

Getting Started

Introduces the user to the basics of Cognitive Behavioral Therapy (CBT) and anxiety and how the Thoughts, Feelings, Behaviors (TFB) Cycle can be a useful tool in understanding anxiety.

Understanding Feelings

Focuses on the 'feelings' component of the TFB Cycle in anxiety, to help the user identify their emotions and their association with anxiety. Also addresses the physical reactions associated with anxiety and the importance of considering the impact of

Facing Your Fears

The aim is to help users break their fears down so that they can start to face them and also reduce their anxiety. The user is introduced to the technique of 'graded exposure' and the activities help them to make a plan to gradually overcome their fears.

Spotting Thoughts

Focuses on the 'thoughts' component of the TFB cycle and introduces the user to negative thinking and its impact on symptoms of anxiety.

Challenging Thoughts

Focuses on taking action against negative and distorted thoughts. The user is introduced to Hot Thoughts and their impact on their anxiety. This module helps the user to learn techniques to tackle thinking errors.

Bringing It All Together

Prepares the user for coming to the end of the program and focuses on helping the user to stay well in the future. The user learns about recognizing warning signs and what triggers their anxiety and how to plan to ensure that they stay well.



MODULE	KEY TOPICS	GOALS	TOOLS
Getting Started	<ul style="list-style-type: none"> • Psychoeducation about anxiety • Applying Cognitive Behavioral Therapy (CBT) to anxiety • The Thoughts, Feelings and Behaviors (TFB) Cycle 	<ul style="list-style-type: none"> • Improve understanding of anxiety • Introduce the TFB cycle • Learn about the role of thoughts, feelings and behaviors in anxiety • Learn about CBT 	<ul style="list-style-type: none"> • Understanding My Situation • Mood Monitor • Staying in the Present (Breathe Audio)
Understanding Feelings	<ul style="list-style-type: none"> • Understanding emotions and their function • Coping with difficult emotions • Physical reactions and mood • Lifestyle choices 	<ul style="list-style-type: none"> • Learn about emotions and their role in the TFB cycle • Recognize emotions that are difficult to cope with • Recognize physical reactions • Explore the impact of lifestyle choices on anxiety and general wellbeing 	<ul style="list-style-type: none"> • TFB Cycle • Lifestyle Choices Chart • Staying In The Present (Body Scan Audio)
Facing Your Fears	<ul style="list-style-type: none"> • Avoidance and why it should be avoided • Safety behaviors • Graded exposure • Building a hierarchy of fears 	<ul style="list-style-type: none"> • Learn about the role of avoidance in maintaining fears and anxiety • Recognize safety behaviors • Develop a hierarchy of fears • Face fears using graded exposure 	<ul style="list-style-type: none"> • Ladder Of Fears
Spotting Thoughts	<ul style="list-style-type: none"> • Automatic thoughts and mood • Distorted thinking and thinking errors • Catching unhelpful thoughts 	<ul style="list-style-type: none"> • Learn about the role of thoughts in anxiety within the TFB cycle • Recognize negative automatic thoughts • Understand and recognize thinking errors 	<ul style="list-style-type: none"> • TFB Cycles • Staying In The Present (Watching Thoughts Audio)
Challenging Thoughts	<ul style="list-style-type: none"> • Hot Thoughts • Challenging negative thoughts • Tackling thinking errors • Coping with difficult situations 	<ul style="list-style-type: none"> • Learn about Hot Thoughts and how to recognize them • Learn to challenge negative thoughts • Learn how to overcome specific thinking errors • Recognize situations where it is necessary to use thoughts to cope 	<ul style="list-style-type: none"> • Identifying Hot Thoughts In The TFB Cycle • Generating More Balanced Alternative Thoughts In The TFB Cycle • Staying In The Present (Watching Thoughts Audio)
Bringing It All Together	<ul style="list-style-type: none"> • Finishing up • Warning signs and planning for wellness • Social support • Preparing for the future • Preparing for relapse 	<ul style="list-style-type: none"> • Preparation for coming to the end of the program • Recognize the importance of social support in staying well • Identify warning signs • Plan for staying well • Set SMART goals for the future 	<ul style="list-style-type: none"> • Staying Well Plan • Smart Goals • Taking Stock • Staying In The Present (Sounds Audio)