

Debugging Our Feelings

@jamiestrachan

NATIONAL BESTSELLER—
MORE THAN FOUR MILLION COPIES IN PRINT

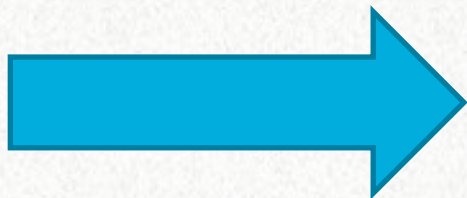
DAVID D. BURNS, M.D.

feeling
good
the new
mood therapy

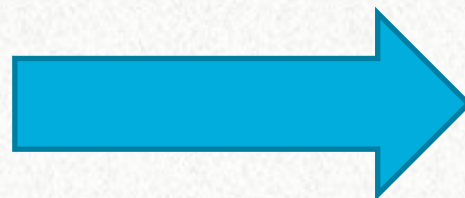
THE CLINICALLY PROVEN DRUG-FREE
TREATMENT FOR DEPRESSION

Cognitive
Behavioural
Therapy

Experiences

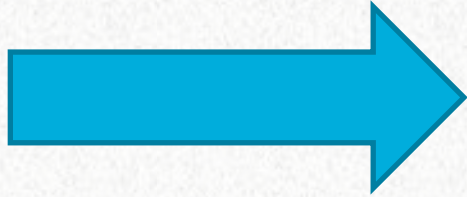


Responses

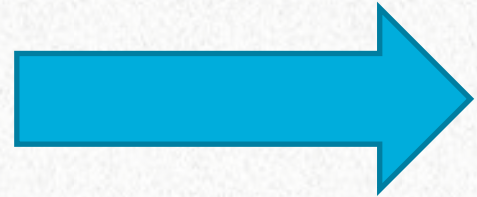


Thoughts

Experiences

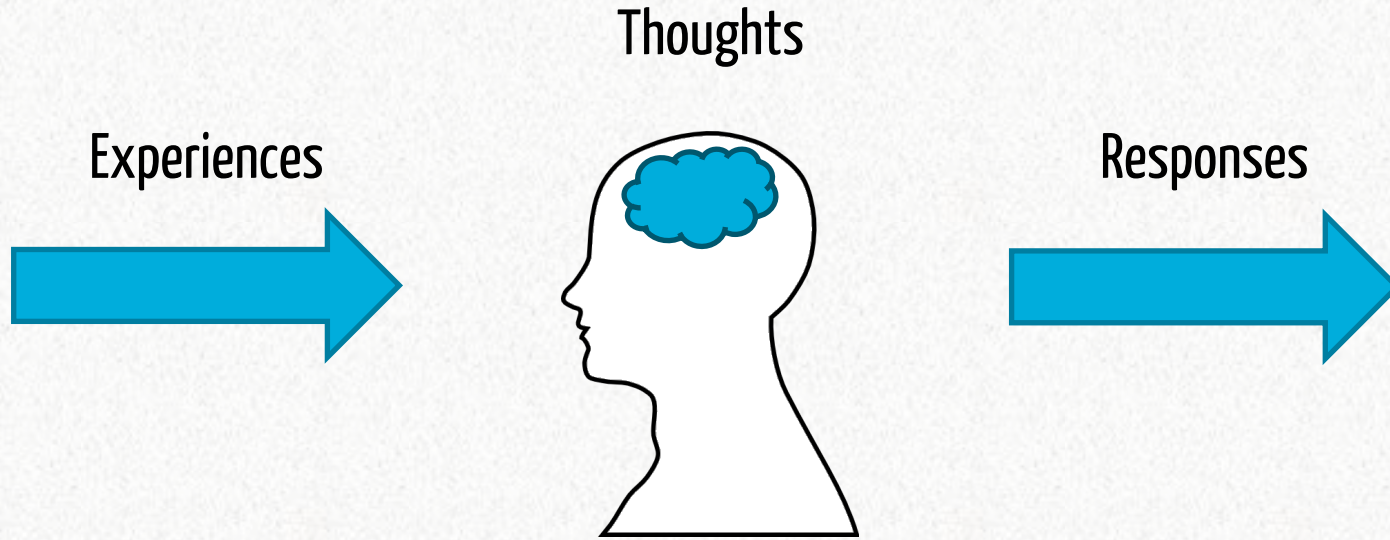


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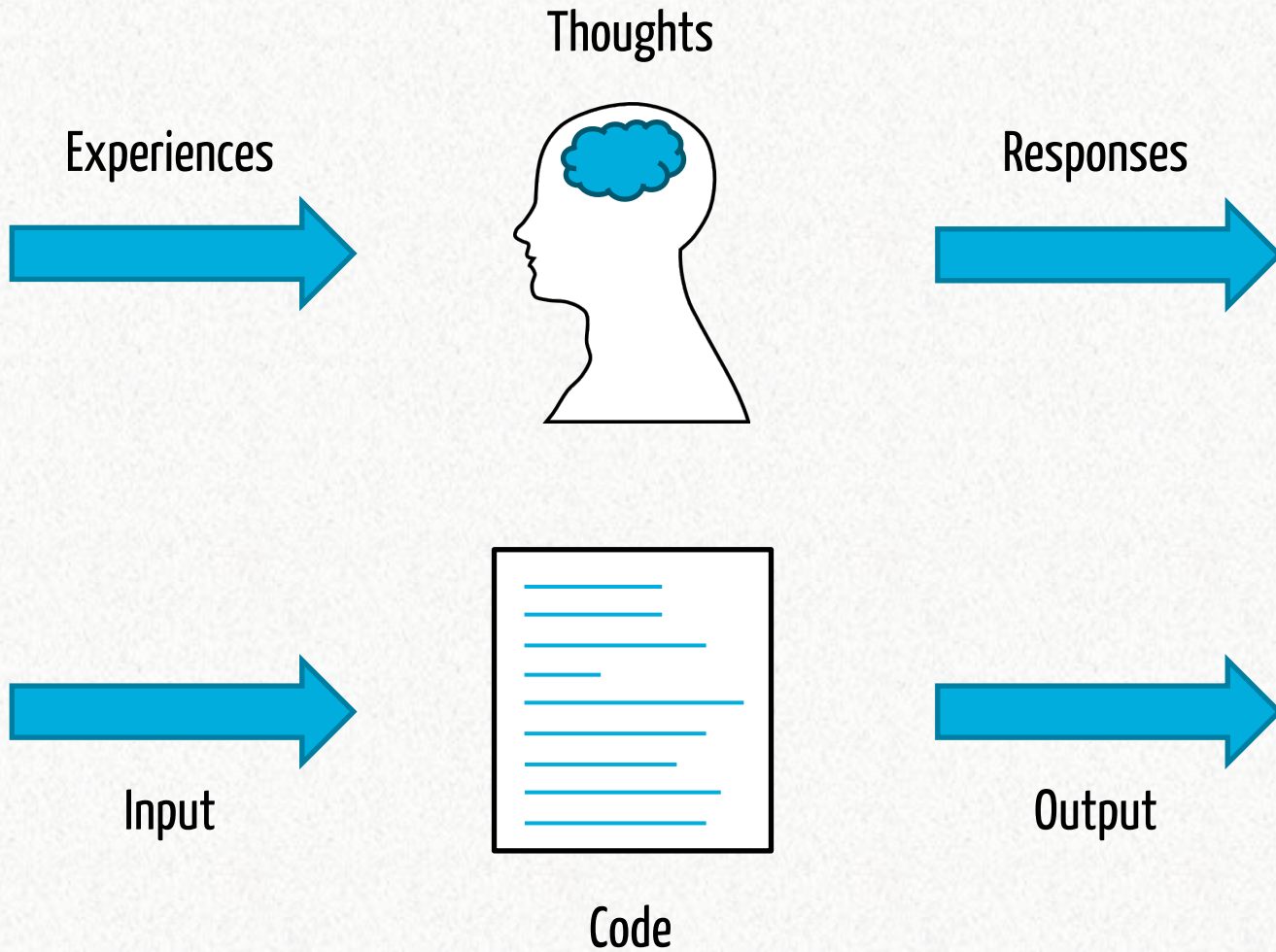


