



Hello JOY!

Week 3

www.Arttherapycentersf.com



Name one thing which brought you
joy this week.

Put your answer in the chat.

What You Can Expect



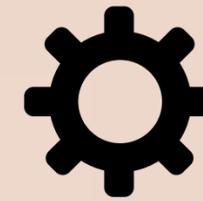
Knowledge

Create awareness
about your joyful spirit.



Tools for Change

Learn proven
techniques to
reduce negative
thoughts and
increase joyful
spirit.



New Relationship to thoughts

Daily practice of
writing, art, and
scheduling.

Timeline

JOYFUL THOUGHTS

JOYFUL ACTION





Joy does not simply
happen to us. We
have to choose joy
and keep choosing
it every day.

- Henri J. M. Neuwan



If you struggled to keep your
commitment of joy for 20 minutes a
day, what got in your way?

Put your answer in the chat.



What does
your brain
like to
complain
about?

www.Arttherapycentersf.com



Looking for negative

- You will find what you look for.
- Brain loves the negative!
- Helps the brain feel helpful and safe.
- Prove ourselves right by finding what we are looking for in the world.



Cognitive Distortions

“Faulty or inaccurate thinking, perception or belief” (APA).

When inaccurate beliefs influence our thoughts, emotions, and actions, we can feel anxious, stressed, angry, or depressed about ourselves and the world.



Examples: Cognitive Distortions

- The world is unsafe.
- I can't trust people.
- People are out for themselves.
- I will be safe if people like me.
- I am bad. They are bad.
- Nobody will judge me if I am perfect.
- I must work hard to prove I am worthy.



Cognitive Distortions

- Our minds can sometimes play tricks on us - depends on how we interpret things.
- Mind can convince us of things that aren't true, even though they feel/seem rational to us.



Cognitive Distortions

- Negativity is often the defining characteristic.
- Most common is a momentary distortion: fail at something at work and we think we are a terrible worker instead of recognizing we made a mistake.

(University of PA Medical Center, 2022)



Cognitive Distortions

1. Engaging in catastrophic thinking.
2. Discounting the positive
3. Emotional reasoning
4. Labeling and mislabeling
5. Mental Filtering
6. Jumping to conclusions
7. Overgeneralization.
8. Personalization.
9. Black-and-white or polarized thinking.
10. "Should" statements



Catastrophic Thinking

Expect the worst outcome in any situation.

“What if...?”

"Why bother?"

- Child misses curfew = car accident = tragedy.
- Boss schedules a meeting = fired = homeless.
- Depression and anxiety disorders.
- Strained relationships



Discounting the Positive

When something goes right, you acknowledge it but refuse to take credit.

- Mistake or "dumb luck".
- Choose to focus on single piece of negative feedback among positives.
- Hurts pride and self-esteem.
- Anxiety disorders.



Emotional Reasoning

You rely on “gut” feelings over objective evidence to judge yourself and the world.

“I feel like a bad mother, so I must be a bad mother.”

- Can lead to irrational decision making and painful judgements.
- Eating disorders may come from emotional reasoning.



Labeling & Mislabeling

You often define yourself and others with negative labels. Focus on one past behavior or event.

"Co-worker is "lazy" because they arrived late."

"I'm stupid because I failed the math test."

- Damages self-esteem.
- Poor relationships: lowers view of other people.
- Similar to depression.

A watercolor palette with various colors (yellow, green, blue, pink, orange) and a brush, resting on a white surface. The palette is partially visible in the top left corner of the image.

Mental Filtering

You view yourself, your life, and your future through a negative lens.

You ignore the positive.

Bring feelings of hopelessness and helplessness.

"This is so terrible and it will never change."

- Mental filtering can be linked to depression or suicidal thoughts (hopeless/helpless).
- Results in isolating themselves from others.



Jumping to Conclusions

Decisions based not on what someone says or does, but on what you believe they're thinking. Fail to ask what the other person thinks or feels.

Take action or respond based on your thoughts instead of reality.

Mind-reading or fortune telling.

- Negative impact on communication and relationships.
- Forshortened future associated with PTSD.



Overgeneralization

Apply experience from one event to another without enough information.

"My marriage ended in divorce, so I am not worthy of love. I should never date again because it will be the same."

