

**Coaching
Evolved**

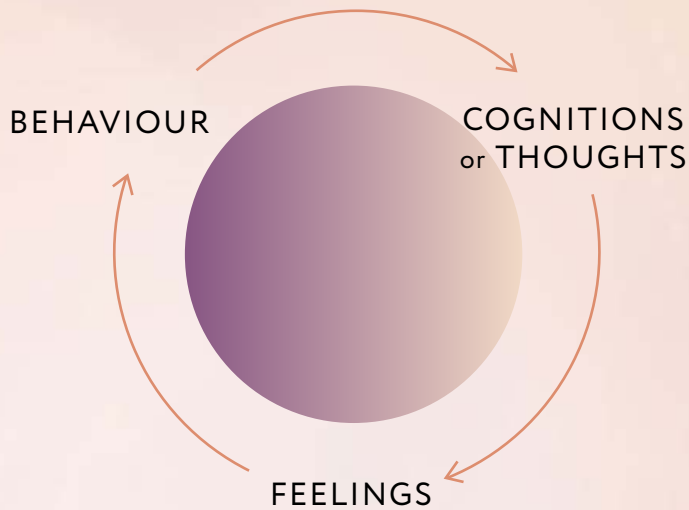
Cognitive
Coaching Approach
STUDY COMPANION

COGNITIVE COACHING APPROACH

STUDY COMPANION

OVERVIEW:

A	ACTIVATING EVENT What happened? Example: You are made redundant at work.
B	BELIEFS OR THOUGHTS What do I believe about A? Example: I am worthless without my job.
C	EMOTIONAL & BEHAVIOURAL CONSEQUENCE How I felt, and the consequences. Example: Go on benefit, withdrawal from social activities.



NOTES:

COGNITIONS OR THOUGHTS affect our feelings: What we think or believe, or our attitudes affect how we feel.

BEHAVIOURS affect how we think and feel.

What we **FEEL** affects what we will do.

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COGNITIVE DISTORTIONS

Personalisation – *I am to blame for...*

All or nothing thinking – *If I cannot do it all the way then I won't try at all.*

Mind reading – *I know what you think about me...*

Emotional reasoning – *I know I am a failure because I feel like one.*

Labelling – *I am not skinny and attractive therefore I will never be popular.*

Discounting the positive – *No matter what you say I will always be a failure.*

Fortune telling – *This happened before, and it will happen again.*

Overgeneralization – *Jumping to conclusions based upon little evidence.*

Catastrophizing – *I believe that the worst will happen - it always does.*

I should AND I must – *If I don't then who will?*

Mental filter – *Discarding the positive and only focusing on the negative.*

NOTES:

IF...THEN...

IF: (CORE BELIEF)

THEN: (THIS IS THE ASSUMPTION THAT YOUR CLIENT HAS BASED ON THE CORE BELIEF)

EXAMPLE

If I don't get along with my boss..
Then he will not respect and promote me...

If my boss does not respect and promote me..
Then I will be stuck in this job forever....

If I am stuck in this job forever..
Then I will never be able to get ahead financially...

If I never get ahead financially..
Then I will not be able to provide for my family...

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If I am not able to provide for my family...
Then I am a useless parent...

If I am a useless parent...
Then my children will leave me...

If my children leave me...
Then I will be alone and a failure...

NOTES:

ASSISTING CLIENTS WITH THEIR THOUGHTS

- Interrupt your thoughts with coping words such as “stop”
- How true is this?
- What else is possible here?
- What can I be grateful for in this moment?

NOTES:

CARTESIAN QUESTIONS

- What will happen if I do?
- What will happen if I don't?
- What won't happen if I do?
- What won't happen if I don't?

NOTES:

THE SOCRATIC METHOD

1. Conceptual clarification
2. Probing assumptions
3. Probing rationale, reasons & evidence
4. Questioning viewpoints & perspectives
5. Probe implications & consequences
6. Questions about the question

NOTES:

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RATIONAL EMOTIVE BEHAVIOURAL COACHING

“Only you can upset yourself about events - the events themselves, no matter how undesirable, can never upset you.” - **Epictetus**

IDENTIFY THE 3 CORE ‘MUSTS’

- “Must #1” (a demand on yourself)
- “Must #2” (a demand on others)
- “Must #3” (a demand on situations)

NOTES:

DISPUTE THE “MUSTS”

What is the evidence for this ‘must’?
How is it true?
Where is it etched in stone?

NOTES:

REINFORCE YOUR PREFERENCES

- **Preference #1:** “I strongly PREFER to do well and get approval, but even if I fail, I will accept myself fully”
- **Preference #2:** “I strongly PREFER that you treat me reasonably, kindly, and lovingly, but since I don’t run the universe, and it’s a part of your human nature to err, I, then, cannot control you”
- **Preference #3:** “I strongly PREFER that life be fair, easy, and hassle-free, and it’s very frustrating that it isn’t, but I can bear frustration and still considerably enjoy life”

NOTES: