























































Feeling Good Podcast Survey


















Result Details
















Question	Answers	Skips
04 What podcast topics would especially interest you?	133 86%	21 14%
 217,051,624 The topic that would especially interest me is "a step-by-step guide on doing Paradoxical Agenda Setting techniques by oneself in order to uncover and melt away resistance (from depression).		Today, 11:06AM
 217,048,766 I love the practical tools and interventions for common problems - keep them up!		Today, 10:17AM
 217,029,618 Depression treatment		Today, 5:07AM
 217,027,475 anecdote of problematic treatment. Failure are very important, and also of course breakthrough stories. Especially from other therapist, that tried to integrate team to their practice. Why? Because you developed a system of thinking that was born out of your personality and style. The real challenge is how one can make it "his", and still keep it effective.		Today, 4:19AM
 217,026,542 Untwisted negative beliefs. Live therapy sessions. Explanations about different techniques. Relationship/marriage communication. Couples therapy		Today, 4:20AM
 217,010,109 I am interested in all of them; but I see a lot of anxiety/depression in my practice. For example, I have a client now with catastrophic health anxiety and I am finding that hard to treat.		Yesterday, 10:24PM
 217,004,864 More on flirting as opposed to mood log over and over challenging thoughts.		Yesterday, 8:16PM
 217,003,462 role play with a guest. we can perhaps see our own situation and help us grow and understand and practise!		Yesterday, 7:44PM
 216,999,275 I think topics on how to move on after accepting your problems or shortcomings, how to deal with life long emotional and sexual abuse.		Yesterday, 5:05PM
 216,997,138 Relationship issues around how to decide and then how to bring up difficult topics with people you love. I've read Feeling Good Together. Still struggle with whether and how to raise concerns with my grown children. Would appreciate some role play for the conflict averse among us. Anxiety around conflict		Yesterday, 3:56PM
 216,997,099 More examples of how the techniques work on real people.		Yesterday, 3:57PM
 216,992,333 coping strategies for anxiety, stress depression		Yesterday, 3:04PM














 216,988,380	Exercises and techniques with examples for lay people to practice. Have on "patients/therapist" that use some of your 50+ methods, using real world examples from their own lives.	Yesterday, 1:32PM
 216,984,939	Suicidal clients who refuse treatment	Yesterday, 12:16PM
 216,984,452	Self-Acceptance Shyness Low Frustration Tolerance	Yesterday, 12:24PM
 216,983,682	Working with clients who have committed sexual assaults and other sexually based offenses. I am a probation officer, and these kinds of clients wind up on caseloads routinely.	Yesterday, 12:11PM
 216,981,011	Substance Use Disorders & Co-occurring disorders.	Yesterday, 11:41AM
 216,979,150	1) Conquering feelings of inadequacy - I grew up with dyslexia and every day consciously fight the Irrational feeling of being seeing as "stupid". 2) Relationship issues - Techniques on how to be more honest with your spouse, family, coworkers. 3) Podcast book group? Starting with Feeling Good, Feeling Good Together, and then Felling Great. People could read each chapter at their own pace and then listen to the two of you discuss each chapter with examples, techniques & a few exercises (please please please consider doing this !)	Yesterday, 10:58AM
 216,977,636	more techniques ...brief explanation does dbt relate to cbt ..what would you use for extremely resistant borderline p d patients	Yesterday, 10:45AM
 216,972,909	More about the nuts and bolts of TEAM as applied to different issues.	Yesterday, 10:03AM
 216,967,156	What is a healthy person and his qualities. What healthy lifestyle consists of.	Yesterday, 8:26AM
 216,957,397	Working with older adults with chronic medical issues.	Yesterday, 7:48AM
 216,957,151	I really like when you talk about methods that weren't very successful and how you came up with something more effective. Helps me to understand better having that background.	Yesterday, 7:31AM
 216,956,641	Obsessive control issues.	Yesterday, 7:35AM
 216,956,076	stress - constant feeling of tiredness (how to define the problem and how to solve it) panic disorders anxiety	Yesterday, 7:24AM
 216,955,207	Depression, anxiety, substance abuse, trauma informed therapy/ACE's	Monday, Apr 8th 5:35PM

