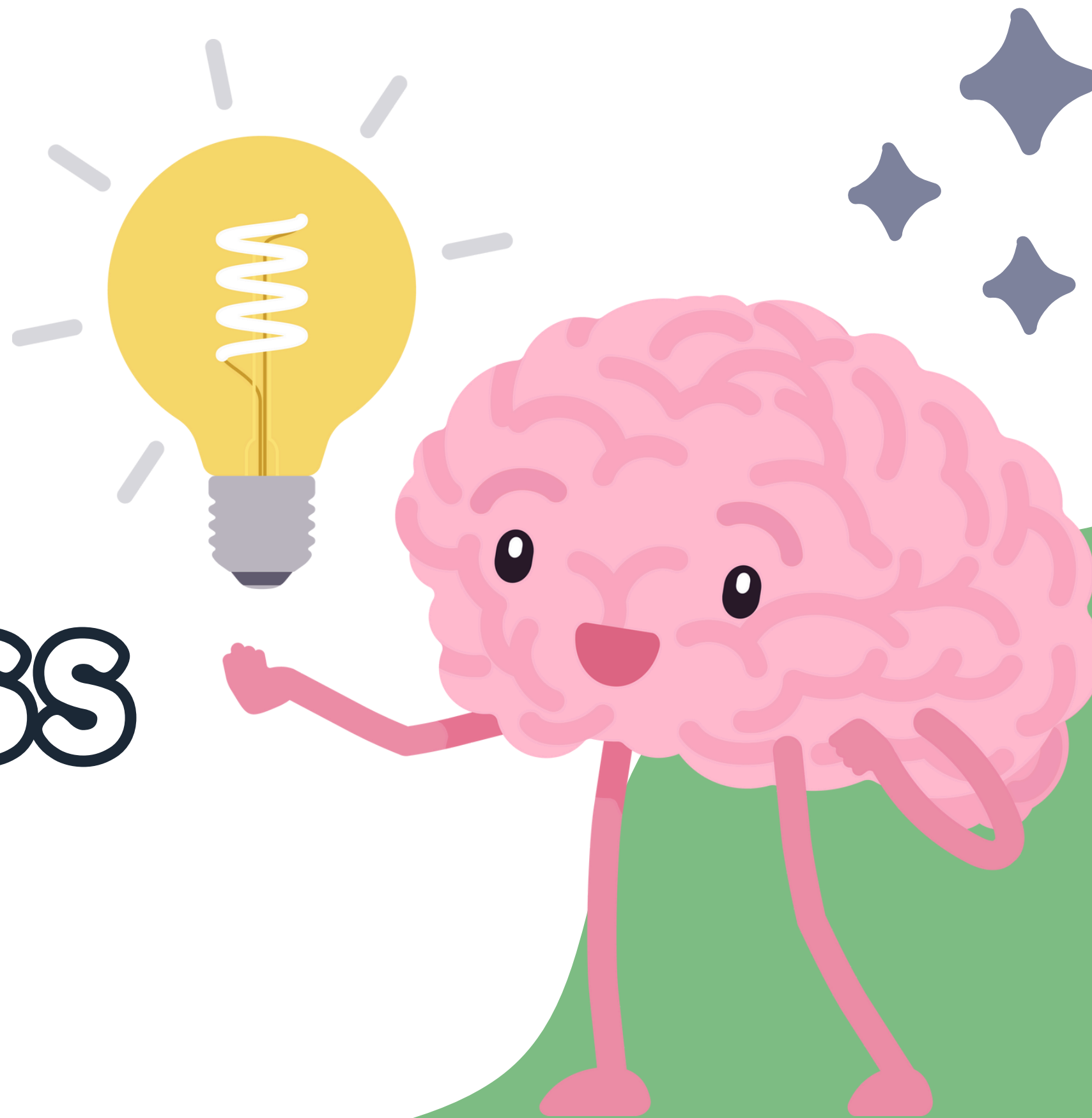


LIFE ACCESS PLAN



LIFE ACCESS PLAN

The Pillars of Wellness

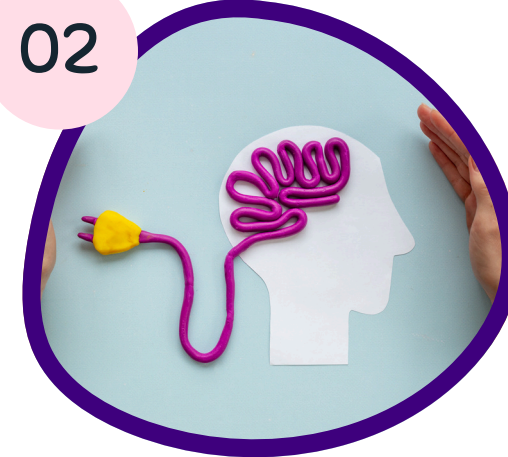
Incident / Situation

01



Belief

02



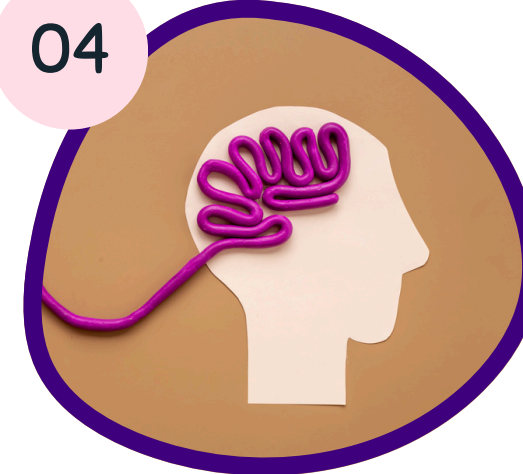
Thoughts

03



Emotions

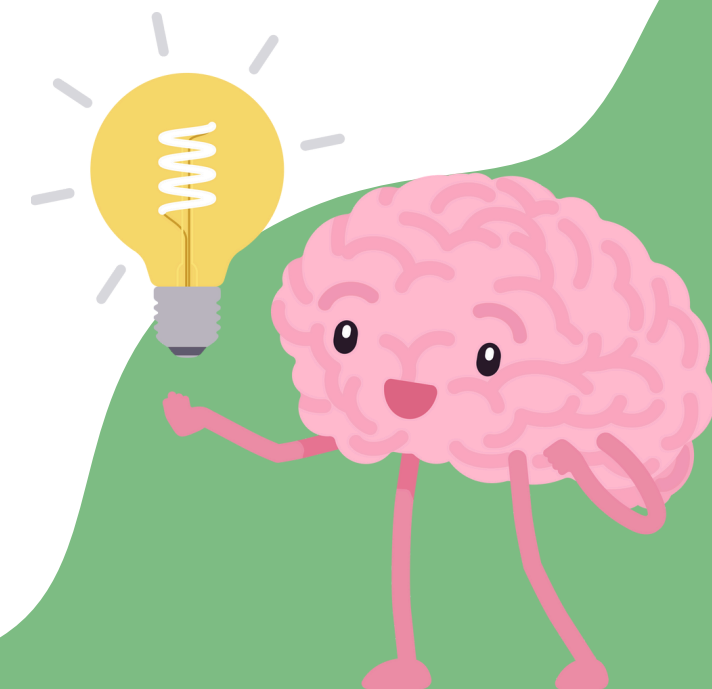
04



Behavior

LIFE

Mental
Emotional
Physical
Financial
Spiritual





Identifying Automatic Thoughts

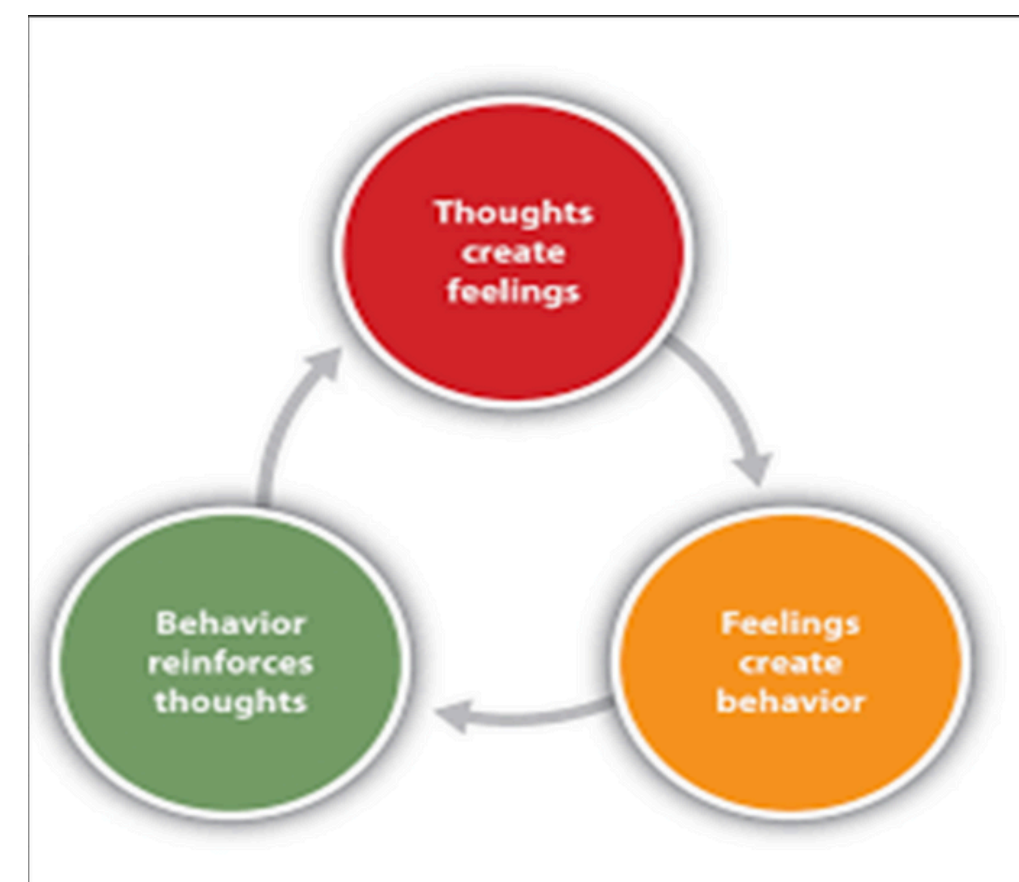
Directions: Identify a moment when you want to clarify what you were thinking. Use the following prompts to help identify your automatic thoughts that were present.

When I feel _____, I am thinking:

If my brain were recorded by a microphone, what would the recording say when I listen to it?

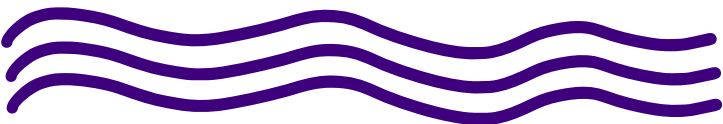
If I were in a cartoon, what would be written in the thought bubble above my head?

If a friend were repeating back to me the things my mind is thinking, what is my friend saying to me?



Changing Automatic Thoughts

Directions: Identify a moment when you were having a strong emotional or physical reaction. Identify the automatic thoughts behind those feelings. Use the questions below to help create a new alternative thought that can shift your feelings.



Situation or Trigger	Automatic Thought	Emotions and Body Sensations
Example: My boss asked me to have a meeting with her at the end of the day today.	Example: This isn't good. What if she is going to fire me?	Example: Fear, panic, racing heart, sweaty palms
Alternative Thought		
Example: I haven't had any bad reviews lately. I don't know what she wants to talk to me about. It's unlikely that I would be fired.		

