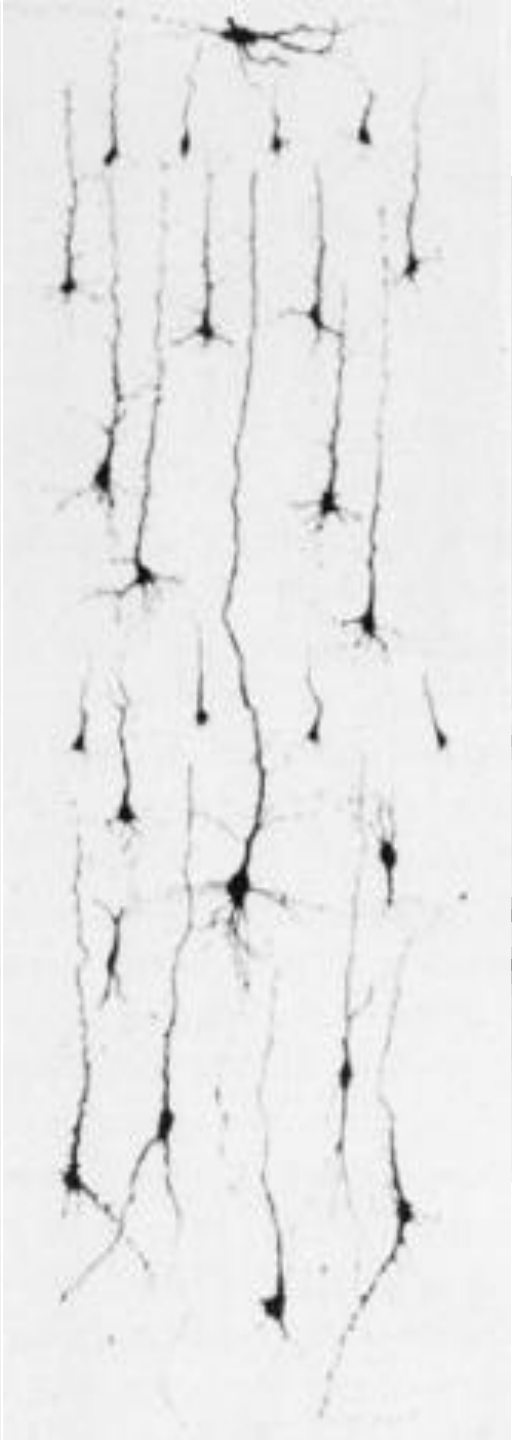
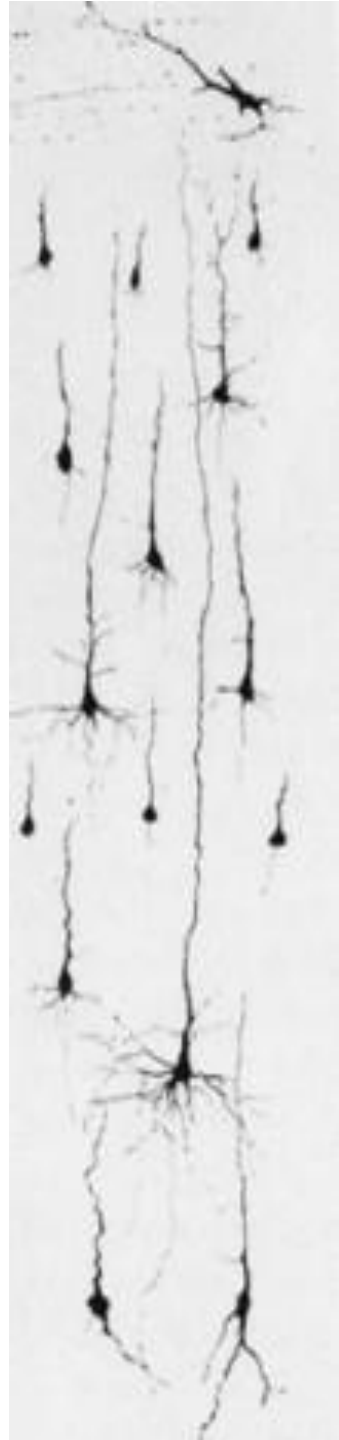












