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4.1 Compliant Surrender Mode 4.1.1 How can I detect a Compliant Surrender Coping Mode in myself?; 4.1.2 How can I detect a Compliant Surrender Mode in others?; 4.2 Avoidant Coping Mode; 4.2.1 How can I detect Avoidant Coping Mode in myself?; 4.2.2 How can I detect Avoidant Coping Mode in others?; 4.3 Overcompensatory Coping Mode; 4.3.1 How can I detect Overcompensatory Coping Mode in myself?; 4.3.2 How can I detect Overcompensatory Coping Mode in others?; 4.4 Summary; Chapter 5 Healthy Adult Mode; 5.1 How can I detect a Healthy Adult Mode in myself? 5.2 How can I detect a Healthy Adult Mode in others? 5.3 How can I distinguish the Healthy Adult Mode from other modes?; 5.4 Summary; Part II Change Your Modes; Chapter 6 Healing Vulnerable Child Modes; 6.1 Get Acquainted with your Vulnerable Child Mode; 6.2 Taking care of your Vulnerable Child Mode; Chapter 7 Gaining Control over Angry and Impulsive Child Modes; 7.1 Get Acquainted with your Angry or Impulsive Child Mode; 7.2 Setting Limits to Angry or Impulsive Child Modes; 7.2.1 Goals and needs; 7.2.2 Chair dialogues; 7.2.3 Learn to direct your behavior 7.2.4 How can I learn to control my anger? Chapter 8 Strengthen the Happy Child Mode; 8.1 Get Acquainted with your Happy Child Mode; 8.2 Exercises to Strengthen the Happy Child Mode; Chapter 9 Setting Limits to Dysfunctional Parent Modes; 9.1 Get in Touch with your Dysfunctional Parent Mode; 9.2 Silence Dysfunctional Parent Modes; 9.2.1 Exercises to reduce Dysfunctional Parent Messages; Chapter 10 Changing Coping Modes; 10.1 Get in Touch with your Coping Modes; 10.2 Reducing Coping Modes; 10.2.1 Reducing the Compliant Surrender Mode; 10.2.2 Reducing avoidance; 10.2.3 Reducing Overcompensation Chapter 11 Promoting Your Healthy Adult Mode

Sommario/riassunto

Breaking Negative Thinking Patterns is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour. Represents the first resource for general readers on the mode approach to schema therapy Features a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patterns Offers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex d
