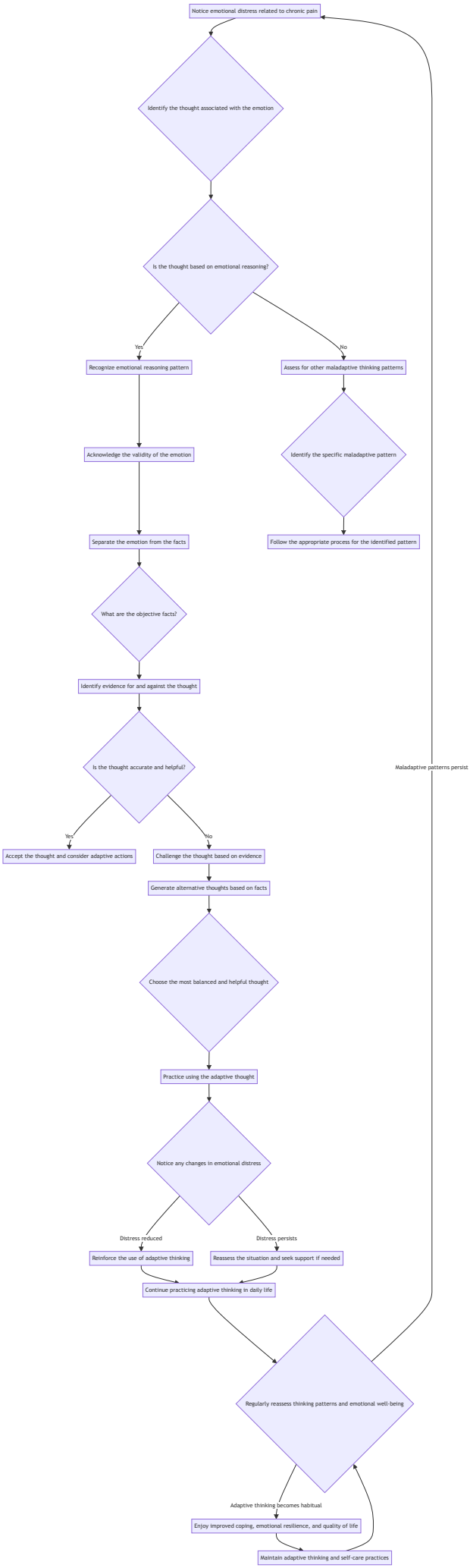
Notice emotional distress related to chronic pain
Identify the thought associated with the emotion
Is the thought based on emotional reasoning?
Yes
No
Recognize emotional reasoning pattern
Assess for other maladaptive thinking patterns
Acknowledge the validity of the emotion
Identify the specific maladaptive pattern
Separate the emotion from the facts
Follow the appropriate process for the identified pattern
What are the objective facts?
Identify evidence for and against the thought
Is the thought accurate and helpful?
Maladaptive patterns persist
Yes
No
Accept the thought and consider adaptive actions
Challenge the thought based on evidence
Generate alternative thoughts based on facts
Choose the most balanced and helpful thought
Practice using the adaptive thought
Notice any changes in emotional distress
Distress reduced
Distress persists
Reinforce the use of adaptive thinking
Reassess the situation and seek support if needed
Continue practicing adaptive thinking in daily life
Regularly reassess thinking patterns and emotional well-being
Adaptive thinking becomes habitual
Enjoy improved coping, emotional resilience, and quality of life
Maintain adaptive thinking and self-care practices