Executive Functioning



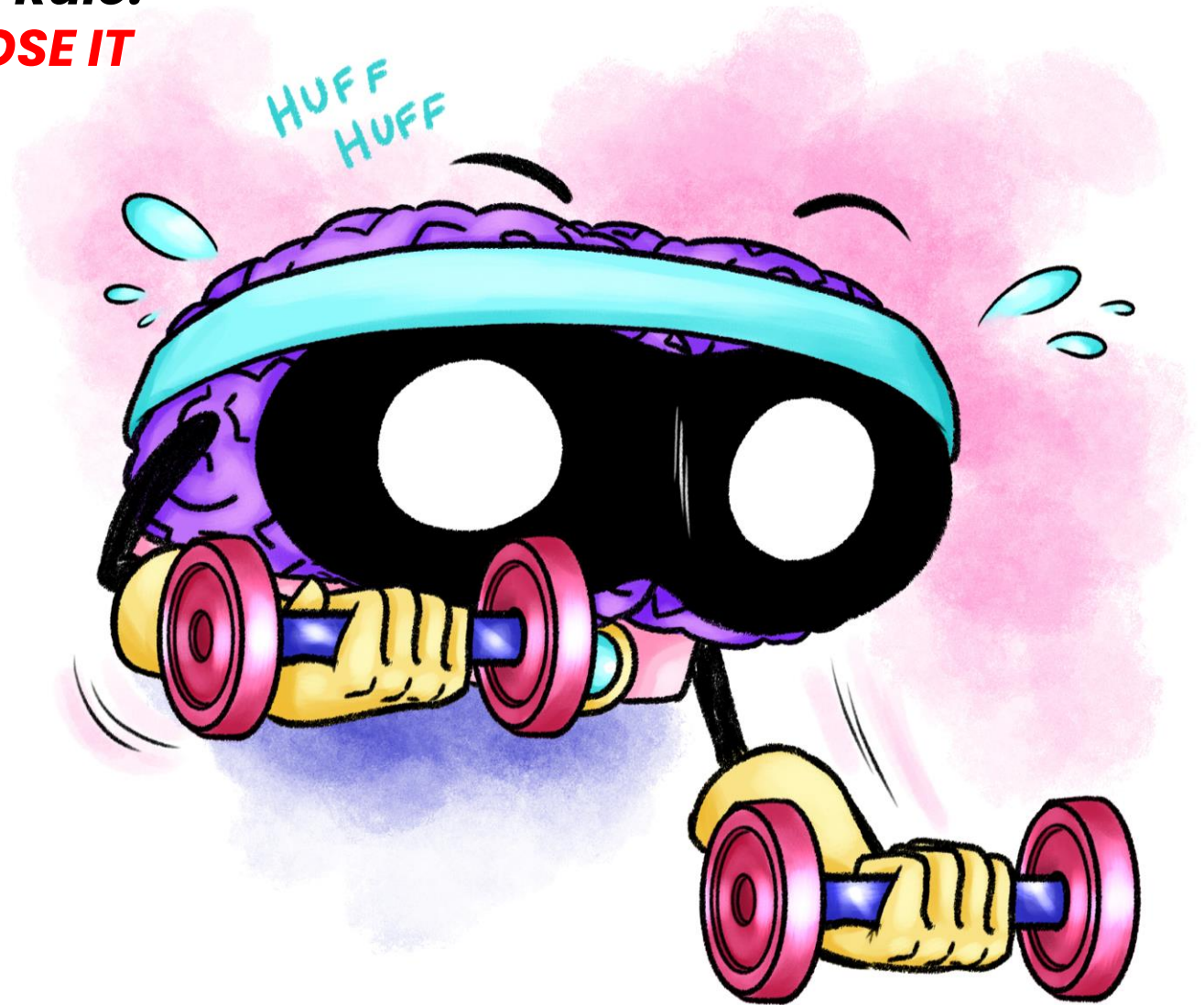
Birth/Elementary/Middle

- Task Initiation
- Flexible Thinking
- Planning and Prioritizing
- Organization
- Working Memory
- Self-Monitoring
- Selective Attention
- Coordination

Middle/High School/Adult

- Abstract; conceptual understanding
- Impulse Control
- Problem-Solving
- Decision-Making
- Judgment
- Emotion Regulation
- Frustration Tolerance
- Ability to Feel Empathy