- Damaged self-esteem.
- Reduces efforts towards joy.
- Poor view of the world.



Personalization

Blame yourself for things outside of your control.
Falsely believe that everything someone says or does is
a direct reaction to you.

"They must not like me because they were late."

"They excluded me on purpose."

- Frustrated relationships. "Stop taking it personally."
- Convince yourself that you are being intentionally targeted or excluded.
- Compare yourself to others steals joy and yields poor esteem.



Black and White Thinking

Extreme ways of thinking.

People and situations are either great or terrible. You believe you're either destined for success or failure.

"I failed so I am giving up."

"This job is the worst."

"Nothing is helping."

- Creates internal and external drama, hopelessness.
- Fail to see balanced perspectives or outcomes.
- Hopeless thoughts are associated with depression



"Should" Statements

You have a list of rules for how people should and shouldn't behave. Constantly blaming yourself or others for what "should" have been said or done (but wasn't).

"They should not have said that."

"I should have done better/look a certain way."

- Increases stress and anxiety.
- Unable to be joyful if you focusing on past and what "should" have been.



Which is your "favorite" or most-used
cognitive distortion?

Put your answer in the chat.



Cognitive Distortions

1. Engaging in catastrophic thinking.
2. Discounting the positive
3. Emotional reasoning
4. Labeling and mislabeling
5. Mental Filtering
6. Jumping to conclusions
7. Overgeneralization.
8. Personalization.
9. Black-and-white or polarized thinking.
10. "Should" statements



Time to relate
differently
to your
thoughts!

www.Arttherapycentersf.com



Classic Cognitive Strategies

What is your proof?

Conclusions from feelings or evidence?

What are your biases?

Try a different perspective.

Imagine the best/worst outcome.

What is likely to happen?

What are you biases?

What conclusions influence your thoughts?



We are unable to avoid,
control or stop our
thoughts.

The struggle to do so
leads to more pain and
suffering.