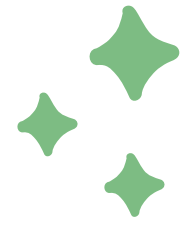
Situation or Trigger	Automatic Thought	Emotions and Body Sensations
Alternative Thought		

Situation or Trigger	Automatic Thought	Emotions and Body Sensations
Alternative Thought		

Questions to ask to create alternative thoughts:

- What is the evidence that the automatic thought is true or not true?
- Is there another way to explain this situation?
- If my best friend were going through the same situation, what would I tell them?
- What's the worst that could happen, the best that could happen, and the most likely to happen?





Life Access Plan



Beliefs regulate Thoughts - Thoughts regulate Emotions- Emotions regulate Behavior.

Thoughts, Emotions and Behavior are cyclical. However, if your thoughts aren't grounded in wholesome healthy beliefs then the cycle remains broken.

What is the belief behind the thought?

When your beliefs are off all other aspects are off.

Most people REACT to incidents/ experiences immediately with emotion. Without taking the time to process the thought – Belief fueling that emotion in order to RESPOND appropriately.

You don't fix an emotion with an emotion. "Fake it till you make it" is not a fix it's a temporary coping mechanism.

We must embrace humanity of the moment so that you can effectively resolve the moment. It is ok to feel the emotion but do not allow it to be in the driver's seat in your life.

Trick: The Present is the Calmest place for our thoughts. Anxiety and worry are caused by getting caught up in the past or future. And emotions rooted in the past or future evades the logic of the present.

How To break your EGO

1- Retrain your brain- Prayer (talk to God), Meditation (talk to yourself), Journaling (see table below).

2- Mindfulness (Lock in the Present) - have structure for your day and focus on what is happening in the present. (structure fixes focus and focus fixes motivation)

Automatic thoughts theory, primarily associated with Aaron Beck's Cognitive Behavioral Therapy (CBT), posits that our immediate, often subconscious, thoughts influence our emotions and behaviors. These thoughts, which arise spontaneously in response to events, can be negative, distorted, or unhelpful, especially for individuals experiencing mental health challenges. Understanding and managing these automatic thoughts is a key component of CBT.

Therapeutic Techniques in CBT

- Journaling: keep a daily journal of situations/thoughts/ feelings/behavior.



Therapeutic Techniques in CBT

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Table 1. Journal

Day & Date List 5 situations over the course of a week.	Briefly describe situation or event immediately after it happens. <i>Examples: My boss just gave me extra work again. My mom told me to go to the laundromat, but my brother is never asked. I failed a test. I got 100% on my test.</i>	Your immediate thoughts in response to the event. <i>Examples: I'm such an idiot, I can't deal with this. No one appreciates me. I'll never find another relationship. Nobody likes me. Studying more paid off.</i>	Your immediate feelings in response to your thoughts. <i>Examples: anxious, depressed, angry, guilty, ashamed, afraid, happy, proud</i>	Your behavior/reaction in response to your thoughts. <i>Examples: withdrew from everyone, yelled at them, took it out on someone else, cancelled plans I had, told them off, treated myself to a night out.</i>

Meditation and mindfulness practice

<https://youtu.be/vj0JDwQLof4?si=oGeF1-e4nac17gjI>

https://youtu.be/WHCl6b9K25Y?si=l1S_9Mf0ejaVjNuz

One of my favorites

<https://youtu.be/9SQtHWvX74M?si=14vBXl9p9a24kbWb>

<https://youtu.be/YGWcnCgBOy4?si=S92uBi19z0oCmMz8>

<https://youtu.be/wgn4yJHFr9g?si=d5Dp8TV9R7UhYs5z>

Made by Sam

<https://youtu.be/ztTexqGQ0VI?si=U4SEasFolvrFZ57e>