The Brain's Rule:
USE IT or **LOSE IT**



ANT Identification Exercise



Worry

The Fear Forecaster

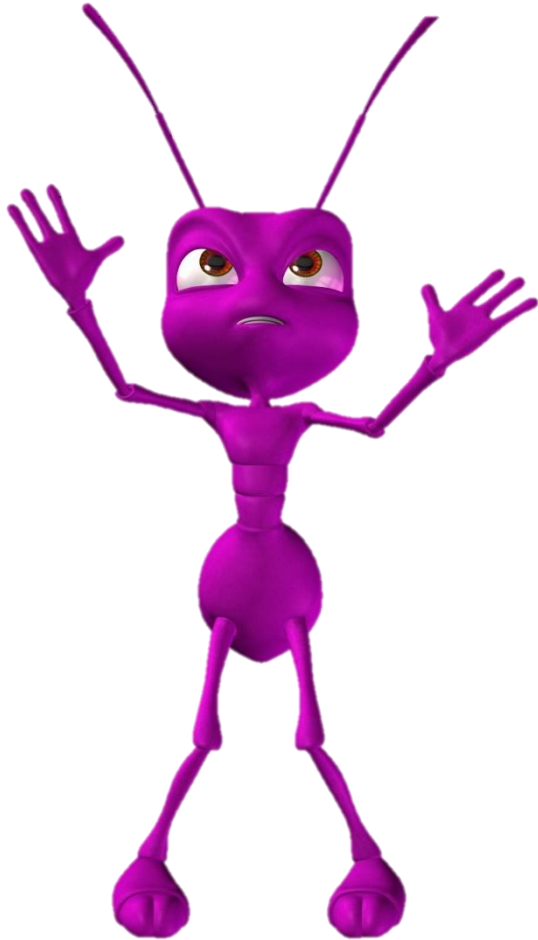
Predicting the Worst or Catastrophizing

Mind-Reading Minnie

Assuming What Others are Thinking

Negative N'Antcy

Disqualifying the positive & only seeing the negative



Critic

Overgeneralizing Jerry

Always, Never, Every Time, Everyone Thinking

Labelling Larry

Name Calling, Defeatest Thinking

The Feeling Factor

Emotional Reasoning, Thinking with Your Feelings

Victim Van Z'ant

Personalizing and Blaming



Victim Van Z'ant

Personalizing and Blaming

Tunnel Visionary

Cannot Do Anything Right Thinking

Magnifying Maggie

Magnifying Mistakes

Victim



Perfectionist

Mr. My Way Highway
All or Nothing, Good or Bad Thinking

Guilt-Beating Bob
Should, Must, Have to, Ought Thinking

Minimizing Mary
Minimizing the Positive

Imposter Pete
Believing One is a Fraud Unless Perfect

Break



Effects of Cognitive Distortions

FOO:

Family of Origin

SOO:

Society of Origin

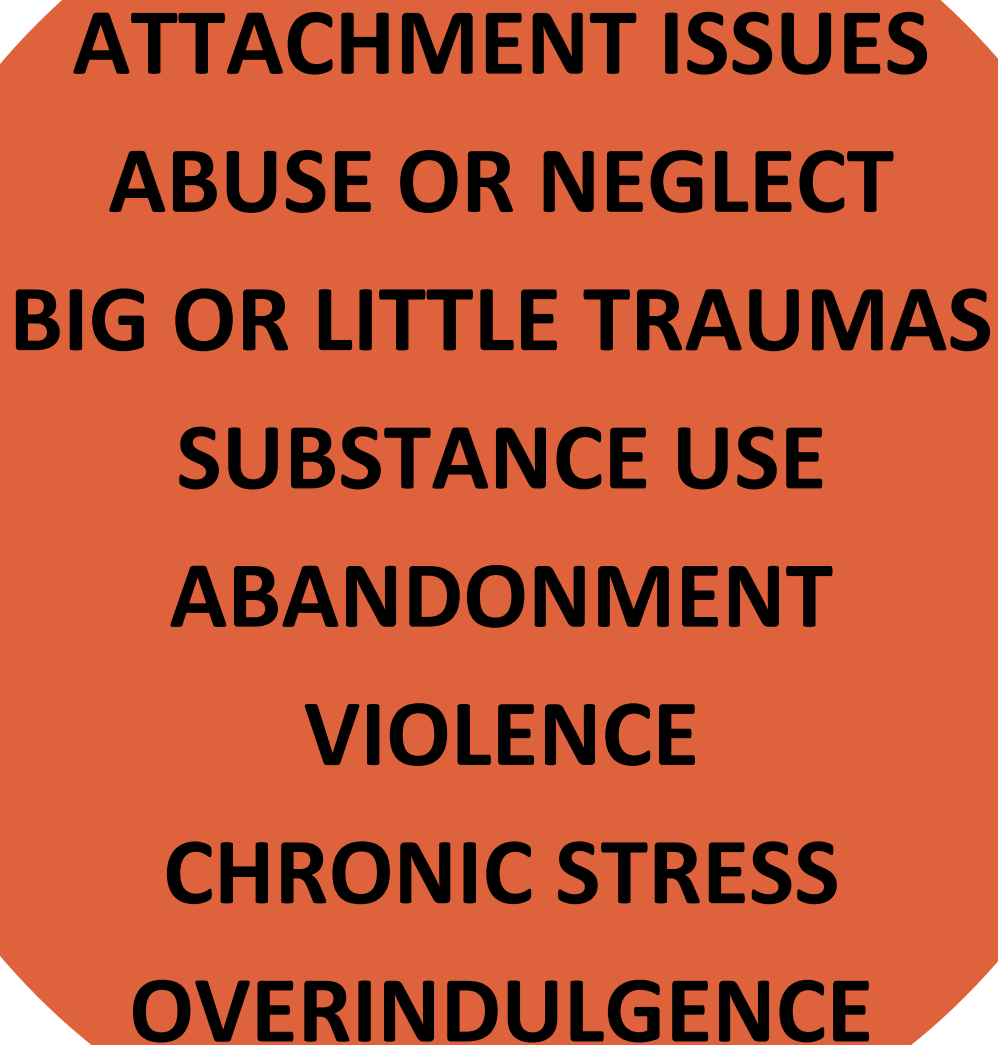
ROO:

