# Choosing Cognitive Restructuring Choosing Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. For someone with ADHD, cognitive restructuring can help interrupt and change the negative thought patterns that contribute to procrastination, distractibility, and disorganization.

### NEGATIVE THOUGHTS

What you think

**Example:** Everyone around me is finished, and I am still struggling. I am so stupid.



Here is an example of how a negative thought causes negative emotions and behaviors. Using cognitive restructuring to change the thoughts can change the emotions and behaviors.

#### Triggering Event

### NEGATIVE BEHAVIOR

Struggling to Finish an Assignment

NEGATIVE EMOTIONS

What you feel

What you do

Example: I try even less next time because I assume I will fail.

Example: I feel stressed and frustrated at myself.



If you have a positive thought following a triggering event, positive emotions and behaviors follow. Those positive behaviors lead to more positive thoughts, and the positive cycle continues.



### POSITIVE THOUGHTS

What you think

Example: This is stressful, but I have handled stress before and finished my work.



# POSITIVE Str

BEHAVIOR
What you do

Example: I continue working despite feeling stressed and complete the assignment.

# Struggling to Finish an Assignment EMOTIONS

What you feel

Example: I feel stressed but also capable.





# Cognitive Restructuring Cognitive Restructuring

#### **THOUGHT**

What you think in a situation. Ex: I never get anything done because I am so lazy.

#### **EMOTION**

How you feel. Ex: Frustrated and hopeless.

#### **BEHAVIOR**

How you act in the situation. *Ex: Procrastinate further.* 

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are making your ADHD symptoms worse by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thought:	
Is my thought factual?	
What evidence do I have for and against my thought?	
What would someone else say about the situation?	
Is it possible to view this situation differently?	



## Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our <u>strict editorial standards</u> ensure our reviews are fair, honest, thorough, and based on firsthand experience.

### You Can Trust Choosing Therapy.com









#### **Best Online Therapy**

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

#### **Best Online Psychiatry**

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.





#### **Best Mental Health Apps**

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

#### **Therapist Directory**

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