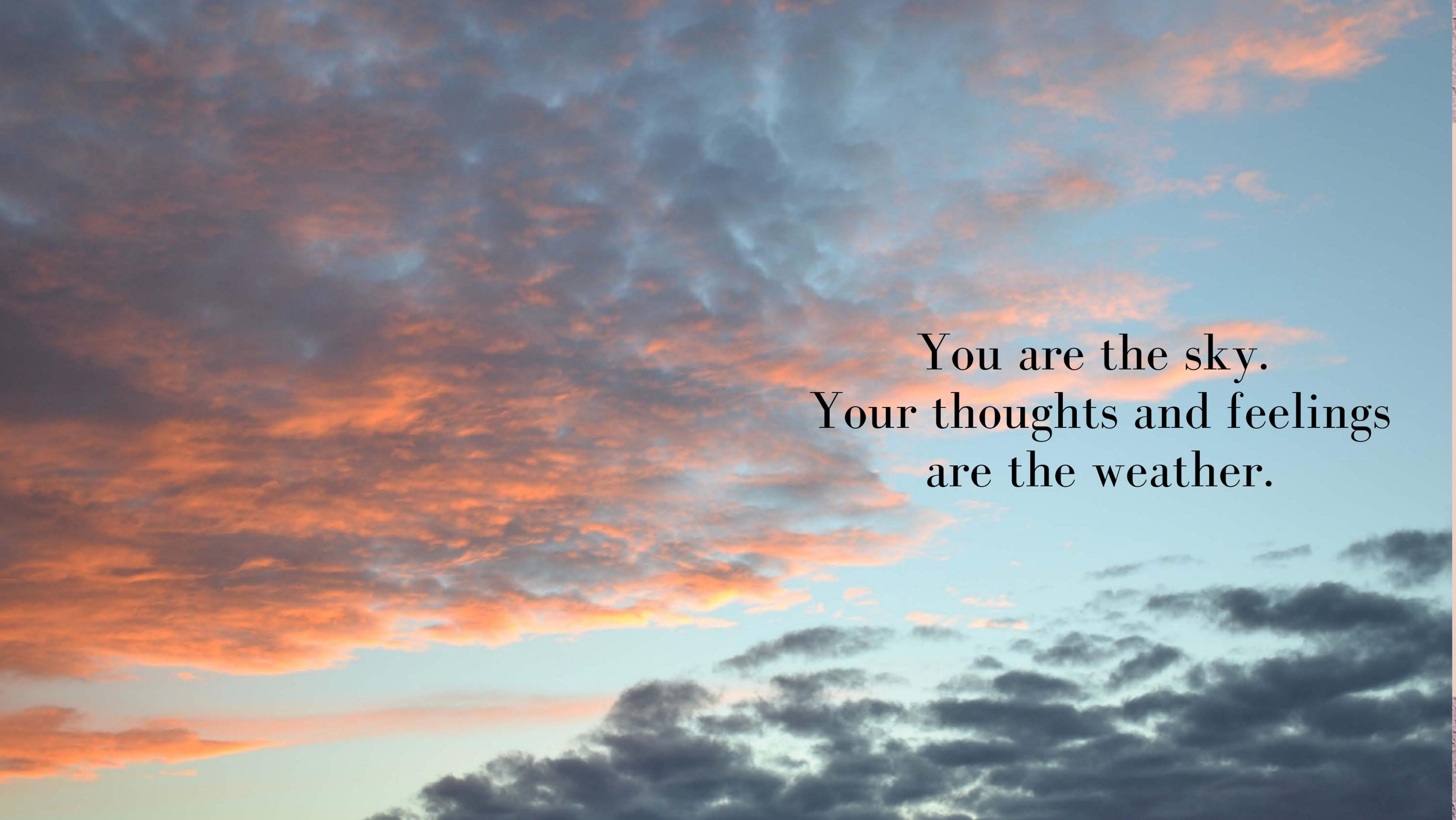


Relate Differently to your Thoughts

1. Observe your thought.
2. How does this thought function?

Ask: Does acting on this thought get me closer or farther from my values?

Avoid: the "O word".

A dramatic sky at sunset or sunrise. The sky is filled with large, billowing clouds. The lower portion of the sky is a vibrant orange and yellow, while the upper portion is a deep, clear blue. The clouds are illuminated from below, creating a strong contrast between the warm colors and the cool blue.

You are the sky.
Your thoughts and feelings
are the weather.



Remember, it is only a thought!



Stop the tug of war

- Imagine a tug of war between you and a dog in the park.
- The dog is your thoughts. When it is time to go do something you want to do...
- "Drop the struggle."

Be here - Observe thoughts - Create distance - Focus on values - Commit





What did you notice in taking
perspective on your thoughts?

Put your answer in the chat.

Arttherapycentersf.com



Process

1. **Be here** - ground into 5 senses: see, hear, taste, touch, smell.
2. **Observe thoughts** - notice the content of the thoughts.
3. **Create distance** - observe from a distance.
4. **Focus on values** - what is most important right now?
5. **Commit** - choose an action congruent with your values and take action.