“There is nothing either good or bad,
but thinking makes it so”

Hamlet (act 2, scene 2)



We can **change** how we feel
if we **change** how we think



Experiences

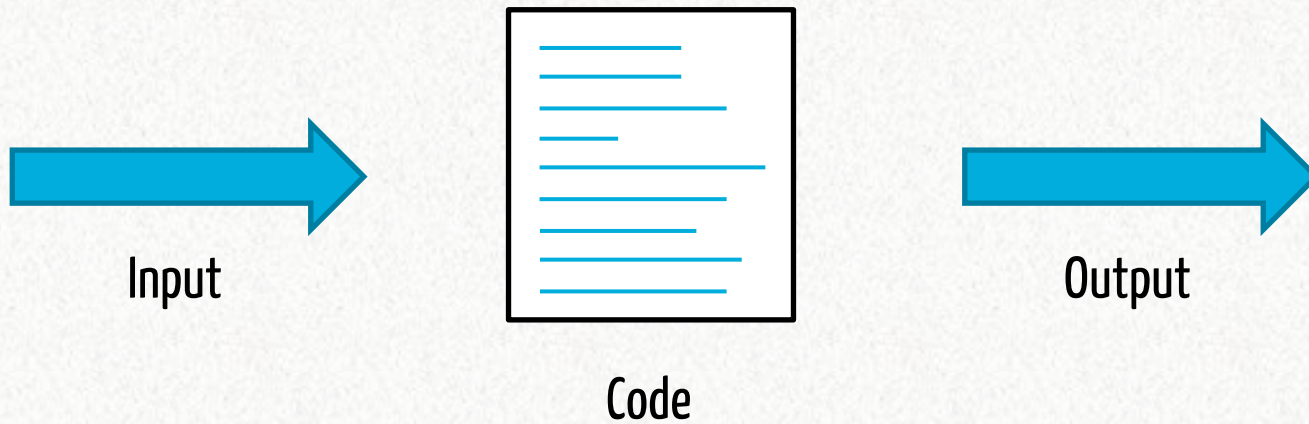
Thoughts

Responses

Input

Code

Output



DataTables x +

https://www.datatables.net

Show 10 entries Search:

Name	Position	Office	Age	Start date
+ Airi Satou	Accountant	Tokyo	33	2008/11/28
+ Angelica Ramos	Chief Executive Officer (CEO)	London	47	2009/10/09
+ Ashton Cox	Junior Technical Author	San Francisco	66	2009/01/12
+ Bradley Greer	Software Engineer	London	41	2012/10/13
+ Brenden Wagner	Software Engineer	San Francisco	28	2011/06/07
+ Brielle Williamson	Integration Specialist	New York	61	2012/12/02
+ Bruno Nash	Software Engineer	London	38	2011/05/03
+ Caesar Vance	Pre-Sales Support	New York	21	2011/12/12
+ Cara Stevens	Sales Assistant	New York	46	2011/12/06
+ Cedric Kelly	Senior Javascript Developer	Edinburgh	22	2012/03/29