Religion of Origin

COO:

Culture of Origin





ATTACHMENT ISSUES
ABUSE OR NEGLECT
BIG OR LITTLE TRAUMAS
SUBSTANCE USE
ABANDONMENT
VIOLENCE
CHRONIC STRESS
OVERINDULGENCE

Family Rules in **Un**healthy System

Don't Talk

Don't Feel

Don't Trust

Don't Deal

Effects of **Unhealthy** Family Systems

- Dissociation
- Dysregulation
- Distancing/Avoidant
- Enmeshment
- Arrested Development
- Invalidation
- Negative Core Beliefs
- Boundary Problems
- Negative Coping Mechanisms
- Attachment Issues
- Communication Problems
- Intimacy Issues
- Social Difficulties
- Trust Problems
- Lack of Resilience



THOUGHTS → CORE BELIEFS

FEELINGS → TRIGGERS

COPING → BEHAVIORAL PATTERNS



**NEGATIVE
CORE
BELIEFS**

THOUGHTS
*(What we think affects
how we feel and act)*



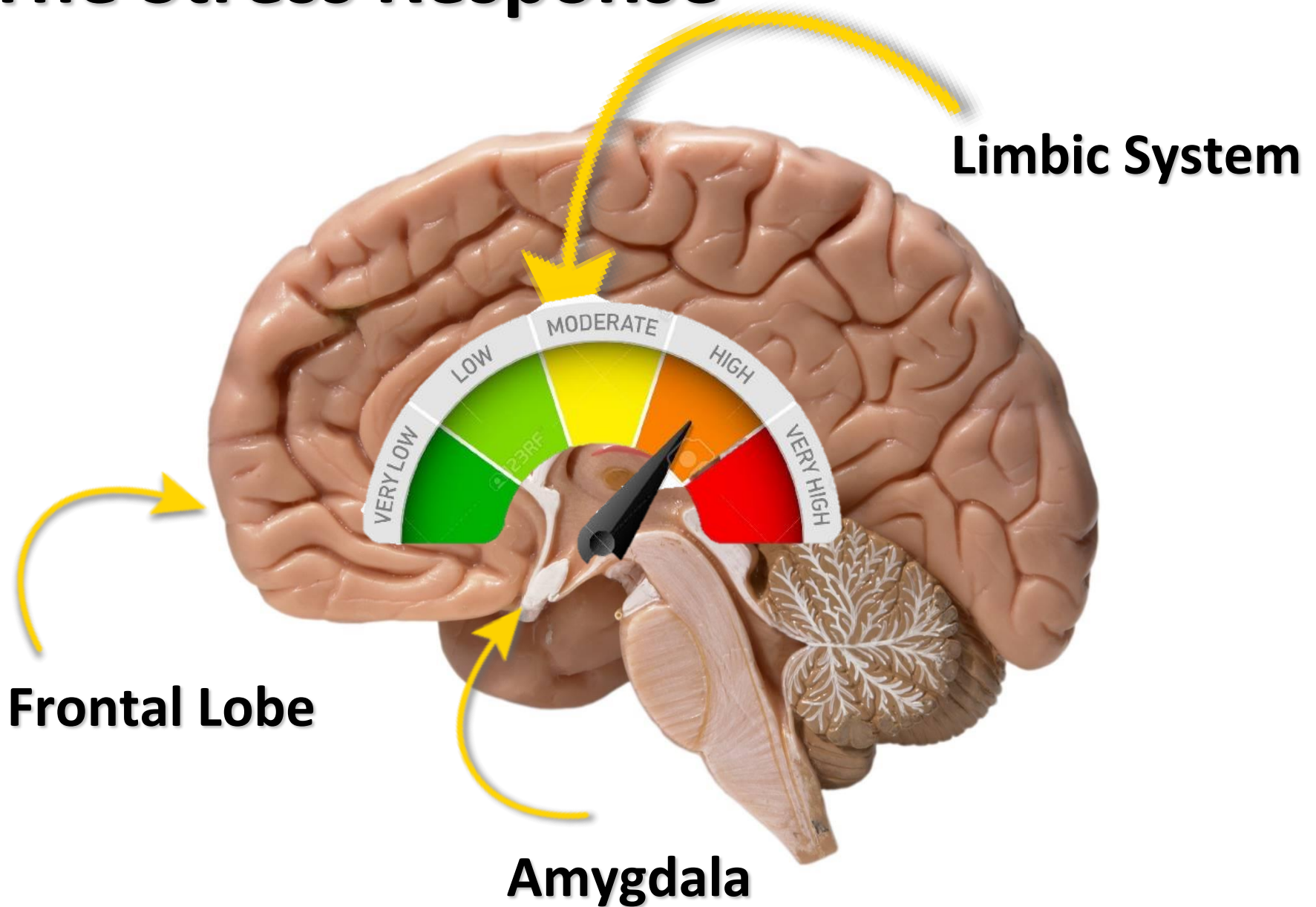
BEHAVIOUR
*(What we do affects
how we think and feel)*

