

Varför har
ingen berättat
det här för mig?

JULIE SMITH

Översatt av Catharina Andersson

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Figure 1 is adapted from the following work: *Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units: Working with Clients, Staff and the Milieu*, Isabel Clarke and Hannah Wilson, eds., © 2009 Routledge. Reproduced by permission of Taylor & Francis Group.

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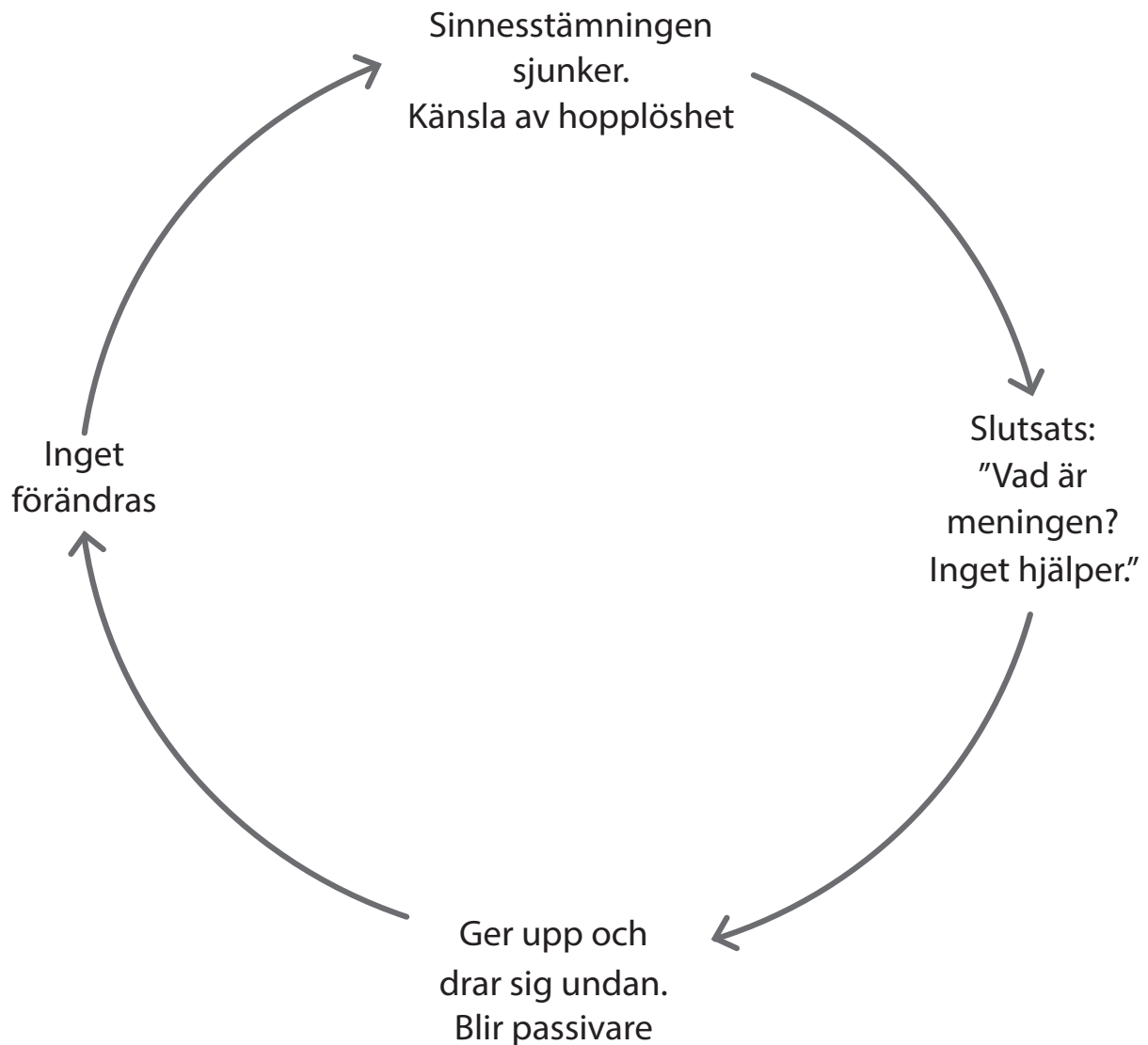
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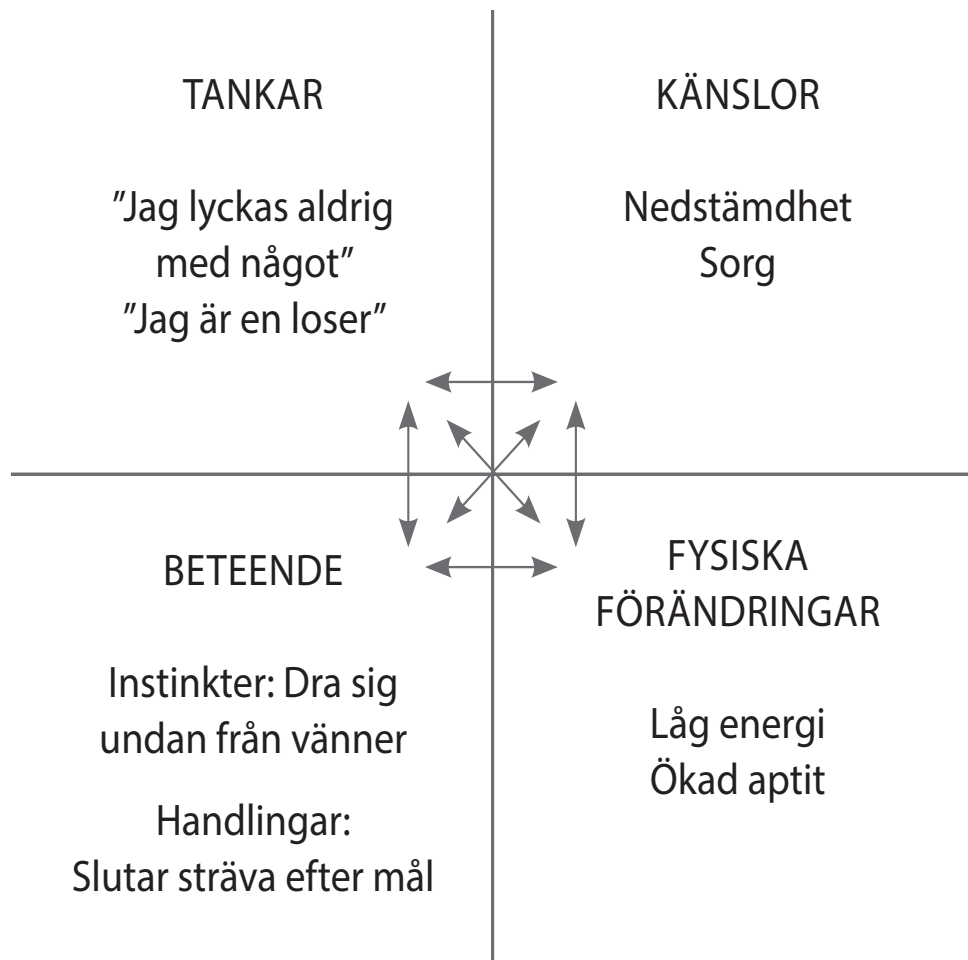
1

Om
mörker

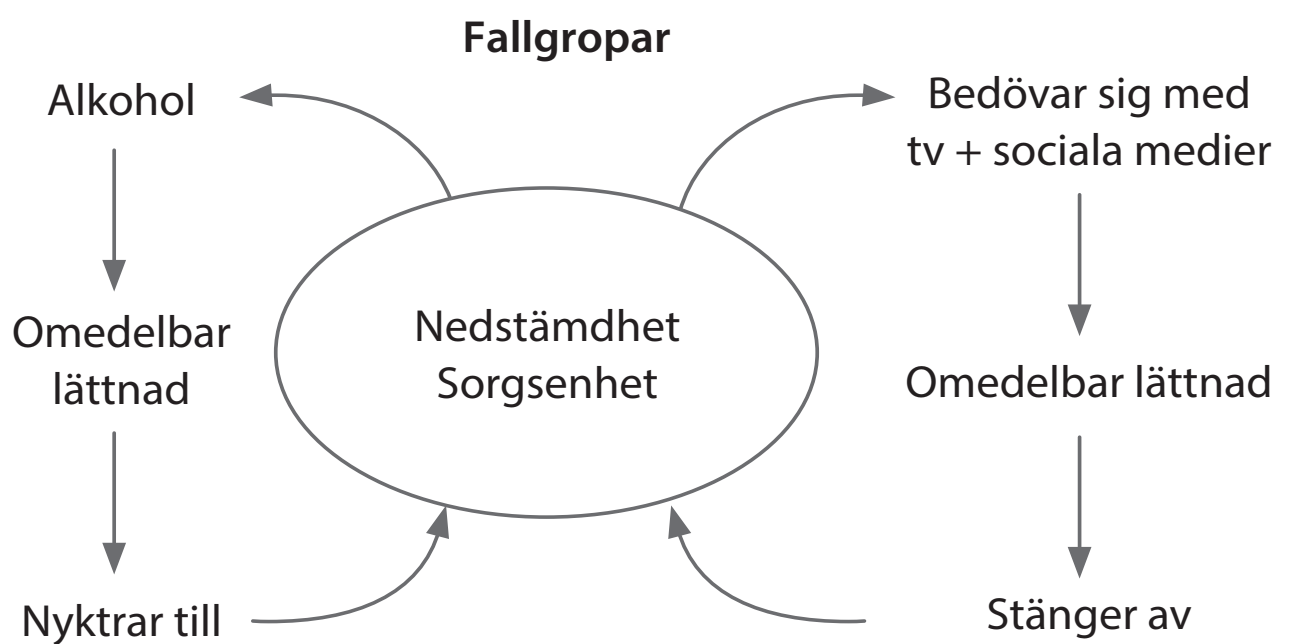
Yttre händelser som påverkar det inre tillståndet



Figur 1: Nedstämdhetens nedåtgående spiral. Hur bara några dagars nedstämdhet kan leda till depression. Ju tidigare man märker att man hamnat i denna rundgång, desto lättare är det att ta sig ur den. Hämtad från Gilbert (1997).



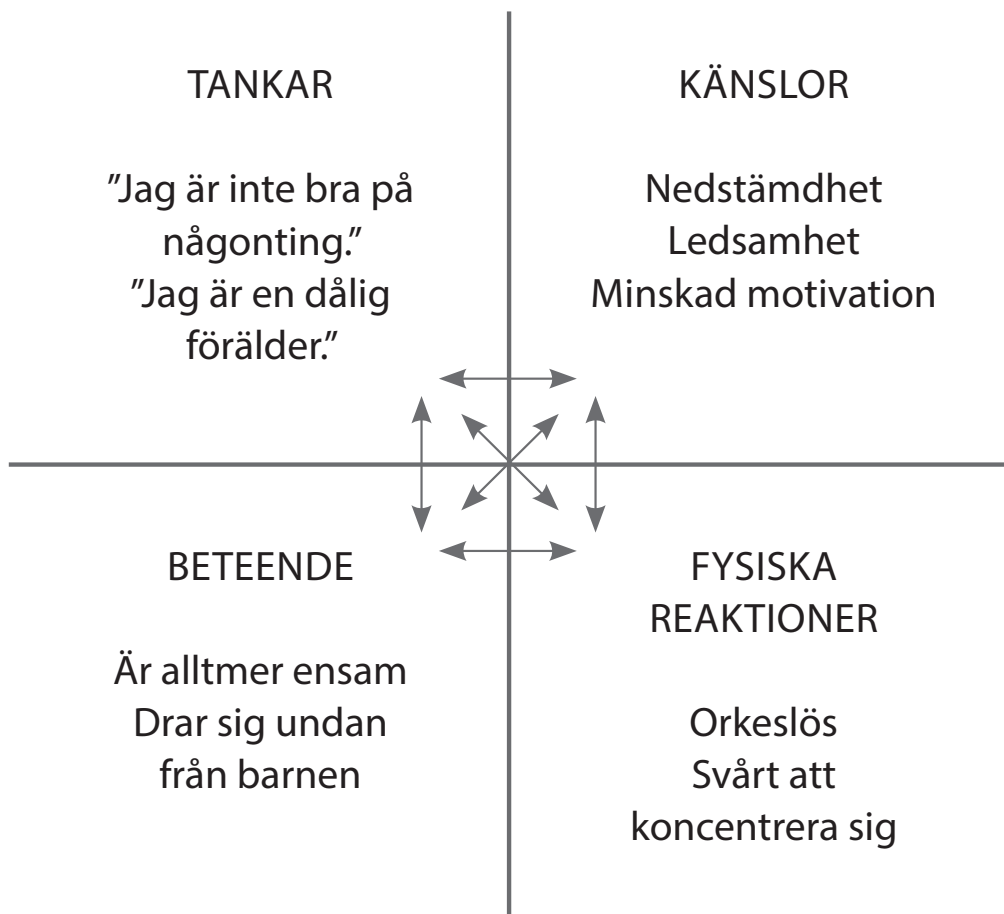
Figur 2: Om jag ägnar mig åt negativa tankar kommer jag troligen att känna mig nedstämd. Men nedstämdheten gör mig också mer sårbar, vilket skapar ännu mer negativa tankar. Det här visar hur vi fastnar i cirklar av nedstämdhet. Men det visar även hur vi ska bryta cirkeln. Hämtad och anpassad från Greenberger & Padesky (2016).



Figur 3: Den omedelbara lättnadens onda cirkel. Hämtad från och anpassad efter Isabel Clarkes arbete (2017).

Tankefel	Innebörd	Exempel
Tankeläsning	Antaganden om vad andra tänker och känner.	"Hon har inte ringt på ett par dagar för att hon inte gillar mig."
Övergeneralisering	Göra generaliseringar utifrån en specifik händelse.	"Jag skrev dåligt på tentan. Min framtid är förstörd."
Egocentriskt tänkande	Utgå ifrån att andra har samma perspektiv och värderingar som man själv och döma dem därefter.	"Jag skulle aldrig komma så där mycket för sent. Han bryr sig uppenbarligen inte om mig."
Emotionellt resonerande	Jag känner det, alltså är det sant.	"Jag har dåligt samvete, alltså är jag en dålig förälder."
Måsten och borden	Oförsonliga och orealistiska förväntningar som gör att vi ständigt känner oss misslyckade.	"Jag måste alltid göra mitt absolut bästa." "Jag borde alltid se perfekt ut."
Allt eller inget-tänkande	Absolutism och ytterligheter.	"Har jag inte alla rätt är jag totalt misslyckad." "Ser jag inte perfekt ut går jag inte utanför dörren."

Figur 4: Tabell med exempel på tankefel



Figur 5: Exempel på nedstämda tankar.



Figur 6: Exempel på hur tabellen kan se ut när du mår bättre. Hur vill du känna, vara, tänka?

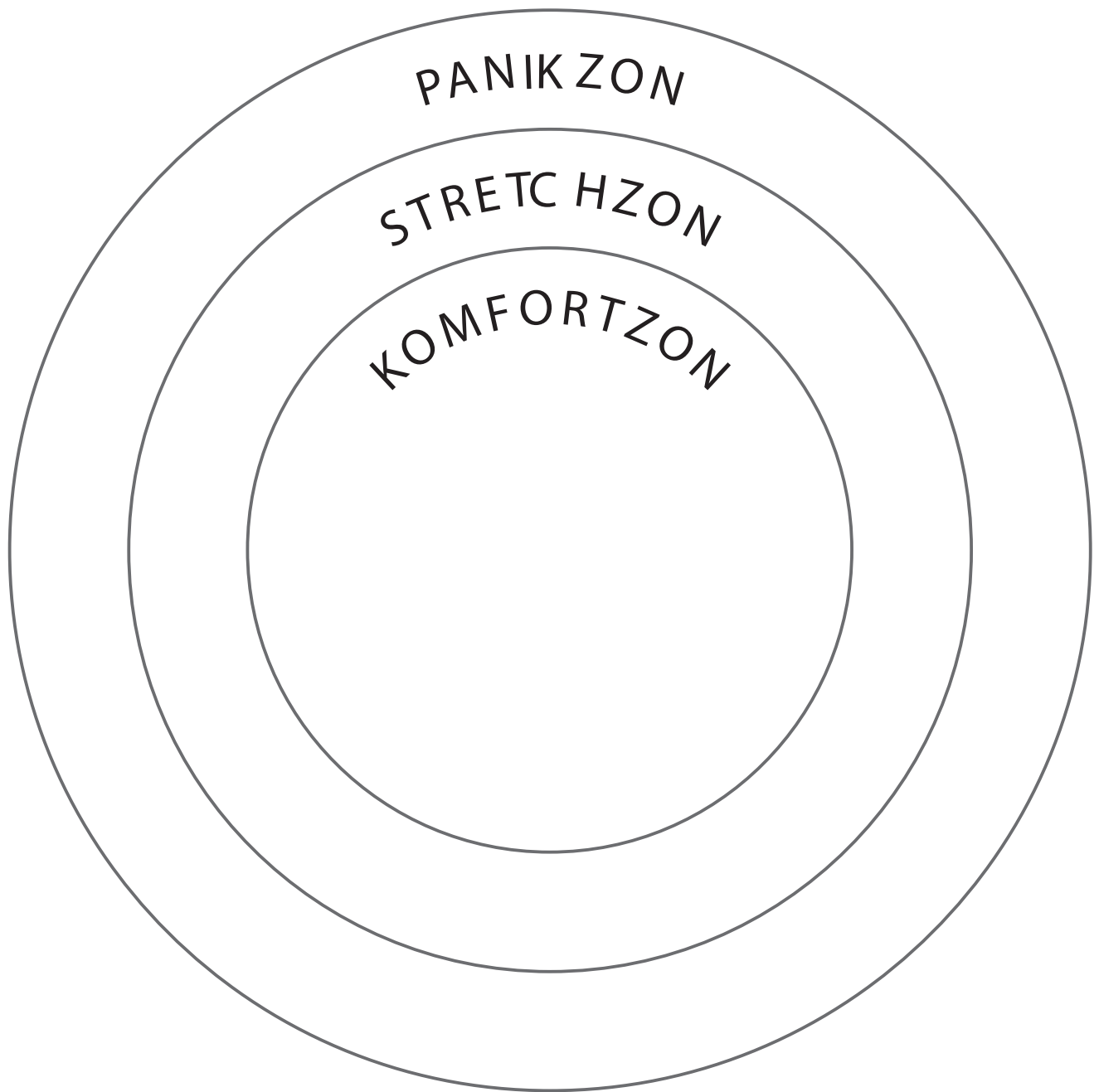
3

Om känslomässig
smärta

5

Om

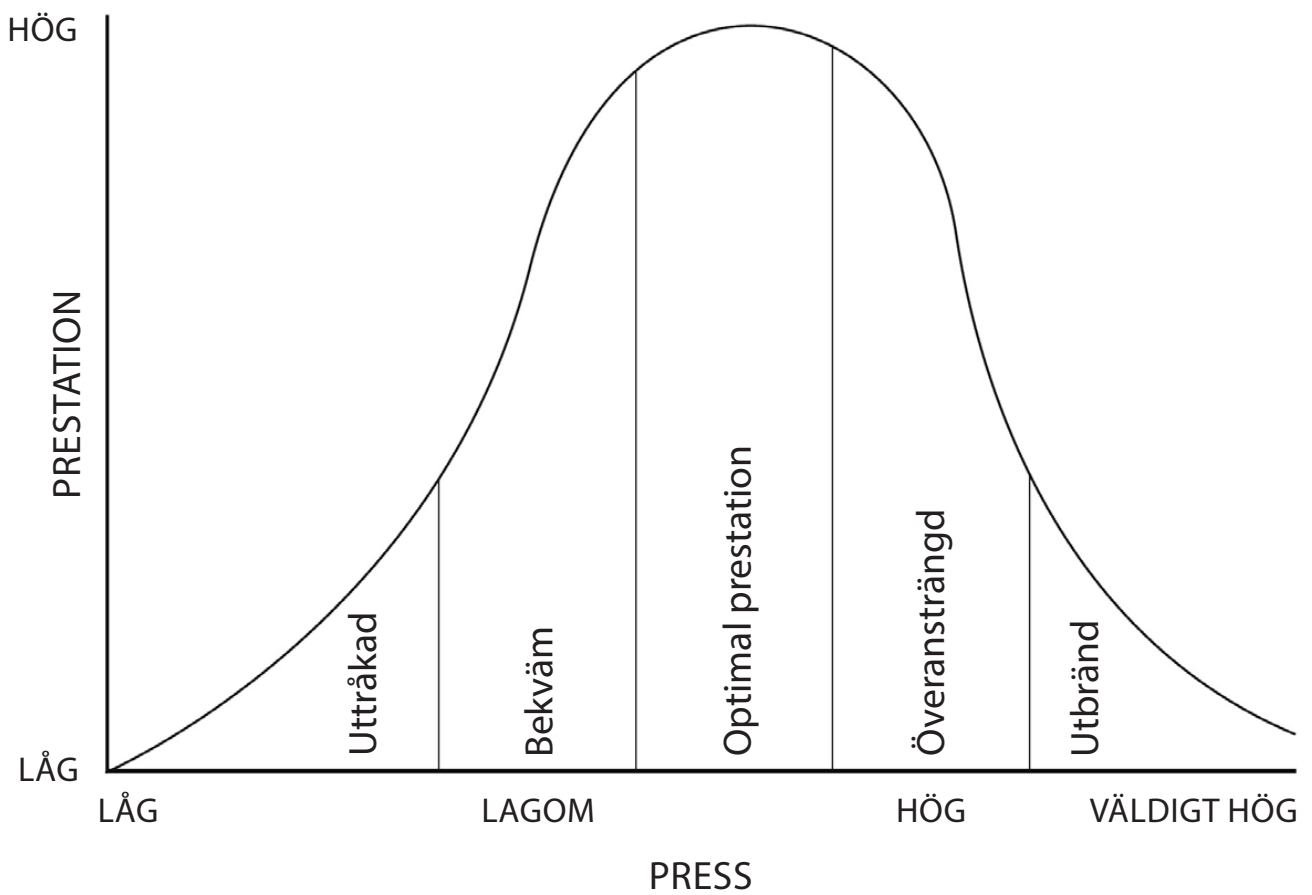
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Figur 8: Inlärningsmodell (Luckner & Nadler, 1991).

7

Om
stress



Figur 9: Stresskurvan. En viss stressnivå gör att du kan prestera som bäst. Men överstigs den nivån presterar du sämre.

8

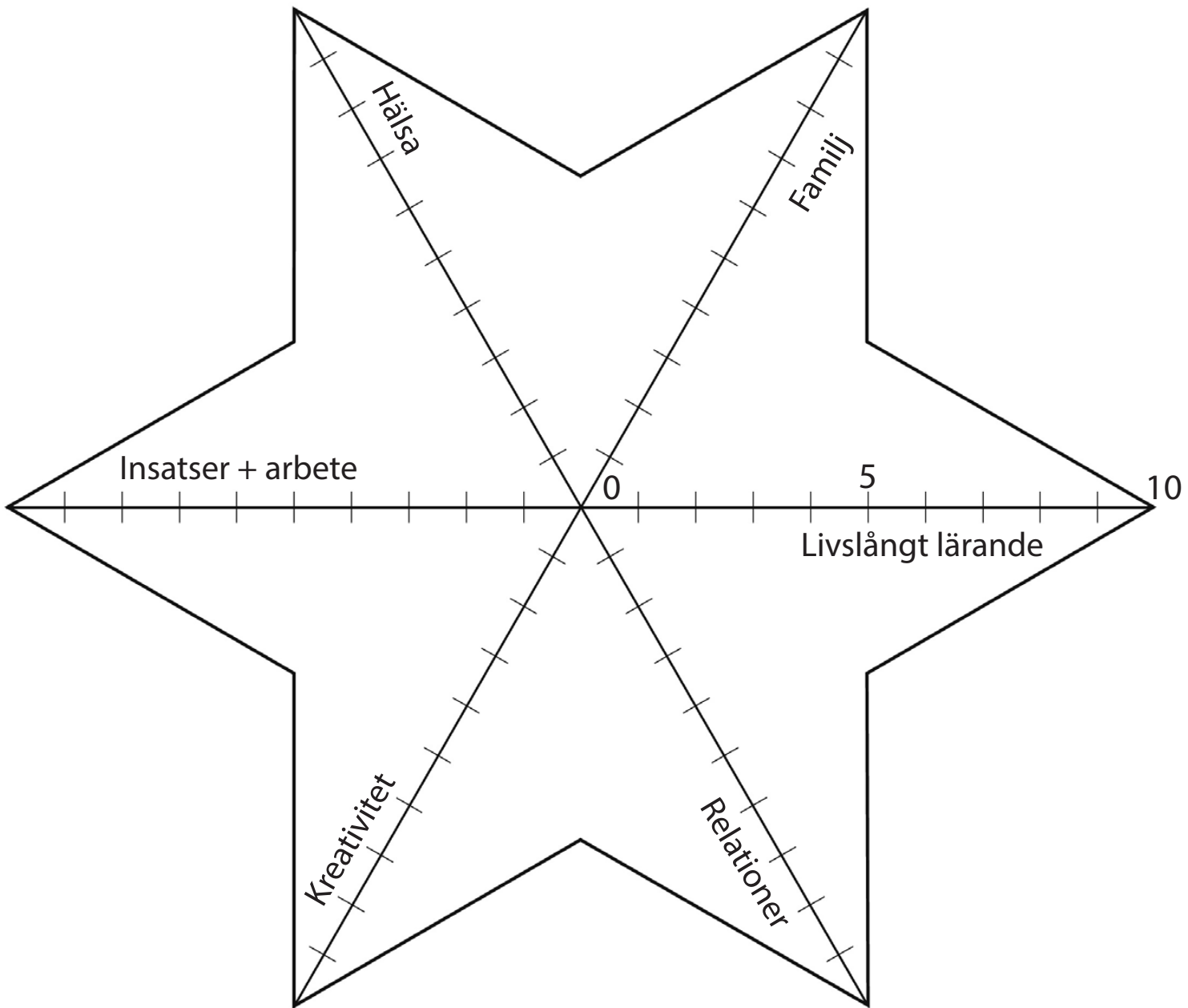
Om ett
menings-
fullt liv

ENTUSIASM	ÄRLIGHET	TROHET	RÄTTVISA
VÄLVILJA	OMTANKE	BARMHÄRTIGHET	
STYRKA	ÄRELYSTNAD	PÅLITLIGHET	
TROVÄRDIGHET	NÄRVARO	FLEXIBILITET	NYFIKENHET
ÖPPENHET	DJÄRVHET	LOJALITET	
KREATIVITET	ÄVENTYRLIGHET	TACKSAMHET	
TILLFÖRLITLIGHET	FÖRSTÅELSE	ANDLIGHET	
TÅLMODIGHET	UPPRIKTIGHET	SJÄLVMEDVETENHET	
OBEROENDE	ANKNYTNING	TOLERANS	
KÄRLEKSFULLHET	BESLUTSAMHET	UTHÅLLIGHET	
PROFESSIONALITET	RESPEKT	MOD	

Figur 10: Värderingar – ringa in de värderingar som är relevanta och viktiga för dig.

Värderingar	Mål	Vardagliga sysslor
Livslångt lärande, nyfikenhet, personlig utveckling.	Utbildningar, kurser.	Läsa, plugga, delta i prov och redovisningar som ökar och vidgar kunskaper och lärande.
Kärlek och medkänsla med andra.	Komma ihåg anhörigas viktiga datum, hälsa på släktingar vid speciella tidpunkter.	Uttrycka kärlek och medkänsla med små medel varje dag. Skriva upp födelsedagar och andra viktiga dagar. Ägna tid åt nära och kära. Hjälpa äldre grannar över gatan.

Figur 11: Den här tabellen visar några exempel på skillnaden mellan värderingar och mål som kan höra ihop med dessa värderingar och hur det kan översättas till handlingar i vardagen.



Figur 12: Värdestjärnan.

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Tabeller

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- Figur 2 är en anpassad version baserad på ett original från: Greenberger, D., & Padesky, C. A. (2016), *Mind Over Mood*, 2nd Edition, New York: Guilford Press.
- Figur 3 är en anpassad version baserad på ett original från: Clarke, I., & Wilson, H. (2009), *Cognitive Behavioural Therapy for Acute Inpatient Mental Health Units*, Sussex: Routledge.

Lästips

Den här boken är en verktygslåda som du kan använda för att förbättra din mentala hälsa och ditt välbefinnande. Om du vill veta mer kommer här en lista på självhjälsböcker och organisationer som kan erbjuda stöd.

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