



THEREPEUTIC COACHING

# WORKBOOK

SELF-COACHING THERAPEUTIC GUIDE TO GET "UNSTUCK" IN  
YOUR PATTERNS

BY GABRIELE KULIKOVAITE

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# WELCOME

*Hi There!*

## **MINDSET + CLARITY IN YOUR AUTHENTIC SELF/VALUES + ACTIONS = YOUR CURRENT REALITY**

Let's dig into the **MINDSET** piece! It all starts with your **MINDSET**, the key that unlocks the door to personal transformation and success.

Introducing the revolutionary, old-time classic ABCDE column form, your ultimate Cognitive Behavioural Therapy (CBT) workbook! This workbook will empower you to take control of your thoughts and will help you achieve a profound **understanding** of your **MINDSET HYGIENE!** Getting "unstuck" starts here.

Say goodbye to your limiting beliefs! With this tool, you can **identify** and **replace** those **unhelpful beliefs**. There is **an immense power** in **aligning** your **inner dialogue** with your **dream goals!** It's **the key** thing shaping your **reality!**

Say **goodbye** to **feeling "off"**, but not knowing why. **Leave behind** feeling **"unsure"** & **"stuck"** by spending a few minutes with yourself to analyse specific situations and filling the blank spaces below.

This will help you foster your professional and personal growth to the next level.

*Gabriele Kulikovaite*

## ABOUT ME

I help individuals & groups achieve personal & professional goals with a personalised approach. I combine evidence-based methods - CBT, COACHING, MINDFULNESS, INTERPERSONAL BIOLOGY, CBH & MORE to deliver customised results.

**Open Your Eyes to Your True Potential.**

**Embrace Growth.**

**Discover the life-changing power of Therapeutic Coaching.**



# THERAPEUTIC COACHING WORKBOOK

*Introducing the 'ABCDE' Technique, which is a key structure to identifying your unhelpful SELF-TALK, before we change it.*

The following table gives several examples to show you how it's done. It starts from activating events which lead to the thinking patterns that follow post trigger situation. Our beliefs lead us to our consequences, so the key thing here is to recognise them.



**IT'S TIME TO ENGAGE IN ANALYTICAL THERAPEUTIC WAY.**

**THINK ABOUT YOUR OWN ACTIVATING EVENTS AND THE THOUGHTS YOU EXPERIENCE, FOLLOWED BY CONSEQUENCES THAT ARE DIRECT RESULT FROM IT.**

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**Take time to write down** your own **activating events**, then your usual thoughts that follow and the consequences you experience.

**Reminder:** You may find it easier to work it backwards, starting from consequences.

**YOUR  
ACTIVATING  
EVENT(S):**

**YOUR  
BELIEFS/  
THOUGHTS**

**CONSEQUENCES  
YOU  
EXPERIENCE**

**Our reality, (aka 'consequences') are the direct product of our self-talk.**

**First, NOTICE,** where your self-talk is **irrational & harmful.**

After identifying your irrational & harmful self-talk, **THE NEXT step** is to **LEARN to CHALLENGE** them.

# THE THERAPEUTIC COACHING WORKBOOK

*Introducing the 'ABCD' Technique, which is a key structure to identifying & questioning your unhelpful SELF-TALK, before we change it.*

After identifying irrational & unwanted thoughts, learn to challenge them - **counterattack requesting yourself evidence and facts. This forms alternative - helpful thinking.**

**THE FOLLOWING TABLE GIVES EXAMPLE HOW IT'S DONE (new section "D" - DISAGREE)..**

IDENTIFYING YOUR UNHELPFUL THOUGHT PATTERNS AND DELIBERATE COUNTERATTACK WITH RATIONAL QUESTIONS WILL BRING SOME EMOTIONAL RESPONSES - E.G. RELIEF, EMPOWERMENT, ANXIETY, FRUSTRATION, RESISTANCE & MORE.