EMOTIONS
*(How we feel affects
what we think and do)*



**FEELINGS
THAT
BECOME
TRIGGERS**

The Stress Response



PERCEPTION = REALITY

PERCEIVED THREAT = THREAT

MOTHER = SABER-TOOTHED TIGER





**ADAPTIVE
COPING
MECHANISMS
BECOME
MALADAPTIVE
BEHAVIORS**

Unhealthy Behaviors

- Dissociation
- Dysregulation
- Distancing/Avoidance
- Enmeshment
- Manipulation
- Invalidating self/others
- Codependency
- Lack of boundaries
- Perfectionism
- Substance use
- Compulsive buying
- Clinginess
- Passive-aggressiveness
- Aggressiveness
- People-pleasing
- Rescuing others
- Ruminating/Obsessing
- Do-aholism

How do your cognitive
distortions affect
your feelings &
behavior?

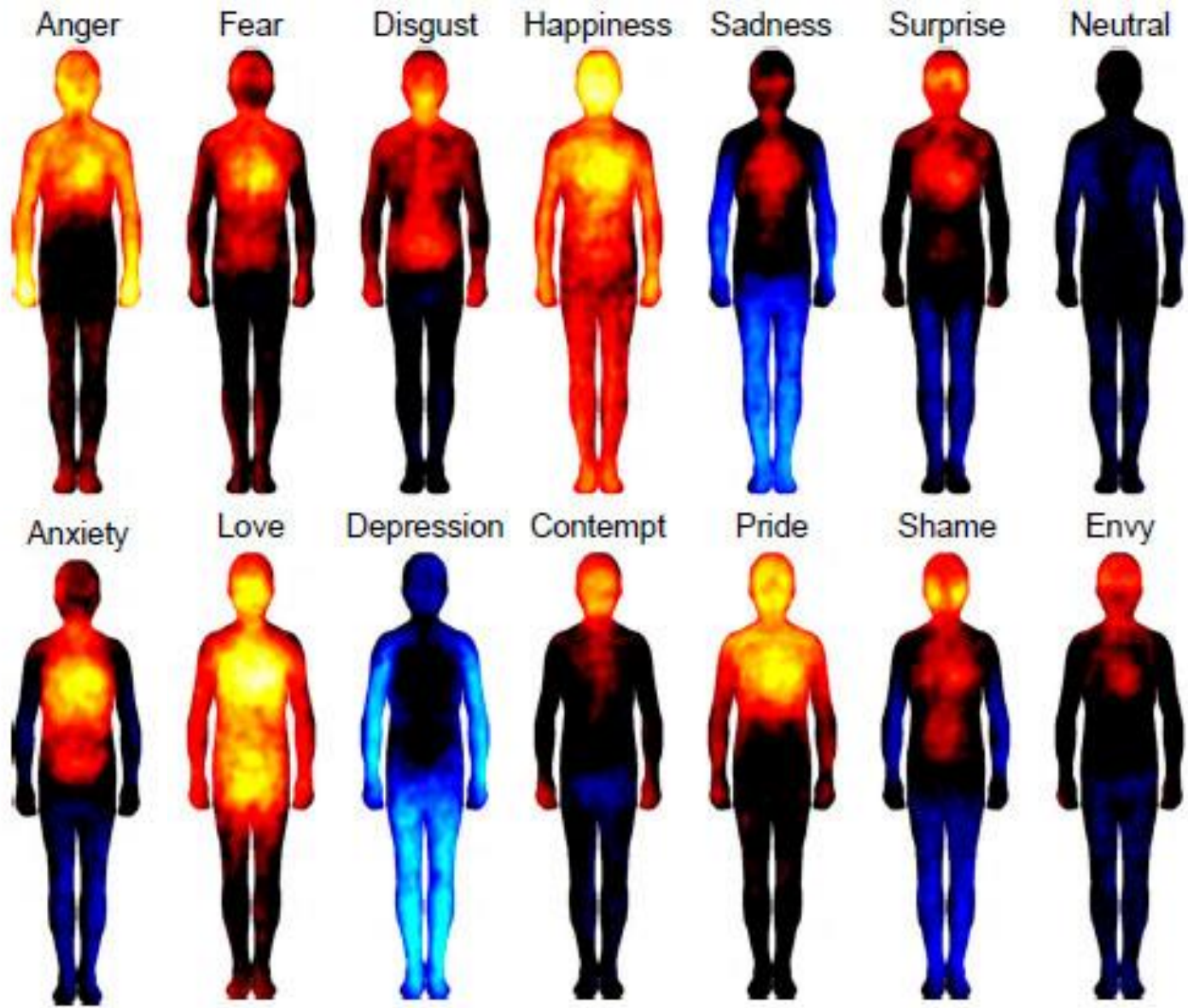








**FEELINGS
ARE
NOT
FACTS.**



Anxiety



= low grade fear

= you care

= fear of failure

= fear of losing

= fear of not getting

~~Dys~~Functional Family Rules

~~Dont~~Talk

~~Dont~~Trust

~~Dont~~Feel

~~Dont~~Deal



Coping Skills: Creating New Patterns

FOUR CORE STRATEGIES



Centering



Channeling



Reflecting



Structure

CENTERING



Meditation



Breathing



Visualization

CHANNELING



Exercise



Projects



Create

REFLECTING



Talking



Counseling



Journaling

STRUCTURE



Practicing



Checklist



Habits



Self-care



Coping Skills: Positive Self-Talk

Self-compassion

Non-judgmentally connecting with one's own suffering and failure as an inherent aspect of being human and taking an active role in self-soothing when experiencing emotional challenges.



Break



Know the red flags



Red Flags

What are yours?

Denial

Isolation

Switching
poisons

Irresponsible
rule breaking

Personal
appearance
and hygiene

Getting Lazy

Elaborate
excuse making

Panic and
anxiety

Danger! Danger! Danger!

- **Exhaustion**
- **Dishonesty**
- **Impatience**
- **Depression**
- **Frustration**
- **Self-pity**
- **Arrogance**
- **Complacency**
- **Argumentativeness**
- **Expecting too much from others**
- **Letting up on disciplines**
- **Use of mood-altering chemicals**
- **Wanting too much**
- **Forgetting gratitude**
- **Failing to ask for help**
- **(Automatic Negative Thoughts)
A.N.T.s**



