

# GETTING READY

Using Cognitive Therapy Tools to  
Prepare for the Expected

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# Overview

- \* The importance of Preparation
- \* Cognitive Theory
- \* Why we try not to think
- \* Skills to prepare for stress
- \* Summary
- \* Questions

# Getting Ready

- \* The goal of this presentation is to teach you to use the power of thinking to prepare for life's daily stressors while maintaining stable emotions and behavior.

# Getting Ready

- \* There is so much we cannot prepare for, we might as well prepare for what we can.
- \* We think we prepare, but we really don't
- \* Too often we assume, or hope, that things will just work out the way we want.

# The Cycle



# Think

- \* It's about the thinking!
- \* This is NOT just happy thinking.
- \* Happy thinking doesn't really work.
- \* I'll show you.

# Think

- \* Happy thinking:
  - \* “Oh don’t worry about it.”
  
- \* Reality:
  - \* What if you should worry?
    - \* Financially
    - \* Work productivity

# Think

- \* Happy Thinking:
  - \* “Everything will go exactly as planned.”
  
- \* Reality:
  - \* Seriously, when do things ever go exactly as planned?



# PREPARE!!!

- \* How do we prepare?
  - \* Lots of ways
    - \* We save money. Right?
    - \* We eat healthy. Right?
    - \* We exercise. Right?
  - \* But we don't always prepare our thinking!

# Prepared Thinking

- \* Realistic
- \* Accepts our limitations...
- \* ...without catastrophizing.
- \* Healthy concern...
- \* ...not worry or anxiety.
- \* Best case – Worst case...
- \* ...realistic case scenario.

# Getting Ready

- \* We prepare for big things...sort of
- \* New job
- \* New school
- \* Marriage
- \* Parenthood
- \* Death
- \* Relationships
- \* Bank robbery

# New Job

- \* Happy Thinking

- \* “Everything is going to be great!”

- \* “I can finally buy that mansion in La Jolla.”

- \* “I will never have to worry about money again!”

- \* Negative Thinking

- \* “I’m unqualified for this position.”

- \* “I’ll never succeed.”

- \* “I’ll be fired in two weeks.”

# New Job

- \* Prepared Thinking
  - \* “I will expect to have some difficulties.”
  - \* “I will face some challenges.”
  - \* “I am not perfect, but I have lots of skills.”

# New School

- \* Happy Thinking

- \* "I'm going to get A's in every class."
- \* "I will have an easy time fitting in."
- \* "This school will be my ticket to happiness."

- \* Negative Thinking

- \* "I'm going to fail."
- \* "I'm not smart enough."

# New School

- \* Prepared Thinking
  - \* “I will have to work hard.”
  - \* “I will face some struggles, but I’m an intelligent person.”

# Marriage

- \* Happy Thinking

- \* “Happily ever after.”

- \* “We will always get along.”

- \* “I will never go to bed angry.”

- \* Negative Thinking

- \* “I’m trapped.”

- \* “I will never have what I want.”

- \* “She will never change.” I mean, “He”



# Marriage

- \* Prepared Thinking
  - \* “We will disagree, but we will work on communicating.”
  - \* “We will have to compromise.”
  - \* “We will have to compromise.”

# Parenthood

- \* Happy Thinking

- \* “My child will be perfect.”

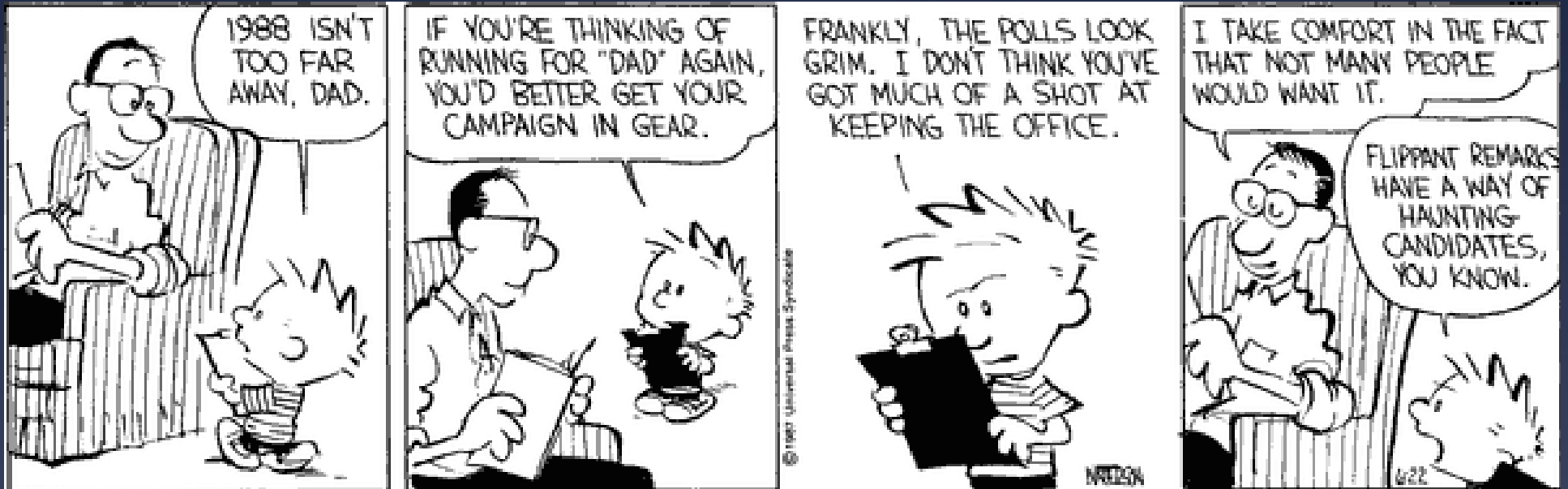
- \* Negative Thinking

- \* “This kid will ruin my life.”

