

Cognitive therapy

Posted by nederman - 08 Aug 2012 02:56

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I have been using cognitive methods with some success. I find it much more effective than 12-step methods (such as surrendering, meetings, and sponsor) and less arbitrary.

Those interested may wish to pick up a copy of "Feeling Good" by David Burns.

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Re: Cognitive therapy

Posted by JustKeepGoing - 09 Aug 2012 23:14

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I have it, problem is I never get around to doing the stuff he says to do

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Re: Cognitive therapy

Posted by nederman - 10 Aug 2012 00:49

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Read his chapter on donothingism then?

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Re: Cognitive therapy

Posted by JustKeepGoing - 10 Aug 2012 03:46

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LOL I think I did, where he says to make a schedule?

I didnt do that either

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Re: Cognitive therapy

Posted by nederman - 10 Aug 2012 16:52

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Then why are you whining here?

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Re: Cognitive therapy

Posted by JustKeepGoing - 10 Aug 2012 17:45

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Hmm.. I guess because Im not the only one who procrastinates and KNOWS that they procrastinate and KNOWS what to do to stop procrastinating but still doesnt do it. Im wondering how to get out of that.

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Re: Cognitive therapy

Posted by JustKeepGoing - 10 Aug 2012 17:49

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And Ouch man I wasnt whining ???

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Re: Cognitive therapy

Posted by nederman - 10 Aug 2012 19:29

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Maybe cognitive therapy is not for you then.

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Re: Cognitive therapy

Posted by Dov - 10 Aug 2012 21:18

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[JustKeepGoing wrote on 10 Aug 2012 17:49:](#)

And Ouch man I wasnt whining ???

Maybe cognitive therapy is not for you then.

That was very funny! Kudos!

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Re: Cognitive therapy

Posted by SoldierOfHashem - 12 Aug 2012 18:48

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[JustKeepGoing wrote on 10 Aug 2012 17:45:](#)

Hmm.. I guess because Im not the only one who procrastinates and KNOWS that they procrastinate and KNOWS what to do to stop procrastinating but still doesnt do it. Im wondering how to get out of that.

oh, how often I feel like this. As a matter of fact right now I am

But guess what I am going to accept that I have a tendency to procrastinate. And I am going to stop getting distracted and get things done right now! so talk to y'al later after I get some work

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Re: Cognitive therapy

Posted by nederman - 12 Aug 2012 21:19

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Come to think of it I also procrastinated for months when it comes to reading this book. Finally I

put it in the bathroom and since it's become bathroom reading I gobble it up.

Basically the difference is that when I pick it up I am not deterred by thinking about reading the whole book. I go into it knowing that I am only going to read for a few minutes.

Ironically this consideration is in the chapter that talks about procrastination.

However after I was hooked on Feeling Good I bought another book by the same author and this one I read all over the house.

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Re: Cognitive therapy

Posted by JustKeepGoing - 13 Aug 2012 00:15

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Ya so I picked it up again recently and put it next to my bed. I read a couple of pages and stopped so I think Im going to try your idea and leave it in the bathroom.

My problem is maybe that I have too much I want to do and feel overwhelmed. Hmm... maybe ill work on that after I re-organize the library....

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Re: Cognitive therapy

Posted by Dov - 15 Aug 2012 00:35

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Shocking precursor to these books, very good read:

"The Road Less Traveled" by M Scott Peck, MD First chapter is about procrastination and fits so well with the approach I was taught in the program where I learned two things: Procrastination is typically avoidance, and that fear of a task is created by Hashem as our best friend in helping us DO it. The joy of giving into that fear by saying OK, I want to avoid that fear, so here's when I will need to do" and doing it even for just that reasons...is true, basic success. Like yir'as ha'onesh. It's real progress, but in the lower way of life. Nothing evil abt that.

May we be zoche to yir'ah pf Hashem, not of his dogs (punishments) - and may we be zoche to accepting His precious gifts, like the feelings of fear that precede action - instead of running from that fear by putting the issue off.

There are probably lots of other good eitzos, though...

Hatzlocha with it today.

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Re: Cognitive therapy

Posted by ezrasyid - 06 Nov 2012 05:10

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I found book useless. Thought burns 10 days to self esteem was promo pure and simple. In the end of book he says, surprise, it won't take 10 days. Just as much work. If it works for you, you are very lucky. I wished it were as easy as he makes it sound. Anyone ever meet the guy?

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Re: Cognitive therapy

Posted by nederman - 06 Nov 2012 07:49

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[ezrasyid wrote on 06 Nov 2012 05:10:](#)

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I value your opinion.

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