Coping Skills: The Basics

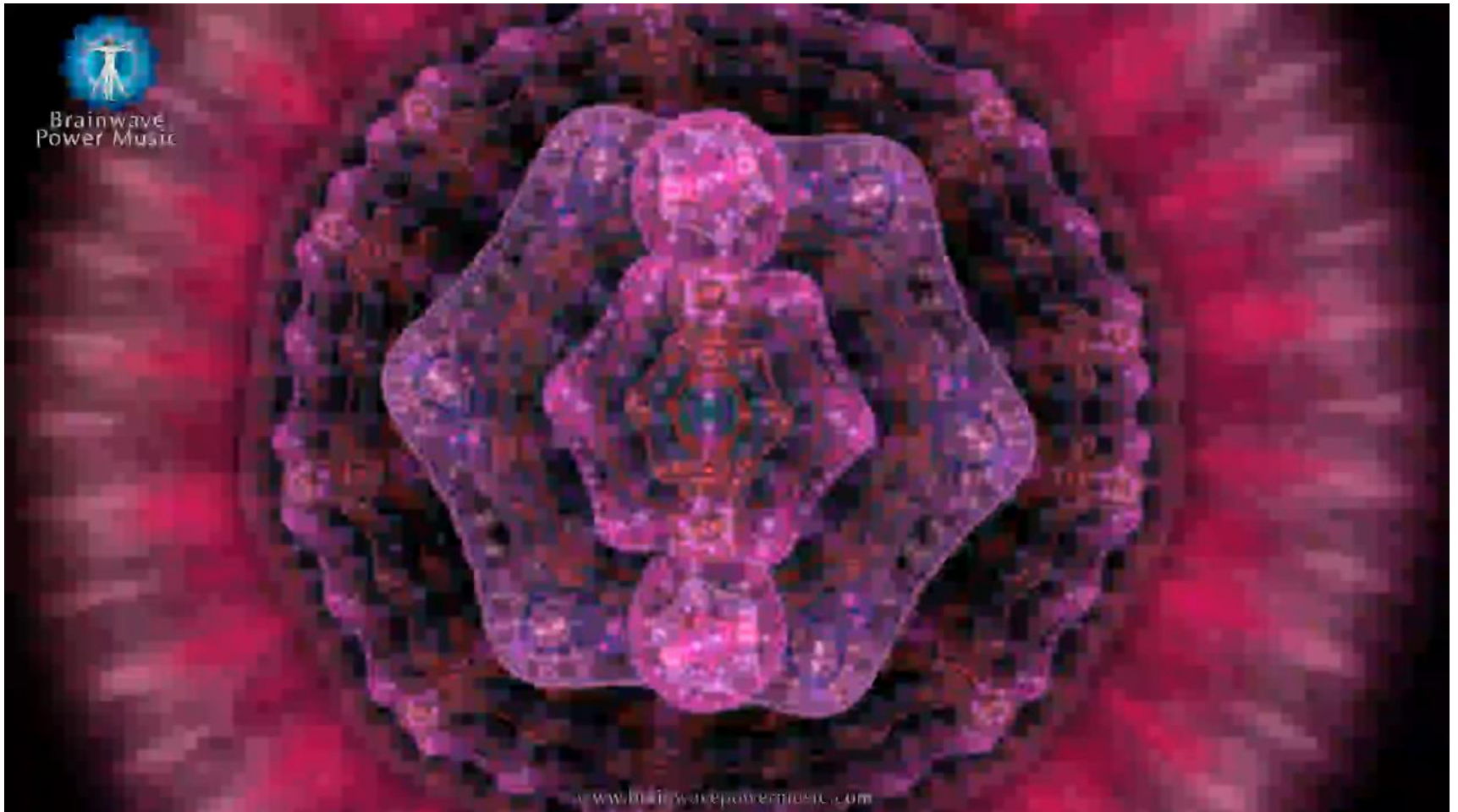


Grounding Exercise

1. Breathe
2. Feet flat on the floor
3. Close eyes after the first prompt

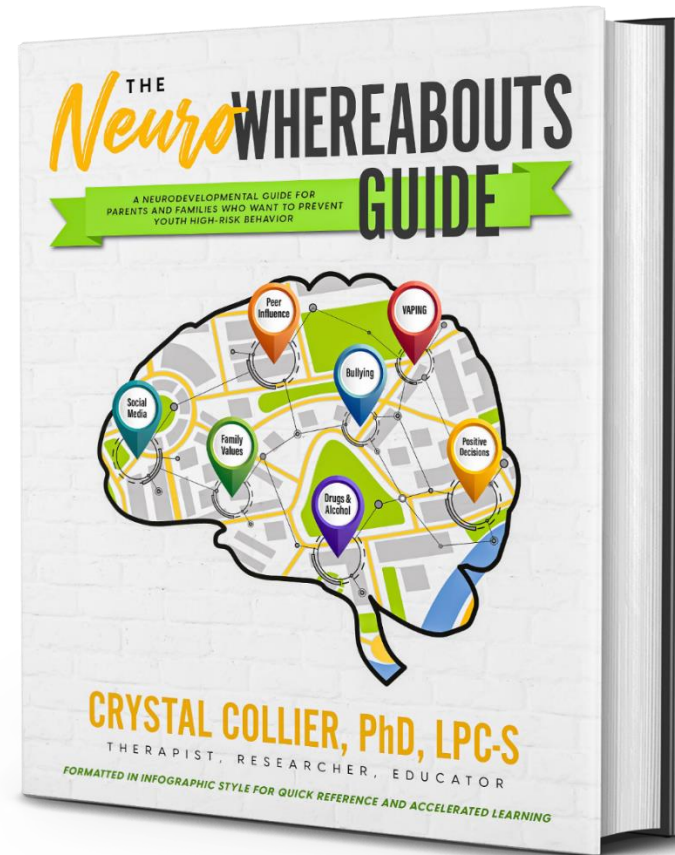


Binaural Beats



Parenting Tools

- High-Risk Behavior Checklist
- Executive Function Scripts
- Emotional Literacy
- B-Mod Contract
- Family Code
- Calendar of Conversation Starters
- Alcohol Poisoning Card
- Activity Pyramid
- High-Risk Behavior Talks
- Driving Contract
- Smartphone Contract
- WhereAbouts Log



strong brain healthy choices

Prevention works if done consistently! Know Your Neuro puts brain-based, social-emotional, and prevention skills training right in the hands of schools and caregivers. Designed to be integrated into a school's health or homeroom curriculum, Know Your Neuro videos and class activities can be easily integrated and tailored to fit the developmental needs of K-12 youth.

