

What is Problematic?

What is it like?

- dwelling on difficulties such things which distresses
- negative thinking about events from our past
- focusing preoccupation with same thoughts and having little regard if not all past related
- a learned strategy for trying to deal with your problems

Is it maladaptive now?

- fails to serve a present purpose, maintains or disrupts their goals/progs
- thinking about problems can help to temporarily relieve stress and then analysis of them makes
- thoughts thoughts fix and disrupts, maintaining a self-blamed thoughts of who they problem is related
- if thoughts are maintained normal-functioning will not be able to become problematic

What are the problems with your thoughts?

- Unhelpful when it interferes in focus on issues and consequences instead of solutions
- "that's not what I'm doing and nothing I'm doing seems to make me feel better"
- Unconscious tends to focus on what has gone wrong and can lead to negative thinking
- When used excessively, can maintain depression/depression
- When used excessively, can maintain negative cognitions of dependence
- Unhelpful when it goes beyond its limits and becomes a problem-solving

Dealing with a problem case



Unhelpful questions

Unhelpful questions make us feel ... ?
These questions called the **Wheeler model**
Because these questions question the meaning of
events or what happened
"Why...?" questions tend to focus on the problem,
not caused, and no consequences
"Why did I feel anxious?"
"What's the meaning of that?"
"What didn't do to deserve that?"

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Helpful questions

Helpful questions make more "how...?" questions
These questions called the **Brooks model**
Because these questions focus on the
process of how events and what has happened
"Please...?" questions tend to focus on solving
problems
"What can I get out of this situation?"
"What can I do about this?"

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