

RESPONSIBILITY PIE CHART



Pie charts are a helpful cognitive restructuring tool in cognitive behavioural therapy.

They are particularly useful for working with problems where a person has an inflated sense of responsibility.

They can help to 'even-out' biased ways of thinking by graphically presenting the client's weighted opinions about contributing factors to a given event.

CBT- Responsibility Pie exercise

- Includes purpose of exercise and benefits
- Includes template to use with clients or self
- Examples including grief and health anxiety

Instructions

1. To help a client to identify a belief in a domain in which responsibility appears distorted. Typically this will be regarding an event. Try to express the belief in the form "I am responsible for..."
2. Ask the client to rate the degree of conviction with which they hold this belief.
3. Have the client make a list of all the possible causes for the event, initially the ideas they initially want.
4. Starting with items that are not about the client's actions, have the 'slices' of the pie chart to each item - and the size of the slice corresponds to how responsible that factor is for causing the undesired outcome.
5. Ask the client to compare the size of the slice representing their original belief.

LITTLE CALM
THERAPY

RESPONSIBILITY EXAMPLE

RESPONSIBILITY

HEALTH ANXIETY EXAMPLE

Responsibility Pie Chatrs Cbt

**Eric A. Storch, Joseph F. McGuire, Dean
McKay**



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CBT For Dummies Rob Willson, Rhena Branch, 2025-10-28 Easily understand how to apply the principles of cognitive behavioral therapy CBT to your own life CBT For Dummies is the gold standard guide to the gold standard form of psychotherapy This proven treatment helps with common emotional problems like anxiety depression panic and social anxiety It is also the evidence based treatment of choice for common mental health problems like PTSD body dysmorphic disorder OCD and beyond CBT can also help you develop healthier habits manage your social media use and improve your life in all sorts of other ways With this book you get a comprehensive look at practicing CBT on your own or using CBT with your care providers Work through exercises to identify thinking patterns that are getting in your way then learn practical techniques for changing them In classic Dummies fashion CBT For Dummies offers easy to follow guidance and information anyone can understand Learn about cognitive behavioral therapy and the science behind it Overcome anxiety and depression boost self esteem manage emotions or simply improve personal productivity and happiness Break free from your behavioral challenges to achieve your goals Begin to heal from trauma and achieve a healthier outlook on life This is a great Dummies guide for anyone who is interested in the many benefits CBT can have in therapy session or on your own *The CBT Handbook* Pamela Myles-Hooton, Roz Shafran, 2015-04-02 Overcoming app now available via iTunes and the Google Play Store Cognitive Behavioural Therapy or CBT is widely recommended nowadays in the NHS for the treatment of emotional and psychological problems such as depression low self esteem low mood chronic anxiety stress or out of control anger This thorough yet easy to read general self help guide is a must have for anyone experiencing these common problems Based on the popular and proven therapy CBT it is written by two of the UK's leading experts in the field of CBT It contains Case studies and step by step CBT based exercises Based on the very latest research into CBT Addresses problems associated with depression anxiety stress anger and low self esteem in individual chapters Both for those suffering from these issues and clinicians *Managing Anxiety with CBT For Dummies* Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington, 2012-08-28 Don't panic Combat your worries and minimize anxiety with CBT Cognitive Behavioural Therapy CBT is a hugely popular self help technique which teaches you to break free from destructive or negative behaviors and make positive changes to both your thoughts and your actions This practical guide to managing anxiety with CBT will help you understand your anxiety identify solutions to your problems and maintain your gains and avoid relapse Managing Anxiety with CBT For Dummies is a practical guide to using CBT to face your fears and overcome anxiety and persistent irrational worries You'll discover how to put extreme thinking into perspective and challenge negative anxiety inducing thoughts with a range of effective CBT techniques to help you enjoy a calmer happier life Helps you understand anxiety and how CBT can help Guides you in making change and setting goals Gives you tried and true CBT techniques to face your fears and keep a realistic perspective Managing Anxiety with CBT For Dummies gives you the tools you need to overcome anxiety and expand

your horizons for a healthy balanced life *Change Your Life With CBT* Corinne Sweet, 2012-09-26 Cognitive Behavioural Therapy has already helped millions of people overcome their issues and move their life forward now it can really help you too In this busy demanding and often stressful modern world it s a struggle to find time to even think about what your dreams and goals might be let alone work towards actually realising them It s so easy to get stuck in a routine to opt for the easy answers to feel a lack of inspiration and motivation and then wind up feeling anxious and depressed Far from being an exciting or invigorating prospect the mere idea of changing anything about your life soon seems hard work scary and something to be avoided But your life really can be better than it is now you just need to learn how to really believe it can Cognitive Behavioural Therapy or CBT can lend a hand It will help you change the way you think and feel about yourself about others and about the world around As you begin to feel more positive more motivated and more confident you ll soon begin to realise that your future is fully in your control The scientifically proven techniques of CBT are a powerful force to harness Written by a leading psychologist *Change Your Life with CBT* will deliver these tried and tested tools in an accessible package full of exercises examples and practical advice and guidance So if you re feeling that your life has got stuck in first gear or even stuck in reverse and if you believe that the main thing holding you back is probably yourself *Change Your Life with CBT* can help you overcome your barriers and start to achieve your goals at home at work and throughout your whole life *CBT with Children, Young People and Families* Peter Fuggle, Sandra Dunsmuir, Vicki Curry, 2012-12-26 This book uniquely addresses the application of CBT to children and young people within health school and community contexts This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real world settings Front line practitioners commonly face children with complex patterns of difficulties that do not fit clear diagnostic categories At the center of this book is the child the authors moving outwards to cover childhood itself the principles core practice and techniques of CBT and its adaptation to the context of the therapy *The Clinician's Guide to Cognitive-Behavioral Therapy for Childhood Obsessive-Compulsive Disorder* Eric A. Storch, Joseph F. McGuire, Dean McKay, 2018-01-02 *The Clinician's Guide to Cognitive Behavioral Therapy for Childhood Obsessive Compulsive Disorder* brings together a wealth of experts on pediatric and adolescent OCD providing novel cognitive behavioral strategies and considerations that therapists can immediately put into practice The book provides case studies and example metaphors on how to explain exposure models to children in a developmentally appropriate manner The book also instructs clinicians on how to use symptom information and rating scales to develop an appropriate exposure hierarchy The book is arranged into two major sections assessment and treatment of childhood OCD and special considerations in treating childhood OCD Each chapter is structured to include relevant background and empirical support for the topic at hand practical discussion of the nature and implementation of the core component such as exposure and response prevention cognitive therapy psychoeducation and more and a case illustration that highlights the use of a particular technique Provides the strong