Learn How

families

Get the parenting tools that will set you and your child up for success!

[Learn More](#)

students

Find youth-friendly resources to learn how to keep your brain strong!

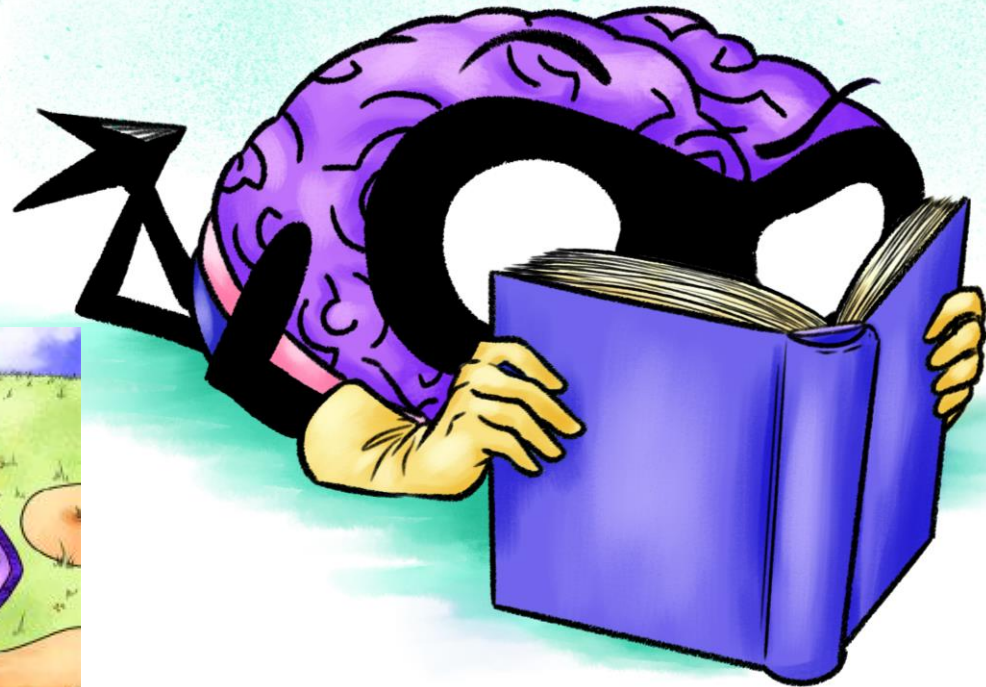
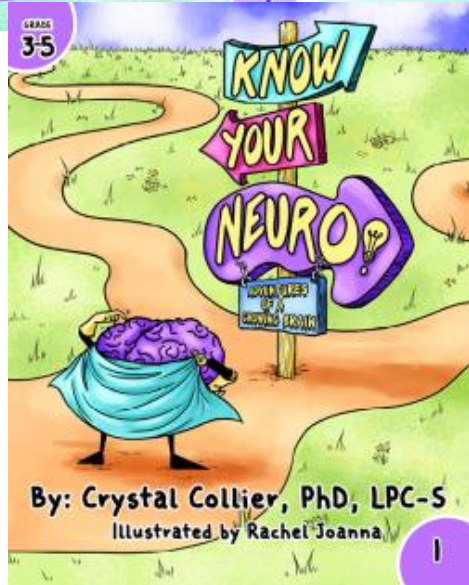
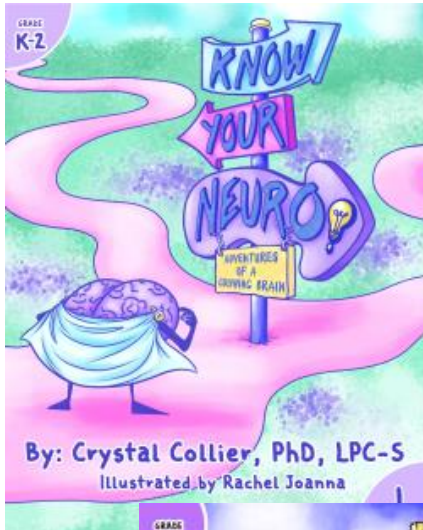
[Learn More](#)

schools

Utilize brain-based skills training videos and classroom activities for every age group.

[Learn More](#)







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