



This form of therapy places particular emphasis on identifying and evaluating thoughts behind behavioural attitudes. It is believed that thoughts play a powerful role in maintaining dysfunctional moods and behaviour regardless of their origins. Emotional states are accompanied by characteristic patterns of thinking.

Changing dysfunctional thinking patterns allow for therapeutic changes in mood and behaviour. It is the unrealistic negative thoughts that help maintain our conditions.

In principle: change the thought... change the behaviour.

- If you think you could benefit a behavioural approach to counselling and psychotherapy, [please click here for help](#)