**REMINDE YOURSELF: NO EMOTION IS "BAD", THEY ALL ARE VERY HEALTHY!**

ACTIVATING EVENT(S):	BELIEFS/ THOUGHTS	CONSEQUENCES	DISAGREE WITH YOUR THOUGHTS, ENGAGE IN RATIONAL QUESTIONING
<ul style="list-style-type: none"> <li>• RECEIVING NEGATIVE FEEDBACK FROM A CLIENT OR CUSTOMER</li> </ul>	<ul style="list-style-type: none"> <li>• I'M A FAILURE AND CAN'T DO ANYTHING RIGHT.</li> </ul>	<ul style="list-style-type: none"> <li>• FEELING ANXIOUS, STRESSED, OVERWHELMED &amp; CAN'T FOCUS</li> </ul>	<ul style="list-style-type: none"> <li>• <b>IS IT REALLY ACCURATE TO SAY I'M A FAILURE BASED ON A PIECE OF NEGATIVE FEEDBACK?</b></li> </ul>
<ul style="list-style-type: none"> <li>• MISSING A DEADLINE OR MAKING A MISTAKE ON A PROJECT</li> </ul>	<ul style="list-style-type: none"> <li>• THIS IS A DISASTER AND MY REPUTATION IS RUINED.</li> </ul>	<ul style="list-style-type: none"> <li>• AVOIDING TASKS OR PROCRASTINATING AND BEATING YOURSELF UP ABOUT IT</li> </ul>	<ul style="list-style-type: none"> <li>• <b>IS IT FAIR TO CATASTROPHISE THIS MISTAKE AND ASSUME IT WILL RUIN EVERYTHING?</b></li> </ul>
<ul style="list-style-type: none"> <li>• LOSING A KEY TEAM MEMBER / EXPERIENCING HIGH TURNOVER</li> </ul>	<ul style="list-style-type: none"> <li>• I'M NOT GOOD ENOUGH TO LEAD THIS TEAM.</li> </ul>	<ul style="list-style-type: none"> <li>• DEMOTIVATED OR DISENGAGED FROM WORK.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>AM I TRULY NOT GOOD ENOUGH TO LEAD, OR ARE THERE OTHER FACTORS AT PLAY?</b></li> </ul>

# THERAPEUTIC COACHING WORKBOOK

*Introducing the 'ABCDE' Technique, which is a key structure to identifying and transforming your unhelpful SELF-TALK. Time to change it for the better and more helpful ways!*

## NOW IT'S TIME TO BE YOUR OWN THERAPIST.

Take time to write down your own **disagreement questions** to challenge your thought **patterns** that no longer serve you,

THEN! Think about the rational, realistic scenarios that could be also the case of why the activating events happened.

**EVALUATE THE FAIRNESS OF YOUR BELIEFS AND THOUGHTS AND FORM NEW, POWERFUL & EFFECTIVE STATEMENTS, THAT WILL BECOME YOUR NEW SELF-TALK PATTERNS. WRITE THEM DOWN & USE THEM, WHEN "ACTIVATING EVENTS" HAPPEN.**

### DISAGREE

WITH YOUR THOUGHTS WITH  
RATIONAL QUESTIONING

• IS IT REALLY  
ACCURATE TO SAY

.....  
.....  
.....

• IS IT FAIR TO

.....  
.....  
.....

• AM I TRULY NOT

.....  
.....  
.....



### EFFECTIVE

NEW BELIEFS / THOUGHTS

#### EXAMPLES:

I AM CAPABLE OF LEARNING AND IMPROVING FROM FEEDBACK, AND EACH EXPERIENCE CONTRIBUTES TO MY GROWTH AND SUCCESS.

MISTAKES AND SETBACKS ARE A NATURAL PART OF WORK. I CAN ALWAYS REBUILD MY REPUTATION THROUGH CONSISTENT EFFORT & GROWTH."

EMPLOYEE TURNOVER IS A COMMON ISSUE IN ORGANISATIONS. IT IS A TOUGH PERIOD, BUT I HAVE THE SKILLS TO ADAPT AND LEAD MY TEAM THROUGH THESE TRANSITIONS.

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**EVALUATE THE FAIRNESS** OF YOUR BELIEFS AND THOUGHTS AND FORM NEW, **POWERFUL & EFFECTIVE STATEMENTS**, THAT WILL BECOME YOUR **NEW SELF-TALK PATTERNS**. **WRITE THEM DOWN & USE THEM, WHEN "ACTIVATING EVENTS" HAPPEN.**

<p style="text-align: center;"><b>DISAGREE</b></p> <p style="text-align: center;">WITH YOUR THOUGHTS WITH RATIONAL QUESTIONING</p> <p style="text-align: center;">• IS IT REALLY ACCURATE TO SAY</p> <p>..... →</p> <p>..... →</p> <p>..... →</p> <p style="text-align: center;">• IS IT FAIR TO</p> <p>..... →</p> <p>..... →</p> <p>..... →</p> <p style="text-align: center;">• AM I TRULY NOT</p> <p>..... →</p> <p>..... →</p> <p>..... →</p>	<p style="text-align: center;"><b>EFFECTIVE</b></p> <p style="text-align: center;"><u>NEW BELIEFS / THOUGHTS</u></p> <p style="text-align: center;"><b>FORM YOUR OWN:</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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## DO YOU WANT TO APPLY DEEPER WORK AND LEARN MORE?



To see if we can work together to find a path that works for your unique situation, visit our website below & click on the button to schedule a free introductory consultation.

**W W W . B E T H E R E N O W . S P A C E**

[SCHEDULE A FREE CALL](#)