Name Position Office Age Start date

Showing 1 to 10 of 57 entries

Previous 1 2 3 4 5 6 Next

DataTables x +

https://www.datatables.net

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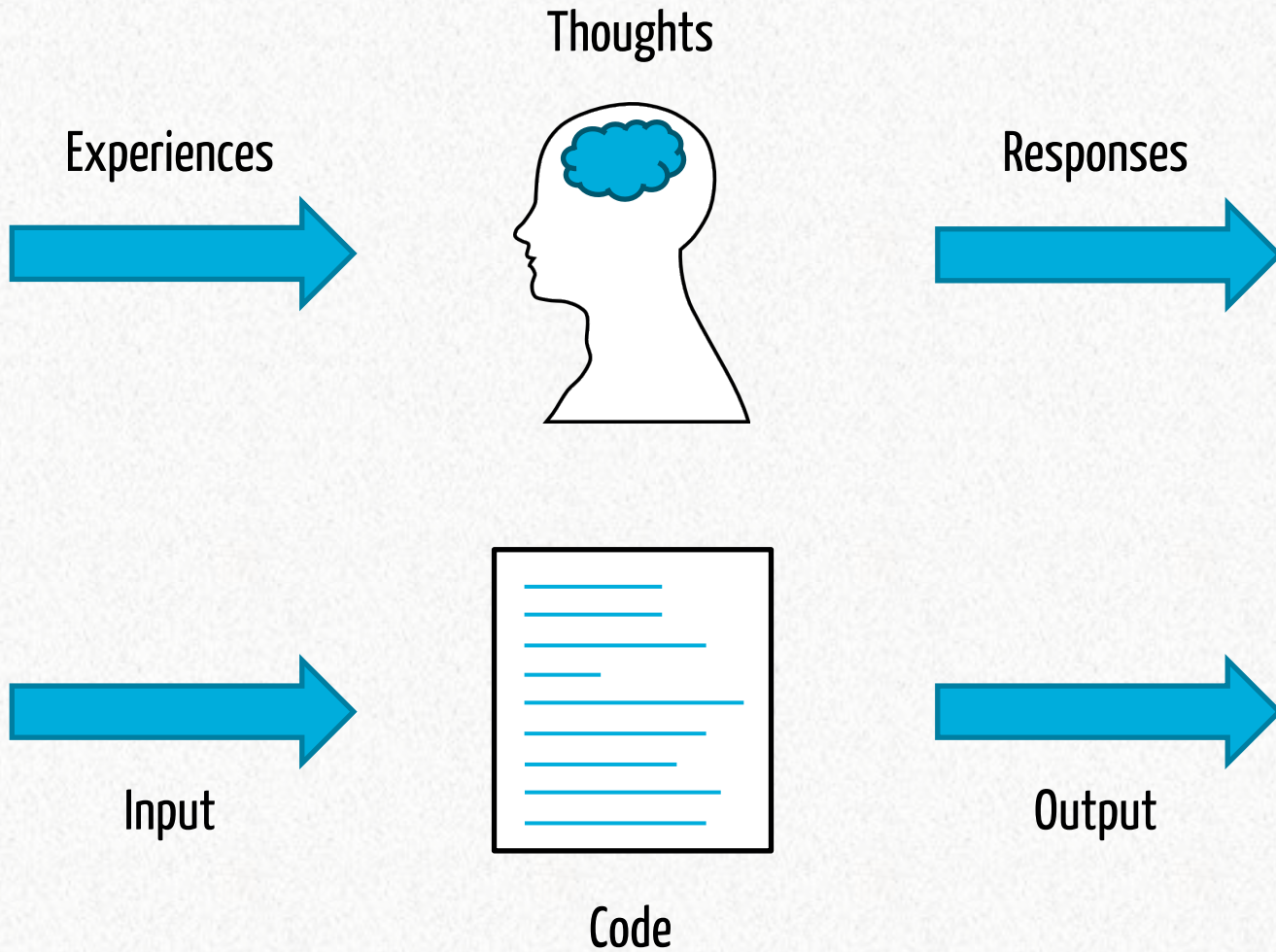
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Thoughts

