



# Visual CBT: Using pictures to help you apply Cognitive Behaviour Therapy to change your life

*Avy Joseph, Maggie Chapman*

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Many people learn best by following a visual approach – retaining information far more successfully if that information is given to them in a visual manner. Visual CBT uses illustrations, graphics and images to help the reader to alter their thought patterns and change behaviours through CBT to become a happier, healthier individual.

Uniquely, it highlights the differences between healthy and unhealthy emotional responses – for example Anxiety instead of Concern – to enable the reader to quickly "picture" how they are reacting, and bring it into line with the healthy type of response.

- Includes an explanation of the premise of CBT and how it can relate to everyday life
- Uses exercises and practical tips to examine a whole host of healthy vs. unhealthy scenarios – such as depression vs. sadness, anger vs. annoyance, hurt vs. sorrow, shame vs. regret ... and much more
- Visual CBT is an easy to use guide that can be referred back to time and time again showing how to successfully implement the most important CBT techniques.

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