

# How to Overcome Anxiety, Panic, and Boost Your Self-Esteem with Cognitive Behavioral Therapy



## CBT + DBT + ACT, New Edition: How to Overcome Anxiety, Panic, and Boost Your Self-Esteem with Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Acceptance and Commitment Therapy

by Juliana Magalhães

★★★★☆ 4.8 out of 5

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## What is Cognitive Behavioral Therapy (CBT)?

Cognitive Behavioral Therapy (CBT) is a type of psychotherapy that helps people change their thinking patterns and behaviors to improve their mental health. CBT is based on the idea that our thoughts, feelings, and behaviors are all interconnected, and that by changing one, we can change the others.

CBT has been shown to be effective in treating a variety of mental health conditions, including anxiety, panic, and depression. It can also help to

improve self-esteem, relationships, and overall quality of life.

## **How does CBT work?**

CBT works by helping you identify and challenge negative thoughts and behaviors. Once you have identified these negative thoughts and behaviors, you can start to change them.

For example, if you have anxiety about public speaking, you might have negative thoughts such as, "I'm going to embarrass myself" or "I'm going to sound stupid." These negative thoughts can lead to anxiety-provoking behaviors, such as avoiding public speaking altogether or freezing up when you have to speak in public.

CBT can help you challenge these negative thoughts and develop more positive ones. For example, you might challenge the thought, "I'm going to embarrass myself" by reminding yourself that everyone makes mistakes and that it's okay to be nervous. You might also develop more positive thoughts, such as, "I'm prepared" or "I can do this."

In addition to challenging negative thoughts, CBT also helps you to develop new coping mechanisms for dealing with anxiety and panic. For example, you might learn relaxation techniques, such as deep breathing or meditation. You might also learn how to set realistic goals and to break down tasks into smaller, more manageable steps.

## **What are the benefits of CBT?**

CBT has many benefits, including:

\* Reduced anxiety and panic symptoms \* Improved self-esteem \* Improved relationships \* Improved overall quality of life \* Increased coping skills \* Reduced risk of relapse

## How do I get started with CBT?

If you are interested in trying CBT, there are a few things you can do to get started:

\* Talk to your doctor or mental health professional. They can help you assess whether CBT is right for you and refer you to a qualified therapist. \* Do some research. There are many different types of CBT, so it's important to find one that is right for you. You can learn more about CBT by reading books, articles, or online resources. \* Find a therapist. When you are looking for a CBT therapist, it's important to find someone who is qualified, experienced, and who you feel comfortable with. You can ask your doctor or mental health professional for recommendations, or you can search online for therapists in your area.

CBT is a powerful tool that can help you overcome anxiety, panic, and boost your self-esteem. If you are struggling with these conditions, I encourage you to talk to your doctor or mental health professional about whether CBT might be right for you.



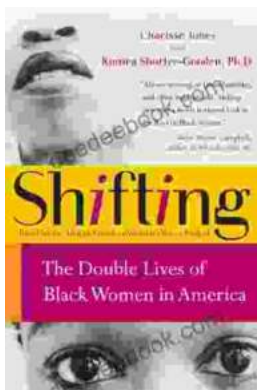
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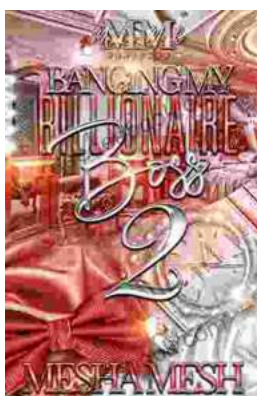
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