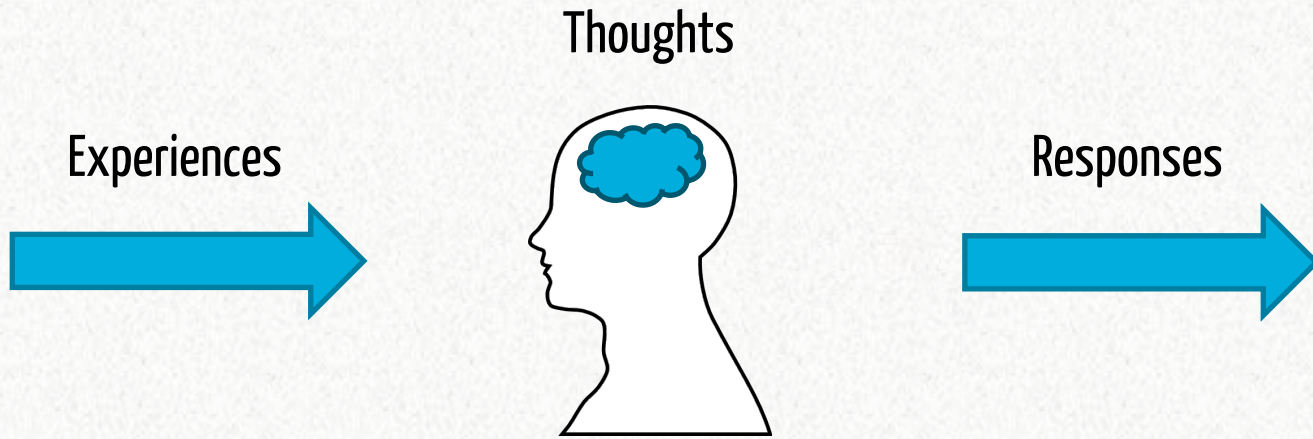
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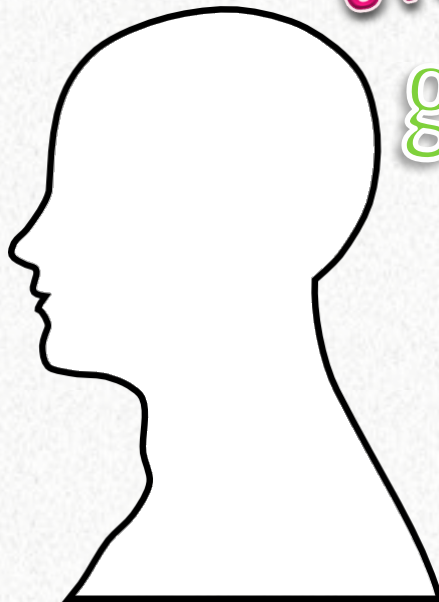


overwhelmed



overwhelmed

guilty



overwhelmed

guilty

nervous





overwhelmed

guilty

nervous

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Trust our feelings

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Test our output

Emotional Reasoning



overwhelmed

guilty

nervous

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Don't trust your feelings

Test your feelings

Feelings should be:

- ~~Positive~~

Feelings should be:

- **Helpful**
- **Reasonable**
- **Rational**

Mind Reading

All-or-Nothing Thinking

Antiperfectionism Sheet

Task	Effectiveness	Satisfaction

Antiperfectionism Sheet

Task	Effectiveness	Satisfaction
Submit pull request	60%	85%
Demo to client	40%	80%

Testing helps identify problems
but doesn't fix them

overwhelmed

guilty

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Name

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C:\Users\strachaj\Desktop\DHT\datatables.html - Sublime Text

```

File Edit Selection Find View Goto Tools Project Preferences Help

datatables.html x
51  var i;
52
53  for ( i=0 ; i<max ; i++ ) {
54      pool.push( i );
55  }
56
57  var getNumber = function () {
58      var index = Math.floor(pool.length * Math.random());
59      var drawn = pool.splice(index, 1);
60      return drawn[0];
61  };
62
63  for ( i=0 ; i<n ; i++ ) {
64      result.push( getNumber() );
65  }
66
67  return result;
68  }
69
70  $(document).ready( function () {
71      $('#example')
72          .addClass( 'nowrap' )
73          .dataTable( {
74              responsive: true,
75              columnDefs: [
76                  { targets: [-1, -3], className: 'dt-body-right' }
77              ]
78          } );
79
80  var list = $('div.w-g-1 > ul');

