

# Cognitive Therapy: Basic Skills and Common Problems



Basic Skills	Problems	Avoidance	Self-defeating actions	Impulsivity	Going in circles	Giving up	Obsessions and worries	Compulsions	Making guesses	Tunnel vision	Misperceptions	Absolutes	Negative Schemas re: self	Negative Schemas re: world	Overwhelmed	Anxiety, tension	Sadness	Anger
Goal setting		●				●												
Positive reinforcement		●				●												
Problem solving				●	●										●			●
Assertiveness training		●														●		●
Graded task assignment		●				●									●			
Activity scheduling		●	●															
Mastery and pleasure activities						●											●	
Thought stopping					●		●											
Relaxation training		●	●	●	●		●	●							●	●		●
Exposure		●					●	●										
Response prevention			●					●										●
Evidence for or against							●	●	●	●	●		●	●				
Advantages or disadvantages				●		●						●	●	●				
Gaining perspective											●	●	●	●				●
Getting feedback							●		●				●	●				
Experiments		●								●			●	●		●		
Cognitive continuum		●										●						
Acting "as if"													●	●			●	
Role play							●					●	●					●
Worry reduction					●										●			

Original materials developed by Dr. Monica Ramirez Basco. Adapted with permission.