- \* Prepared Thinking

- \* “I have no idea what to expect. I will make some mistakes. But I will always care for my kids.”

# Parenthood



# Relationships

- \* Happy Thinking

- \* “I will never experience pain.”

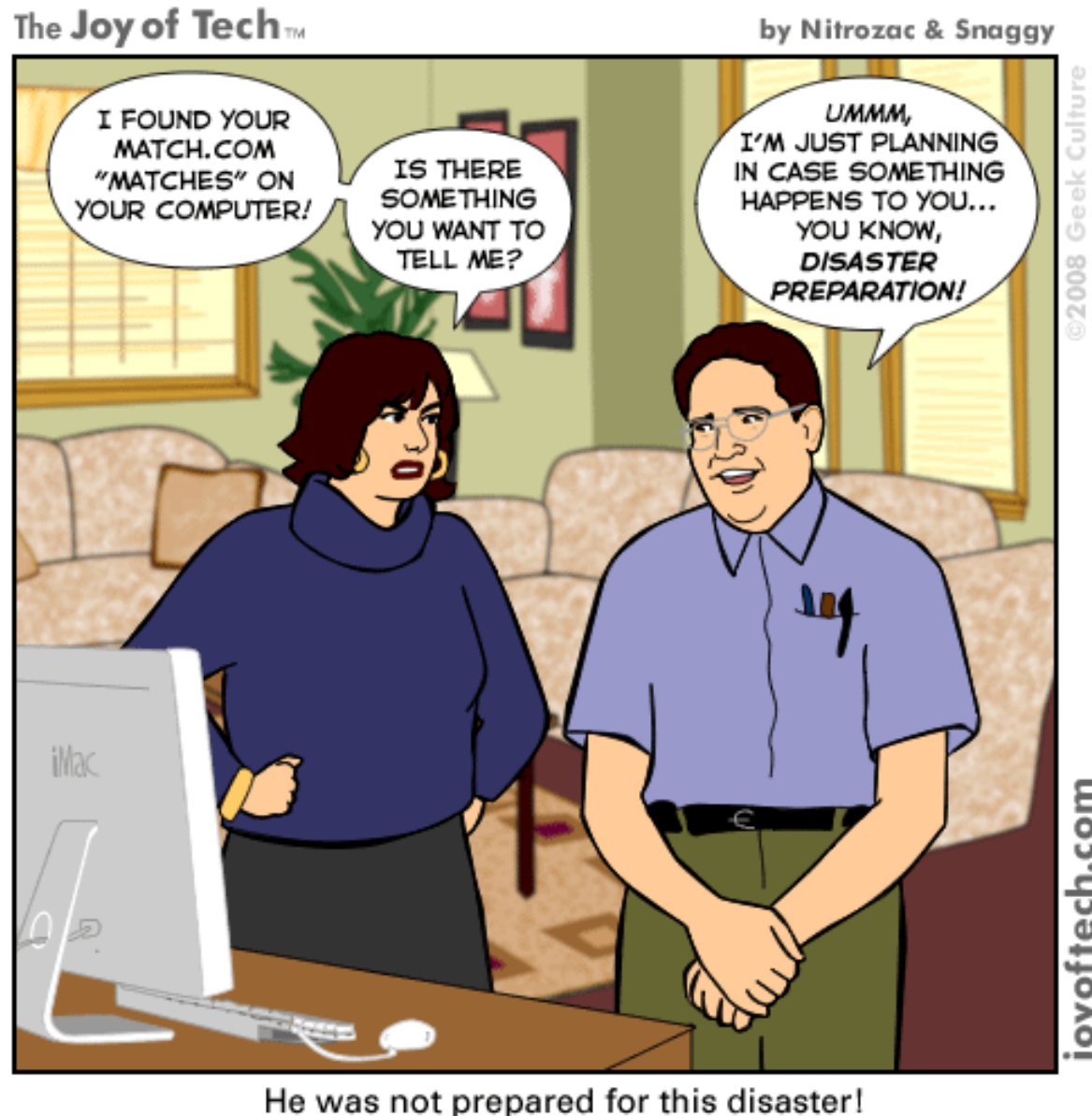
- \* Negative Thinking

- \* “I will never find anyone.”

- \* Prepared Thinking

- \* “I have a lot to offer and if I’m myself, I will be able to make and maintain a healthy relationship.”

# Relationships



# Death

- \* Our thoughts about death are unbalanced
- \* We tend to idealize the ones we lost
- \* This often leads to depression
- \* PREPARING without anxiety, will lead to more balanced thinking and less depression.

# Death



# Bank Robbery

\* RUN!!!



# Getting Ready

- \* Tips to help us achieve Prepared Thinking
  - \* Consider all options
    - \* We always have choices.
    - \* There is a solution to every problem.
    - \* There are several solutions to every problem.

# Getting Ready

- \* Tips to help us achieve Prepared Thinking
  - \* DECATASTROPHIZE
    - \* Best case – worst case scenario
    - \* Problem Solving
      - \* 4 easy steps
        - \* Identify the Problem
        - \* Brainstorm
        - \* Pros and Cons of each
        - \* Choose and Try it.

QUESTIONS???

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