```

728 Words, Line 268, Column 104

152 misspelled words Tab Size: 4 HTML

Date

Date

AUTOMATIC
THOUGHTS

AUTOMATIC
THOUGHTS

1. THIS IS GOING
TO BE HARD

AUTOMATIC
THOUGHTS

1. THIS IS GOING
TO BE HARD

2. I'M A
PROCRASTINATOR

AUTOMATIC THOUGHTS

1. THIS IS GOING
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2. I'M A
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3. I'M NOT GOING
TO FINISH ON TIME

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RATIONAL
RESPONSE

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1. - FORTUNE TELLING

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RATIONAL
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1. - FORTUNE TELLING
- I CAN'T KNOW THIS

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- I CAN'T KNOW THIS
- IT COULD ALSO BE
FUN, EDUCATIONAL...

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- I'M NOT ANY ONE
THING

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3. - FORTUNE TELLING
- I HAVE CONTROL OVER
THE OUTCOME

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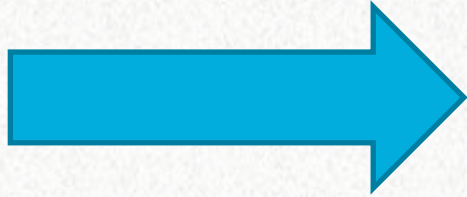
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- I'M NOT ANY ONE
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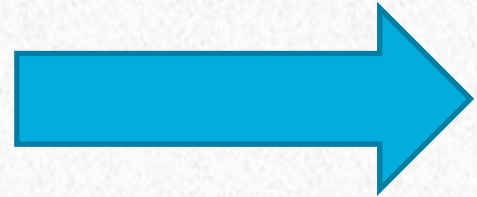
3. - FORTUNE TELLING
- I HAVE CONTROL OVER
THE OUTCOME
- THERE ARE OTHER OPTIONS

Thoughts

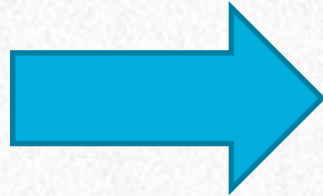
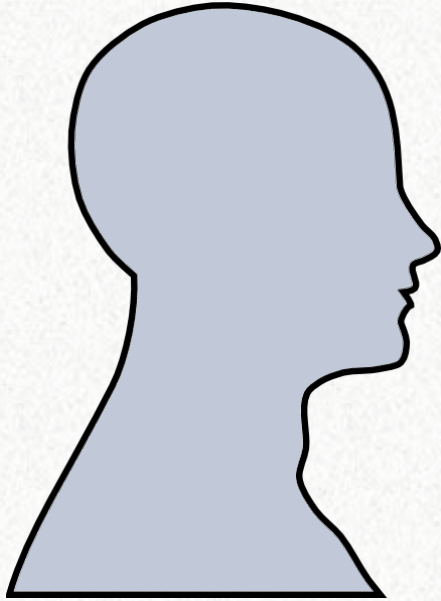
Experiences



Responses



Experience



Thoughts



Labeling

Magnification and Minification

Disqualifying the Positive

Accepting a compliment:

- 1. Pause**
- 2. Say “thank you”**

AUTOMATIC
THOUGHTS

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TO BE HARD

2. I'M A
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3. I'M NOT GOING
TO FINISH ON TIME

RATIONAL
RESPONSE

We can **change** how we feel
if we **change** how we think

1. Test your feelings
2. Get your thoughts out of your head
3. Get help

@jamiestrachan