Creating a
joyful spirit

www.Arttherapycentersf.com



Optimal environment for joy

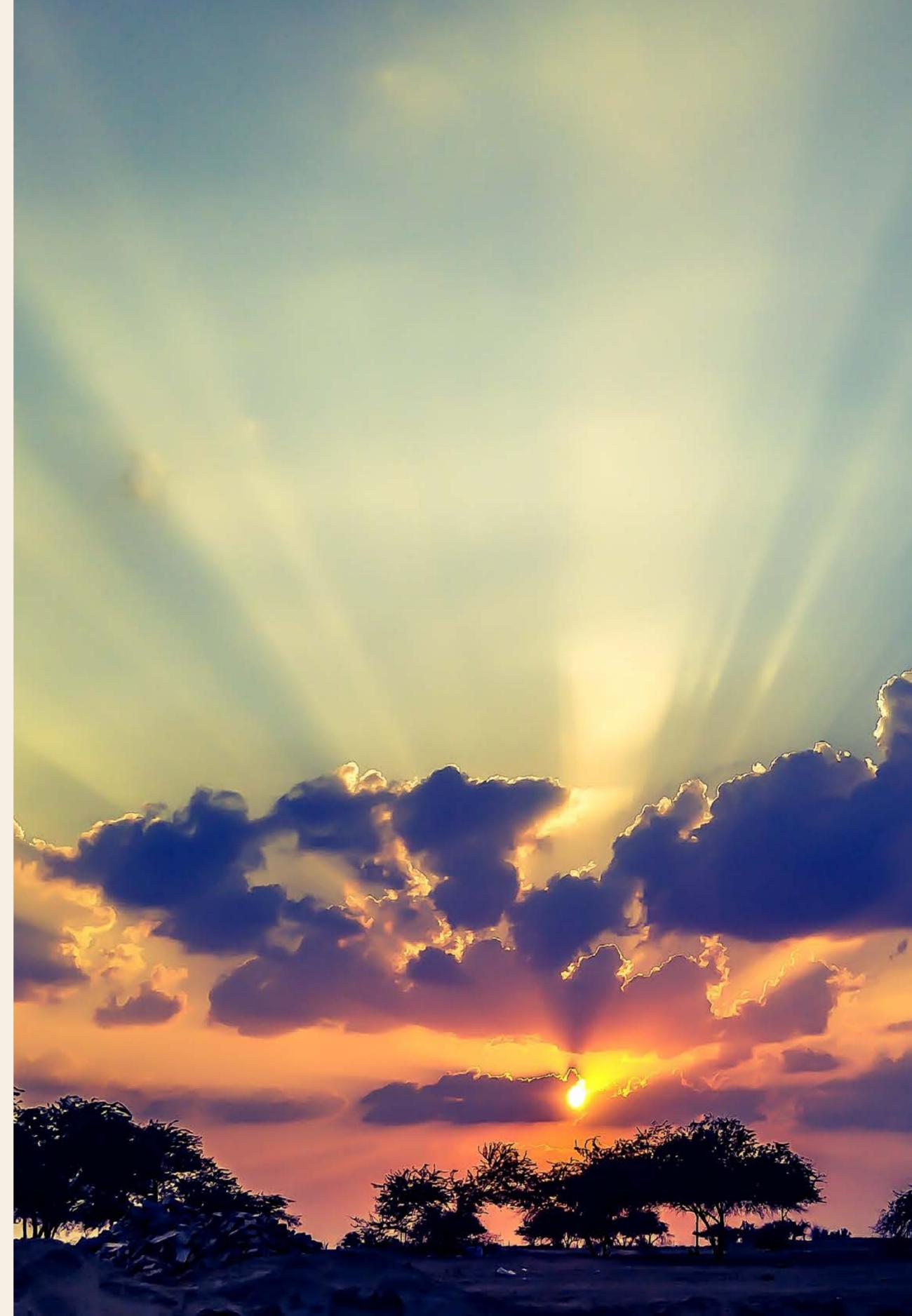
- **Body care** - 8 hours sleep, good nutrition, relaxation, hygiene, dressed, etc.
- **Mental care** - easy relationships with thoughts, learning/trying new things, therapy, coaching.
- **Emotional care** - loving relationships, act according to your values, giving what you want, pleasure, giving value.
- **Spiritual care** - creating meaning. present moment awareness, solitude, meditation/prayer, art, nature.

Make a Commitment

noun: the state or quality of being dedicated to
a cause or activity

verb: actions which reflect your values

- **Committed action** is behaving in a way of your choosing. And this month, you choose joy!
- **Behavior change** respond differently, try a new thought or behavior in line with your value.



Research says...

Success follows a pattern

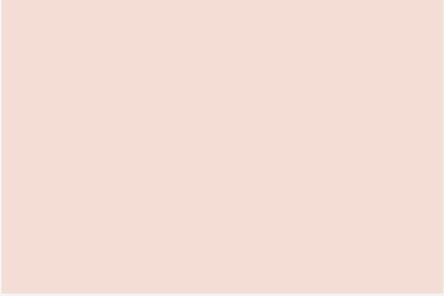
Consistency
Habit making
Enjoyment
Planning





Homework Example

www.Arttherapycentersf.com



Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Complaint
Department**

2

**Joyful
Thoughts**

3

**Joyful
Spirit**

4

**Creative
Expression
& Reflection**

Closing the Complaint Department

pg. 42

- Write down all the ways you typically choose to complain.
- Add to this list as you discover more.
- What do you notice about your complaints?
- Look back at the Cognitive Distortions and identify where your brain used distorted thoughts.
- Zero judgements!
- How do you feel reading your list of complaints?