 216,952,296	Hidden Emotion cases Automatic Negative Thoughts - overcoming 5 Secrets to Happiness, Part 2 More homework examples - fun! Magical Thinking cases Emotophobia - conquering Negativity/negative people - more techniques 50 Methods, part 2	Yesterday, 6:02AM
 216,952,208	Hidden Emotion cases Automatic Negative Thoughts - overcoming 5 Secrets to Happiness, Part 2 More homework examples - fun! Magical Thinking cases Emotophobia - conquering Negativity/negative people - more techniques 50 Methods, part 2	Yesterday, 6:02AM
 216,952,207	Hidden Emotion cases Automatic Negative Thoughts - overcoming 5 Secrets to Happiness, Part 2 More homework examples - fun! Magical Thinking cases Emotophobia - conquering Negativity/negative people - more techniques 50 Methods, part 2	Yesterday, 6:02AM
 216,948,095	Social anxiety, phobia	Yesterday, 4:50AM
 216,948,070	How to use tools, where to restart your learning of TEAM when you get overwhelmed and feel like you know nothing	Yesterday, 4:47AM
 216,944,897	Preventing relapse of depression, Forming healthy habits	Yesterday, 2:51AM
 216,943,251	I would like to hear more methods, techniques, and examples on how to defeat procrastination and perfectionism. How to be satisfied with life even if I have average IQ and do not accomplish anything extraordinary or amazing. There were several podcasts devoted to these topics but I would like to hear more.	Yesterday, 2:02AM
 216,943,003	When do we tackle core beliefs vs just sabotaging thoughts?	Yesterday, 2:07AM
 216,941,079	Suicide prevention Caveats to thoughts creating feelings . E.g. Are there exceptions ? i.e. Fight/flight response / women's hormones (menstruation) causing changes in perception and distorted thinking. Drugs etc Davids thoughts on how charismatic people seem to be able to enlighten others through their words so rapidly without using methods. E.g. Eckhart tolle, Anthony de mellow.	Yesterday, 12:50AM
 216,940,936	social anxiety, no self, imposter syndrome & self doubt	Yesterday, 12:54AM
 216,940,353	I love the podcast where you interview real people. Even when you change their names.	Yesterday, 12:34AM
 216,940,271	Communication within relationships and being loving	Yesterday, 12:31AM

 216,940,107	Adhd, the brain, addictions	Yesterday, 12:18AM
 216,940,038	Currently, how to deal with an adult bipolar 2 child living at home--actuality, two adult children at home, one bp2 and the other dual diagnoses.	Yesterday, 12:16AM
 216,939,693	anger management dealing dissapointment how to differentiate thoughts from observation, facts and feelings	Yesterday, 12:07AM
 216,939,548	Bipolar Disorder and Depression. How to help, practical guide for both disorders. Fast CBT	Monday, Apr 8th 11:51PM
 216,939,159	Habits and addictions, eating habits	Monday, Apr 8th 11:42PM
 216,938,851	Does team use any behavioural activation type techniques? How do clients maintain motivation to keep going?	Monday, Apr 8th 11:28PM
 216,938,679	5 Secrets training. Becoming better handling people. Positive reframing . Toolkit. Is there a self?	Monday, Apr 8th 11:10PM
 216,938,435	Live work, especially examples of exposure therapy and habit/addiction. More examples of live work for depression would also be great, perhaps related to low self esteem.	Monday, Apr 8th 10:42PM
 216,938,393	Depression topics	Monday, Apr 8th 11:14PM
 216,938,260	Dealing with broken trust, the hurt party, wanting to preserve their marriage yet dealing with the pain.	Monday, Apr 8th 11:06PM
 216,937,578	1. Patients with psychosis 2. How do you help friends? Do you give them an appointment and conduct a formal TEAM? Do you do it at your office or house or at their place? 3. TEAM to melt resistance and increase motivation to take meds for those who desperately need the meds (patients with schizophrenia, bipolar , severe depression, anxiety etc) 4. More live sessions for habits and addiction 5. More live sessions about anorexia, bulimia, ocd.	Monday, Apr 8th 10:34PM
 216,937,381	Working with terminally ill and grief as I work in hospice. Working with clients with chronic passive suicidal ideation. Working with anxiety that comes after trauma ..when client has been on the other side of a statistic (stillborn baby..as an example)	Monday, Apr 8th 10:30PM
 216,937,115	performance anxiety at work/afraid of getting fired	Monday, Apr 8th 10:12PM
 216,936,571	Relationships. Social anxiety. Jealousy. Insecurity. Getting over the past. Retroactive jealousy (jealous of partners past)	Monday, Apr 8th 9:56PM
 216,935,674	Couple therapy	Monday, Apr 8th 9:26PM
 216,935,654	-More on working with belief systems. -More on managing chronic pain without drugs -Addressing insomnia, including chronic insomnia, how TEAM CBT might work helping these clients. - I appreciate ongoing examples of powerful homework assignments.	Monday, Apr 8th 8:45PM

