


































































Feeling Good Podcast Survey


















Result Details



















Question	Answers	Skips
06 What do you like the LEAST about the Feeling Good Podcasts?	109 71%	45 29%
 Nothing in particular. Very good job!		Today, 11:06AM
217,051,624		
 Maybe the lack of evidence, when You say that depression can be successfully treated in a single session, it's maybe hard for people to believe that, especially if the depressed person is severely and chronically depressed.		Today, 5:07AM
217,029,618		
 I think it would be interesting to bring more real people - either patients or therapist to tell about difficult cases. I think the details will help me go deeper into team. Also, to see more of the co- therapy with with different experts in TEAM helps.		Today, 4:19AM
217,027,475		
 That I don't have time to listen to all of them!		Yesterday, 10:24PM
217,010,109		
 Tone is way too light and cute and deeply offensive. The live sessions are biased with same population of therapists with trauma as opposed to lay person suffering for decades with no dramatic upsetting event.		Yesterday, 8:16PM
217,004,864		
 LOVE all your podcasts - amazing!		Yesterday, 7:44PM
217,003,462		
 Dr. Burns make fun and laughing about his patients problems.		Yesterday, 5:05PM
216,999,275		
 The promotions of upcoming workshops, since I am not a therapist and could not attend.		Yesterday, 3:56PM
216,997,138		
 Sometimes the podcasts are too long because of either small talk or long-winded explanations. I prefer to-the-point applications. Shorter time frame. Under 1 hour, 20 minutes is ideal.		Yesterday, 3:57PM
216,997,099		
 I am a bit tired of hearing the introduction about Dr. David Burns and the podcast. Couldn't much of this be covered in the Show notes - at the bottom?		Yesterday, 3:30PM
216,993,478		
 Right now, it seems like the focus is primarily for therapists rather than people like me who need help with coping skills.		Yesterday, 3:04PM
216,992,333		
 I would like more real world examples/ live therapy sessions of patients.		Yesterday, 1:32PM
216,988,380		
 They are few		Yesterday, 12:16PM
216,984,939		
 Therapist focused podcasts.		Yesterday, 12:24PM
216,984,452		

 216,983,682	That you only release them once a week, as opposed to every single day ;)	Yesterday, 12:11PM
 216,981,011	Lengthyness	Yesterday, 11:41AM
 216,979,150	Historically it's been very hard to look up content on individual episodes. I think you have remedied this issue.	Yesterday, 10:58AM
 216,977,636	fabrice left :(sometimes sound narcissistic , grandios ..no need to push t.e.a.m. as the best all the time. less monolog , more dialog	Yesterday, 10:45AM
 216,972,909	Lead in and lead out too long and repetitive	Yesterday, 10:03AM
 216,967,156	Some topics not explained deeply enough and I feel need for elaboration.	Yesterday, 8:26AM
 216,957,151	When you list 12 techniques and you know these techniques but the listener doesn't	Yesterday, 7:31AM
 216,956,641	N/a	Yesterday, 7:35AM
 216,955,207	honestly? I wasn't a big fan of Favrice	Monday, Apr 8th 5:35PM
 216,952,296	Need more of them! Hard to say as they are all so informative	Yesterday, 6:02AM
 216,952,208	Need more of them! Hard to say as they are all so informative	Yesterday, 6:02AM
 216,952,207	Need more of them! Hard to say as they are all so informative	Yesterday, 6:02AM
 216,948,070	That I don't have enough time to listen to them all	Yesterday, 4:47AM
 216,943,251	I listened to every single FG podcast and learned something helpful each time. However, some of the stories and examples were a bit repetitive.	Yesterday, 2:02AM
 216,942,714	Focus on negative aspects and on solving issues instead of preventing them	Yesterday, 2:00AM
 216,942,711	Focus on negative aspects and on solving issues instead of preventing them	Yesterday, 2:00AM
 216,940,353	The music.	Yesterday, 12:34AM
 216,940,107	Nothing really	Yesterday, 12:18AM