A young woman with her eyes closed, being embraced from behind by a person in a black shirt.

Closing the Complaint Department

pg. 42

- If addressing the complaints moves you away from your values and/or the problem is not within your control...change your thoughts.
- If working on any of the complaints would move you closer to your values, and you want to change it...make a plan and commit to action.
- **How?** Talk to someone about your concerns, write, make art, set limits, make a decision, schedule therapy, sign up for coaching & believe in change.



Example: Complaint Department

- They are... (blame, unable to control others)
- This is wasting my time. (time anxiety, unable to control the unexpected)
- I'm unable to be happy until _____ changes. (judging, labeling, a lie, giving up personal choice & responsibility)



Joyful Thoughts pg. 43

- Make zero complaints this week! None! Not in your head and not out loud.
- Use "YET."
- "It will be difficult to quit complaining...YET, I am committed to make it happen!"

- Identify replacement thoughts: A list of joyful thoughts, gratitudes, and self-compassion.
- Start spontaneous and then add joyful comments specifically to balance your greatest complaints.

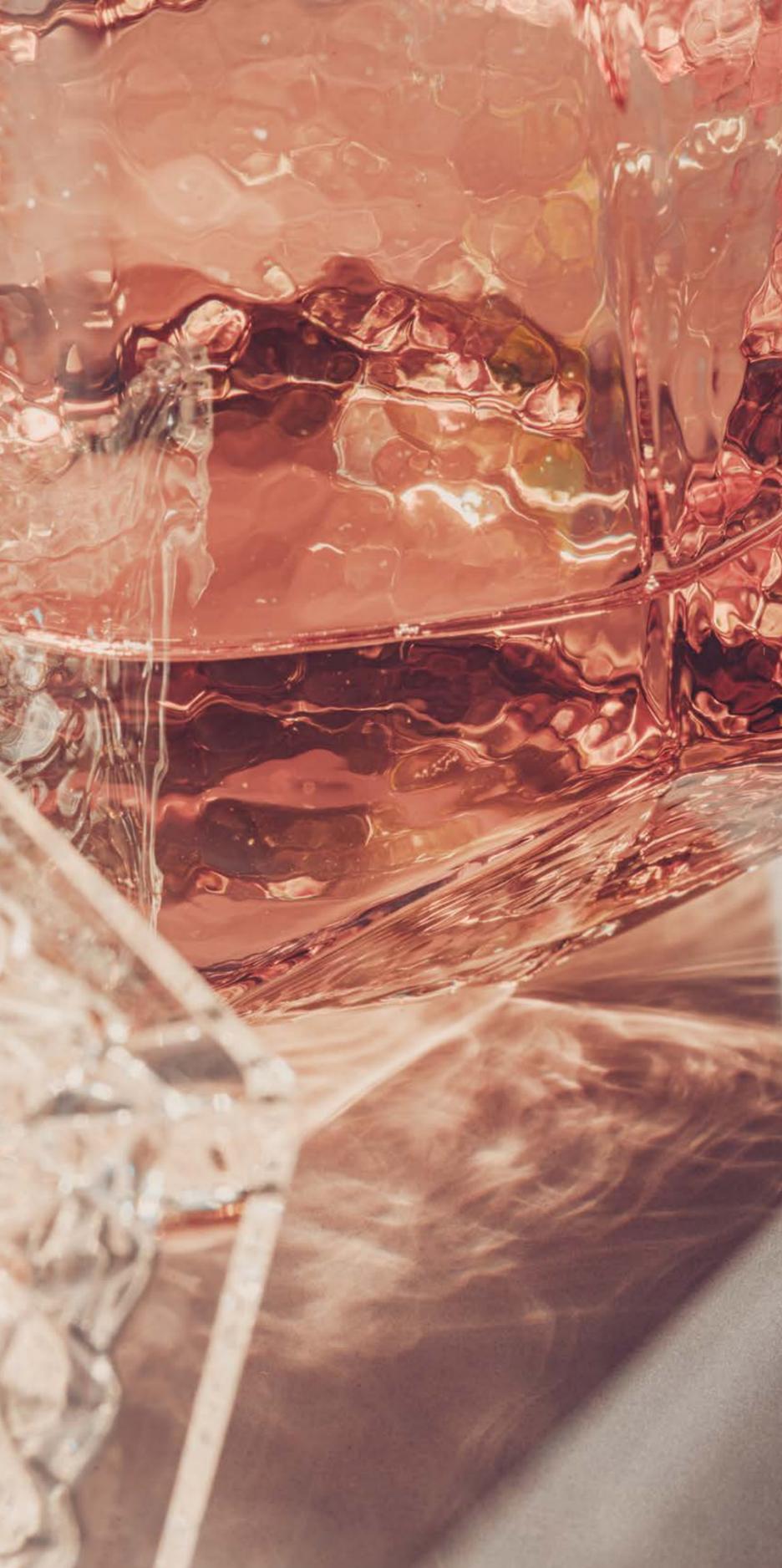


Example: Joyful Thoughts

I have this moment.

I am cultivating joy everyday.

- "They are getting in the way of me accomplishing this task, YET I am committed to zero complaints."
- "This is wasting my time, YET, I have this moment to use as I like".
- "I'm unable to be happy until _____ changes. I can choose my reactions and my emotions. I am free to respond as I wish and my happiness depends on me."



Joyful Spirit pg. 44

- Imagine your highest, joyful self.
- Breathing and imagination exercise.
- **Imagine** you are full of joy and embodying your joyful self today.
- **Ask:** What is this kind & generous part of you doing? How are you talking to yourself? Behaving towards others?
- **Write** and read out loud. **Smile.**
- Pick one or two and **practice** them all day long.



Example: Joyful Spirit

My future joyful self...

- ...is out of her head and in the moment.
- ...responds freely to whatever presents itself.
- ...smiles a lot!
- ...uses self care to create an "environment hospitable to joy" each morning.
- ...encourages and values others.
- ...gives value in each interaction.