 216,935,643	Enlightenment is nice. Positive habits for healthy living. Role playing anger, non-violent communication with the five secrets. Five secrets rocks. Maybe talk about how to exist in such a corrupt world, MKUltra and how to defeat logical fallacies and psychological warfare as practiced on television. That would be spectacular! I love your no-drugs solutions!	Monday, Apr 8th 9:18PM
 216,935,402	anxiety, family relationships and how to improve, loneliness, aging problems.	Monday, Apr 8th 9:13PM
 216,935,154	addictions	Monday, Apr 8th 9:08PM
 216,934,921	Health anxiety	Monday, Apr 8th 8:59PM
 216,934,870	anxiety, sexual perfectionism, and intrusive thoughts	Monday, Apr 8th 8:53PM
 216,934,804	Toolbox and variety of strategies	Monday, Apr 8th 9:00PM
 216,934,024	Role play of the 5 secrets of effective communication is always of interest.	Monday, Apr 8th 8:31PM
 216,933,513	Five Simple Ways to Boost Your Happiness The Motivational Model All You Need Is Love... or Do You? Tools... not Schools of Therapy	Monday, Apr 8th 8:16PM
 216,933,336	Working with couples School refusal	Monday, Apr 8th 8:20PM
 216,933,292	Challenging cases	Monday, Apr 8th 8:14PM
 216,933,044	I am a special education teacher who works with students with autism and emotional disturbance. I would love some episodes focused more on children, particularly on how to get them to be comfortable with vulnerable feelings and acknowledge or be able to name their negative thoughts.	Monday, Apr 8th 8:09PM
 216,932,770	anxiety, wellness, everyday work life stress, dealing with toxic work environments, balancing relationships	Monday, Apr 8th 5:19PM
 216,932,742	More on treatment resistant anxiety and anxiety in teens.	Monday, Apr 8th 8:00PM
 216,932,674	social anxiety, other types of anxiety, relationship help	Monday, Apr 8th 7:55PM
 216,932,283	CBT for depression and low self esteem	Monday, Apr 8th 7:15PM
 216,932,132	I like that podcasts that where you specifically talk about how to challenge your inner self talk. To challenge the distortions of my thinking.	Monday, Apr 8th 7:44PM
 216,932,066	Break the cycle of feeling guilty. More ideas on how to work with clients that resist and fear positive changes in their learning.	Monday, Apr 8th 7:33PM

 216,931,516	More live therapy sessions, depression and interpersonal relationships.	Monday, Apr 8th 7:32PM
 216,931,353	habits and addictions	Monday, Apr 8th 7:29PM
 216,931,278	Anxiety How to handle conflict of couple in love and want to marry, but one is on east coast, other on west coast and each are adamant about not moving to other coast. Girl has strong emotional attachment to CA, while man wants better less expensive life on east coast. They fight and it is taking toll on relationship. Man is 31, girl is 24,25	Monday, Apr 8th 7:15PM
 216,931,184	Dealing with negative thoughts Depression Habits and addiction	Monday, Apr 8th 7:24PM
 216,930,252	Parenting, friendship training, borderline personality live session, impulse control, body based compulsions, young children, more podcasts from Dr. Chesney, and business (how to have a private pay practice. Documentation. etc), step by step process for therapist to learn TEAM CBT.	Monday, Apr 8th 6:59PM
 216,930,128	Live therapy sessions. real life examples in practice-Step by step on how to decode thinking errors. Hidden emotion examples-more please!	Monday, Apr 8th 6:42PM
 216,929,865	Healing patients with Complex PTSD also known as Developmental Trauma	Monday, Apr 8th 6:44PM
 216,929,841	Health anxiety, OCD, depression, mind body connection, communication skills, parenting children with anxiety and depression, anger issues	Monday, Apr 8th 6:53PM
 216,929,570	Selfworth, getting unstuck, live therapy, it is one thing to talk about a theory it quit another to see it in real life.	Monday, Apr 8th 6:27PM
 216,929,484	Techniques, how to use them, when to use them, and when to use a different technique.	Monday, Apr 8th 6:45PM
 216,928,909	Adolescent depression/anxiety and effective communication skills for parents of teens. More of the Feeling good together topics I also liked the therapist mistakes podcasts!	Monday, Apr 8th 6:28PM
 216,928,810	practical techniques for dealing with bipolar disorder	Monday, Apr 8th 6:32PM
 216,928,106	Specific examples in defeating negative thoughts, love sessions are the best	Monday, Apr 8th 6:17PM
 216,928,063	Depression and anxiety	Monday, Apr 8th 6:15PM
 216,928,020	TEAM-CBT therapy for people with bipolar disorder--is it any different than treating those who have major depression or anxiety? The intersection of religious belief (either conservative or more liberal) and/or philosophy with CBT and other psychological/psychiatric concepts.	Monday, Apr 8th 6:10PM

