COLLECTION

The Essentials of Applied Psychology

Your Thoughts Don’t Have to Run Your Life

A practical CBT workbook with cognitive restructuring and behavioral exercises

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psychologieetserenite.com

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Exercises and Tools for Feeling Better — Cognitive Distortions, Young's Schemas, ACT

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Crisis resources

If you are going through a crisis and suicidal ideation comes to you, please do not face it alone.

- 988 — 988 Suicide & Crisis Lifeline. Call or text, 24/7, free and confidential (US and Canada).
- 741741 — Crisis Text Line. Text HOME to 741741 to reach a trained crisis counselor.
- 116 123 — Samaritans, free, 24/7 (UK and Ireland).
- 911 — in case of immediate danger (US and Canada).

These numbers apply to the United States, Canada, the United Kingdom and Ireland. Wherever you are, findahelpline.com lists helplines country by country.

To all those who have the courage to question their thoughts in order to transform their lives. Change begins with a first step — and that first step, you are taking it right now.

Table of Contents

Introduction — CBT, a Therapy You Practice

Chapter 1 — The Foundations of CBT

Chapter 2 — The 15 Cognitive Distortions

Chapter 3 — Young's Early Maladaptive Schemas

Chapter 4 — Cognitive Restructuring

Chapter 5 — Behavioral Activation

Chapter 6 — Graded Exposure

Chapter 7 — ACT and Mindfulness

Chapter 8 — Functional Analysis and Your Personal Therapy Plan

Conclusion — CBT, a Toolbox for Life

Bibliography

About the Author

INTRODUCTION — CBT, a Therapy You Practice

There is a persistent misconception that therapy essentially involves lying on a couch and talking about one's childhood for years. This vision, inherited from classical psychoanalysis, has shaped the collective imagination to such an extent that many people hesitate to seek help, convinced that they will have to explore every corner of their past before experiencing any relief.

Cognitive and behavioral therapies — CBT — offer a radically different approach. Not opposed to exploring the past, but resolutely focused on the present and on action. Their founding principle is strikingly elegant: it is not events themselves that generate our suffering, but the interpretation we make of them. Change the interpretation, and you change the emotion. Change the emotion, and you change the behavior. Change the behavior, and you change your life.

What Is CBT?

Cognitive behavioral therapy is a structured, scientifically validated psychotherapeutic approach based on identifying and modifying dysfunctional thoughts and maladaptive behaviors. It was developed in the 1960s by Aaron T. Beck for the treatment of depression, and subsequently extended to a considerable number of disorders: anxiety, phobias, obsessive-compulsive disorder, eating disorders, addictions, chronic pain, insomnia, and many others.

What distinguishes CBT from other therapeutic approaches is its empirical and practical nature. Each session is built around concrete objectives. The therapist and the patient work together — this is called the therapeutic alliance — to identify the mechanisms that maintain suffering and implement strategies for change. Between sessions, the patient carries out exercises, behavioral experiments, and observations. Therapy is not confined to the office: it is lived every day.

The scientific evidence supporting the effectiveness of CBT is considerable. A landmark meta-analysis covering 409 clinical trials and 52,702 patients demonstrated its significant effectiveness in treating multiple psychological