



Grip on Your Thoughts

Building on Grip on Your Emotions: Working with Helpful Thoughts

Are you ready to take the next step in managing your emotions? The *Grip on Your Thoughts* training is a follow-up to *Grip on Your Emotions*.

In this course, you'll explore how unhelpful thoughts may be holding you back and learn to challenge and replace them with helpful, positive thinking patterns.

This training will guide you toward healthier ways of thinking, which can significantly improve how you feel and respond to emotional situations.

What You'll Learn

In this training, you will:

- Identify automatic, unhelpful thoughts that influence your emotions.
- Learn step by step how to challenge these thoughts.
- Develop helpful, constructive thoughts that better align with the situation and your well-being.

Taking Your Time

Replacing automatic unhelpful thoughts takes practice, time, and energy. It's recommended to take some time to apply the skills learned in *Grip on Your Emotions* before starting this course.

Involving a Loved One

During the final session, you are welcome to invite a loved one, such as a partner, family member, or close friend. This session is designed to strengthen communication and mutual understanding. Note that personal situations will not be discussed during this meeting.

Meetings:	once a week
Meeting duration:	2 hours
Number of meetings:	6
Materials:	You will receive a workbook.

Ready to Start?

Speak with your practitioner to see if this training is suitable for you. For more information, please don't hesitate to contact trainingen@ggze.nl.

Grip on Your Thoughts is a product of GGzE



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