 216,927,784	Using your techniques in interpersonal relationships	Monday, Apr 8th 6:11PM
 216,927,342	Go through the positive side of emotions (top part of the mood log) working with youth on anxiety/depression/especially cutting	Monday, Apr 8th 6:01PM
 216,927,315	Driving anxiety, hypochondria, and 5 secrets of effective communication.	Monday, Apr 8th 6:00PM
 216,927,072	1)Conflicts between parents and adolescents especially where the therapist feels triangulated 2) invitation to therapy - adults and children 3) how to use recovery circle. Which methods to pick for specific problems	Monday, Apr 8th 5:50PM
 216,926,787	I have read a lot of what Dr. David Burns has written, listened to plenty of podcasts and consider myself quite well-versed in TEAM-CBT, but despite this, I find that even after getting empathy, setting the agenda/identifying resistance and using many methods (with the help of an excellent therapist from the Feeling Good Institute), I am still having trouble getting rid of some self-defeating beliefs that have been reinforced for years. For example, while I can do just fine with the daily mood log, externalization of voices, examining the evidence, etc., I still tend to default to my automatic negative thoughts. I know Dr. Burns has said that usually the problem is in the agenda-setting stage, but I am quite sure that my therapist and I have done a thorough job with that. I would like to hear a podcast on what to do when this happens (My main issue is approval addiction).	Monday, Apr 8th 5:42PM
 216,926,670	What we can do about our estrangement from our daughter. She came out as lesbian at age 16 and is now 39 yrs old. She is married and they have 2 beautiful children, our grandchildren. We have seen her and her wife many times over the years. However, before Thanksgiving, we and she have miscommunicated, and she says she doesn't feel safe or healthy with us. She asked if we would attend family therapy together, and we said we would come anytime, anyplace. We've kept in touch with letters, emails, Skype. But she hasn't communicated with us, and told us through her wife that we should not contact her. Her wife lets us see the grandchildren twice per month on Skype, but our daughter is not there. We are so sad. Please help us and other parents who are in such a heartbreaking situation.	Monday, Apr 8th 5:37PM
 216,926,648	Hoarding Sexual problems between individuals in a couple relationship	Monday, Apr 8th 5:42PM
 216,926,492	Love the dealing with adult children. Just overall making our life easier, fun and positive cognitive thinking!	Monday, Apr 8th 5:41PM
 216,926,008	Live therapy sessions	Monday, Apr 8th 5:31PM
 216,925,955	Shame and related embarrassment and humiliation.	Monday, Apr 8th 5:27PM
 216,925,704	I love live sessions. I really appreciate when you demonstrate the use of techniques and the thought process behind selecting various techniques.	Monday, Apr 8th 5:30PM
 216,925,685	What is a nervous breakdown? Retirement (involuntary and voluntary). Life regrets. Why does it take so long for so many people to recognize that they have a mental illness or mood disorder? And why do so many people never recognize this?	Monday, Apr 8th 5:05PM
 216,925,675	How to overcome shyness, how to deal with difficult people, how to control our emotions, topics on relationships	Monday, Apr 8th 5:27PM



216,925,555

I've LOVED listening to your podcasts for almost a year, and the place they've helped me most is in my work as a manager (I work at Palo Alto High School). I typically listen to the examples and then apply them to work relationships. So I'd love to hear more about how EAR/other techniques apply in work situations. I'd also like to hear more about anxiety and how to apply the cognitive distortions to anxiety. I'm currently working with Feeling Good and having to substitute anxiety for depression in the exercises. Expanding the podcasts to include more about general anxiety would be helpful.

Monday, Apr 8th
5:20PM