theoretical foundation required to successfully implement treatment Highlights the use of particular intervention techniques through case studies Provides CBT strategies for anxiety tic disorders trichotillomania ADHD and disruptive behaviors Includes strategies for treatment of patients who are initially non responsive to CBT Encourages individualization of evidence based and clinically informed principles for each patient Reviews what to do if when OCD remits and or returns Provides details on differentiation OCD symptoms from anxiety and other psychopathology

Cognitive-Behavioral Therapy for OCD and Its Subtypes David A. Clark, 2019-11-18 Now significantly revised with 80% new content this authoritative guide synthesizes the latest knowledge on obsessive compulsive disorder OCD and its treatment Prominent clinician researcher David A Clark describes the whats whys and how tos of CBT for a broad range of obsessions and compulsions Combining scientific rigor and clinical acumen the book illustrates an effective approach to assessment case formulation psychoeducation and cognitive and behavioral intervention It includes 26 reproducible forms and handouts purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1 2 x 11 size First edition title Cognitive Behavioral Therapy for OCD New to This Edition Reflects more than 15 years of major advances in clinical practice theory and research Chapters on specific OCD subtypes contamination doubt and repeated checking repugnant obsessions and symmetry order Heightened clinical utility includes more case vignettes and step by step procedures Describes important refinements to exposure and response prevention based on inhibitory learning Reproducible materials now available online See also the ideal client recommendation Getting Over OCD Second Edition A 10 Step Workbook for Taking Back Your Life by Jonathan S Abramowitz

CBT for Older People Ken Laidlaw, 2014-12-15 Going beyond simple procedural modifications this is the first book to address how the application of gerontology to CBT practice can augment CBT s effectiveness and appropriateness with older people Taking you step by step through the CBT process and supported by clinical case examples therapeutic dialogue points for reflection and hints and tips the book examines basic theoretical models in CBT and how to relate them to work with older people main behavioural interventions and their practical application social context and relevant theories of aging implications of assessment diagnosis and treatment issues of anxiety worry and depression and more specialist applications of CBT for chronic illnesses latest developments thinking and empirical evidence This is an invaluable companion for any clinical psychology counselling CBT IAPT and social care trainee or professional new to working with older people especially those who are keen to understand how the application of CBT may be different Professor Ken Laidlaw is Head of the Department of Clinical Psychology University of East Anglia

Oxford Guide to CBT for People with Cancer Stirling Moorey, Steven Greer, 2011-11-24 Cognitive behaviour therapy CBT is a brief focused and flexible approach that has much to offer in helping people cope with cancer This book demonstrates how interventions that CBT therapists use in emotional disorders can be adapted for use in the challenging clinical environment of oncology and palliative care Using a CBT model to understand reactions to cancer the authors

present cognitive behavioural emotional and interpersonal techniques to help people adjust to the threats cancer presents to their survival and identity Case examples illustrate how these methods are used to reduce anxiety and depression enable a fighting spirit teach effective coping skills and develop open communication between patients and their partners Now part of the Oxford Guide to Cognitive Behavioural Therapy series this new edition has been updated in light of new clinical and research findings in the fields of psycho oncology and cognitive behaviour therapy over the last ten years with guidance on using CBT for common symptoms such as insomnia fatigue and nausea Mental health professionals working in medical settings and health care professionals interested in psychological management will find this a useful resource for understanding and treating the distress caused by life limiting illness

Cognitive Behavioural Therapy For Dummies

Rob Willson,Rhena Branch,2019-11-05 Retrain your thinking and your life with these simple scientifically proven techniques Cognitive behavioural therapy or CBT for short is often cited as the gold standard of psychotherapy Its techniques allow you to identify the negative thought processes that hold you back and exchange them for new productive ones that can change your life CBT s popularity continues to grow and more individuals are turning to CBT as a way to help develop a healthier more productive outlook on life Cognitive Behavioural Therapy For Dummies shows you how you can easily incorporate the techniques of CBT into your day to day life and produce tangible results You ll learn how to take your negative thoughts to boot camp and retrain them establishing new habits that tackle your toxic thoughts and retool your awareness allowing you to be free of the weight of past negative thinking biases Move on Take a fresh look at your past and maybe even overcome it Mellow out Relax yourself through techniques that reduce anger and stress Lighten up Read practical advice on healthy attitudes for living and ways to nourish optimism Look again Discover how to overcome low self esteem and body image issues Whatever the issue don t let your negative thoughts have the last say start developing your new outlook on life today with help from Cognitive Behavioural Therapy For Dummies

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