

50 Ways to Untwist Your Thinking*

Basic Techniques	Role-Playing	Exposure Techniques
<ol style="list-style-type: none"> 1. Empathy 2. Agenda Setting 3. Identify the Distortions 4. Straightforward Technique 	<ol style="list-style-type: none"> 19. Externalization of Voices 20. Feared Fantasy <p>Plus: Double Standard, Acceptance Paradox, Devil's Advocate, and many of the Interpersonal Techniques</p>	<p style="text-align: center; color: #FF8C00;">Classical Exposure</p> <ol style="list-style-type: none"> 36. Gradual Exposure and Flooding 37. Response Prevention 38. Distraction
Cognitive Techniques	Philosophical / Spiritual	Cognitive Exposure
<p style="text-align: center; color: #4169E1;">Compassion-Based</p> <ol style="list-style-type: none"> 5. Double Standard Technique 	<ol style="list-style-type: none"> 21. Acceptance Paradox 	<ol style="list-style-type: none"> 39. Cognitive Flooding 40. Image Substitution 41. Memory Rescripting <p>Plus: Worry Breaks, Feared Fantasy, and Acceptance Paradox</p>
<p style="text-align: center; color: #4169E1;">Truth-Based</p> <ol style="list-style-type: none"> 6. Examine the Evidence 7. Experimental Technique 8. Survey Technique 9. Reattribution 	<p style="text-align: center; color: #4169E1;">Visual Imaging</p> <ol style="list-style-type: none"> 22. Time Projection 23. Humorous Imaging 24. Cognitive Hypnosis 	<p style="text-align: center; color: #FF8C00;">Interpersonal Exposure</p> <ol style="list-style-type: none"> 42. Smile and Hello Practice 43. David Letterman Technique 44. Self-Disclosure 45. Flirting Training 46. Rejection Practice <p>Plus: Rejection Feared Fantasy and Shame-Attacking Exercises</p>
<p style="text-align: center; color: #4169E1;">Logic-Based</p> <ol style="list-style-type: none"> 10. Socratic Method 11. Thinking in Shades of Gray 	<p style="text-align: center; color: #FFD700;">Uncovering Techniques</p> <ol style="list-style-type: none"> 25. Individual Downward Arrow 26. Interpersonal Downward Arrow 27. What-If Technique 28. Hidden Emotion Technique 	
<p style="text-align: center; color: #4169E1;">Semantic</p> <ol style="list-style-type: none"> 12. Semantic Method 13. Let's Define Terms 14. Be Specific 	<p style="text-align: center; color: #008000;">Motivational Techniques</p> <ol style="list-style-type: none"> 29. Straightforward and Paradoxical Cost-Benefit Analysis (CBA) 30. Devil's Advocate Technique 31. Stimulus Control 32. Decision-Making Form 33. Daily Activity Schedule 34. Pleasure Predicting Sheet 35. Anti-Procrastination Sheet 	<p style="text-align: center; color: #800080;">Interpersonal Techniques</p> <ol style="list-style-type: none"> 47. Relationship Cost-Benefit Analysis (CBA) 48. Revise Your Communication Style 49. Five Secrets of Effective Communication 50. One-Minute Drill <p>Plus: Interpersonal Decision-Making</p>
<p style="text-align: center; color: #4169E1;">Quantitative</p> <ol style="list-style-type: none"> 15. Self-Monitoring 16. Negative Practice / Worry Breaks 		
<p style="text-align: center; color: #4169E1;">Humor-Based</p> <ol style="list-style-type: none"> 17. Paradoxical Magnification 18. Shame-Attacking Exercises 		

* Copyright © 2004 by David D. Burns, M.D.