- ...trusts herself.



Joyful Spirit Mantras pg. 45

- **Describe** your joyful self.
- Use the language from your previous writing for inspiration.
- Be spontaneous and creative - this is a rough draft so feel free to get a little wild!
- Be real and **have fun**.
- Identify your mantras - present tense.



Examples: Joyful Spirit Mantras

Joyful me...

- gives value in my work.
- is brave when making decisions.
- creates.
- smiles.



Visual Expression pg. 46

- Show your joyful spirit.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous!



Example: *Visual Expression*

Title: Joyful Cherub

Three words or phrases:

Meditating on my joy

Guarding my joy

Silence

How I feel: engaged, curious, joyful



Week in Reflection pg. 47

- Reflect on what you have learned about your higher self experiencing joy this week.
- Appreciate your strengths, and focus on your positive actions.
- Notice alignment with joy.
- Avoid judging about what you did or did not do this week.



Example: Reflection

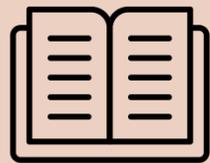
- Reflecting on my joyful spirit takes me away from my thoughts and more into the moment.
- I have experienced flow in my work and art making.
- I am less "bothered" by what is happening outside of me.
- I continued to focus on being kind to myself when I was feeling uncomfortable or having thoughts of self doubt.



*Name one way you will cultivate joy
today.*

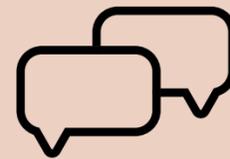
Put your answer in the chat.

What To Do Next



Review

Review your week last week and be sure to reflect on your successes.



Make the commitment

Schedule 20 minutes a day & mark it in your planner.



Week 3

Read and complete Week 3 exercises and complete worksheets.



Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

Sign up for therapy or try out my mini-coaching package.

www.arttherapycentersf.com

Mini Coaching Package



Save \$500
Coupon code
"ValueCoaching"

\$1500 package
for \$1000

Arttherapycentersf.com

A dried flower with a brown, textured center and several thin, light-colored petals is shown on a long, thin stem. The flower is positioned in the center-left of the frame. To its left, a dark shadow of the flower is cast onto a blurred, warm-toned background. The overall lighting is soft and warm, creating a gentle, nostalgic atmosphere.

Thank you!

www.Arttherapycentersf.com