 216,940,038	There is only one per week?	Yesterday, 12:16AM
 216,939,693	I like everything	Yesterday, 12:07AM
 216,939,548	I love everything about them!	Monday, Apr 8th 11:51PM
 216,939,159	It should be written as well	Monday, Apr 8th 11:42PM
 216,938,851	The intro music is too long	Monday, Apr 8th 11:28PM
 216,938,679	No community to easely conect with online.	Monday, Apr 8th 11:10PM
 216,938,435	--David can seem kind of hostile to other approaches (eg mindfulness, exercise). I believe there is pretty good data on the efficacy of these methods, and spending too much time criticizing these feels to me like a distraction from TEAM and to detract credibility from all of the amazing wisdom he has developed in TEAM-CBT. --I think the podcast has been a bit heavy on "Ask David," which tends to lead to more general discussions or review of things he's already talked about.	Monday, Apr 8th 10:42PM
 216,938,260	Nothing really. I love them all!!! So grateful for your generosity!	Monday, Apr 8th 11:06PM
 216,938,092	Long commentary by hosts rather than guests	Monday, Apr 8th 11:02PM
 216,938,075	Ask David responses that are too short / superficial	Monday, Apr 8th 10:58PM
 216,937,115	Everything is great! It's my favorite podcast! I've listened to every single episode!	Monday, Apr 8th 10:12PM
 216,936,571	When there are guests on the show & David doesn't let them speak much. It seems like he has a very certain way he wants issues to be talked about & doesn't always go with the flow. I don't want that to come across as a jab at David. I'm a huge fan, & I think I can spot it because I am a very rigid person myself. I like to be in control.	Monday, Apr 8th 9:56PM
 216,935,654	TEAM CBT is very powerful, but sometimes clients need more time to feel better than a 2 hour one visit intensive. In my experience, working with insurance companies, rented offices, time limits can expand the treatment time frame. Some clients believe they are defective and get discouraged if they take longer when the end result is still feeling good.	Monday, Apr 8th 8:45PM
 216,935,643	When you talk self-righteously about politics it sounds like all or nothing thinking. Nobody is capable of stopping this murderous foreign policy.	Monday, Apr 8th 9:18PM
 216,935,402	n/a	Monday, Apr 8th 9:13PM
 216,935,154	Not enough time to listen to very many of them.	Monday, Apr 8th 9:08PM
 216,934,870	i like every topic you talk about !!!	Monday, Apr 8th 8:53PM

 216,934,804	Want more nuanced interviewer	Monday, Apr 8th 9:00PM
 216,934,024	I dislike curse words. I can't recommend because I wouldn't want to share something unless I knew no cursing.	Monday, Apr 8th 8:31PM
 216,933,513	NOTHING	Monday, Apr 8th 8:16PM
 216,933,336	N/a	Monday, Apr 8th 8:20PM
 216,933,292	They are so good, they could be longer than the usual half hour.	Monday, Apr 8th 8:14PM
 216,933,044	I don't really like episodes with a lot of meandering. I like the episodes with a determined focus from the beginning (such as describing a method or some particular aspect of CBT.	Monday, Apr 8th 8:09PM
 216,932,674	I keep hearing about the new book but I can't buy it yet!	Monday, Apr 8th 7:55PM
 216,932,283	The long introduction ?	Monday, Apr 8th 7:15PM
 216,932,132	I'm not a shy so person so it's not that I don't like podcasts on this topic I just don't feel it's relevant to me. I enjoy all of them.	Monday, Apr 8th 7:44PM
 216,932,066	When a topic is discussed and gets sidetracked with other related information. This is particularly relevant when the topic is great interest to me, as I would like to hear as much as possible about it.	Monday, Apr 8th 7:33PM
 216,931,516	Announcements about upcoming classes	Monday, Apr 8th 7:32PM
 216,931,353	ramblings...but even those are interesting to me!	Monday, Apr 8th 7:29PM
 216,930,128	Disregard for other healing modalities outside of CBT. CBT is wonderful and nobody teaches it better than Dr Burns- i believe that it is a foundational practice to well being. However, Working with difficult emotions is very important and not always well addressed through CBT alone. Thinking CBT is the answer for most issues is loaded with cognitive distortions. Ex-Discounting the positive in other practices, all or nothing thinking, magical thinking- CBT as a "cure all". In my personal healing journey CBT has been absolutely essential and foundational- as has self compassion, learning to let things go, inner child work, mindfulness, somatic awareness and more. I have noticed there has repeatedly been a dismissive tone for other valuable practices. Obviously The feeling good podcast is about CBT and sticking to your expertise is essential, however, I would be careful to disregard other healing practices that could potentially help someone out. I have such respect for Dr Burns and his team-but your words carry weight- please be thoughtful about discounting other methods that could be helping someone.	Monday, Apr 8th 6:42PM
 216,929,865	I wish there was a new episode once a day instead of only once a week	Monday, Apr 8th 6:44PM
 216,929,841	Leaving out familial problems. Parents of children with mood disorders and how to help them, spouses with depression or anger issues etc	Monday, Apr 8th 6:53PM
 216,929,570	Sometimes it is a " little" all around the mulberry bush the monkey chased the weasel... get to the point! I like the REIA method of teaching. Read...Explain...Illustrate...Apply	Monday, Apr 8th 6:27PM

 216,929,484	Sometimes--not all of the time nor even most of the time--they aren't "deep" enough.	Monday, Apr 8th 6:45PM
 216,928,909	The same startup music gets old after listening to so many podcasts, so some new music or a variety for the intro might be nice.	Monday, Apr 8th 6:28PM
 216,928,106	That all the resources like meetups are for therapists only	Monday, Apr 8th 6:17PM
 216,927,784	Nothing	Monday, Apr 8th 6:11PM
 216,927,342	I miss Fabrice. He was so lovely	Monday, Apr 8th 6:01PM
 216,927,072	Nothing. Love all of them.	Monday, Apr 8th 5:50PM
 216,926,787	If anything, perhaps making the podcasts a bit shorter and focusing on key points, only because I tend to have a very busy schedule. It's not a major issue at all though. And I do enjoy some of the tangential conversations.	Monday, Apr 8th 5:42PM
 216,926,670	There is nothing I dislike about the podcasts. Your TEAM therapy is amazing! I'm keeping myself from relapsing into depression by listening to your podcasts and reading your books. Before finding your podcasts and books, I would be sliding down into depression and taking anti-anxiety drugs. Now, I keep listening and learning. Sorry, but there's nothing I like the LEAST.	Monday, Apr 8th 5:37PM
 216,926,648	When there are too many personal stories	Monday, Apr 8th 5:42PM
 216,926,492	?	Monday, Apr 8th 5:41PM
 216,926,008	Discussing content of podcast before we've heard the podcast, especially true with live sessions. Comments would be much more meaningful if they occurred at the end of the podcast.	Monday, Apr 8th 5:31PM
 216,925,955	That Fabrice has left.	Monday, Apr 8th 5:27PM
 216,925,704	Sometimes the episodes are too long. A 30-45 minute episode works best for me, my schedule and my attention.	Monday, Apr 8th 5:30PM
 216,925,685	Nothing, I learn something from each one.	Monday, Apr 8th 5:05PM
 216,925,555	I love them all. I don't really listen to them and wish they were different. I know it's helpful to get constructive feedback, but I can't think of any right now. :)	Monday, Apr 8th 5:20PM
 216,925,437	Two (out of 26) of my clients have referred to your style as "gimmicky" and "cult like." On one hand I'm LOVING your books, podcasts, and the course through FGI. On the other hand, I guess I can see a little bit what they mean. Sometimes when you refer to TEAM as working so quickly, and bringing such swift and unbelievable results it is hard to relate, and hard to believe.	Monday, Apr 8th 5:18PM
 216,924,890	a lot of advertising for live presentations I have no chance of attending	Monday, Apr 8th 5:07PM

 216,924,877	um... better audio would be great!	Monday, Apr 8th 5:11PM
 216,924,844	I'm not sure what the best way is to submit feedback	Monday, Apr 8th 5:14PM
 216,924,802	That I don't have time to watch them all lol!	Monday, Apr 8th 5:13PM
 216,924,569	US politics, which came up a few time.	Monday, Apr 8th 4:55PM
 216,924,553	I will miss Fabrice.	Monday, Apr 8th 5:04PM
 216,924,462	Sometimes I think certain viewer questions are not that interesting, but it's probably because I don't relate or wouldn't have wanted to ask that question myself.	Monday, Apr 8th 4:50PM
 216,924,453	I really cannot think of a thing. Last thing was the sound quality and papers being shuffled.	Monday, Apr 8th 4:55PM
 216,924,350	Poor quality audio Please get an expert to set up the recording to be better.	Monday, Apr 8th 5:05PM
 216,924,336	Testing	Monday, Apr 8th 5:04PM
 216,924,313	Rhonda find your style.	Monday, Apr 8th 5:04PM
 216,924,302	I really miss Fabrice but Rhonda is Great! BTW. I'm a student, clinical psychology, 1st year. fyi	Monday, Apr 8th 4:58PM
 216,924,239	That's a tough one... maybe just all the notices about activity in the bay area? I always feel sad that I'm so far a way but that's hardly your fault!	Monday, Apr 8th 4:54PM
 216,924,234	They are awesome and I don't really have problems with them. However, I sometimes wish the show notes were more extensive.	Monday, Apr 8th 4:50PM
 216,924,180	They are all good	Monday, Apr 8th 5:00PM
 216,923,925	Off the top of my head I can't think of anything.	Monday, Apr 8th 4:51PM
 216,923,798	Absolutely nothing. They are manna from heaven. My only problem is that I can't stop my toes tapping when the music starts!	Monday, Apr 8th 4:46PM
 216,923,707	Nothing.	Monday, Apr 8th 4:49PM
 216,923,652	I think the audio, sometimes it sounds like it was taking from a internet call or something.	Monday, Apr 8th 4:49PM

