

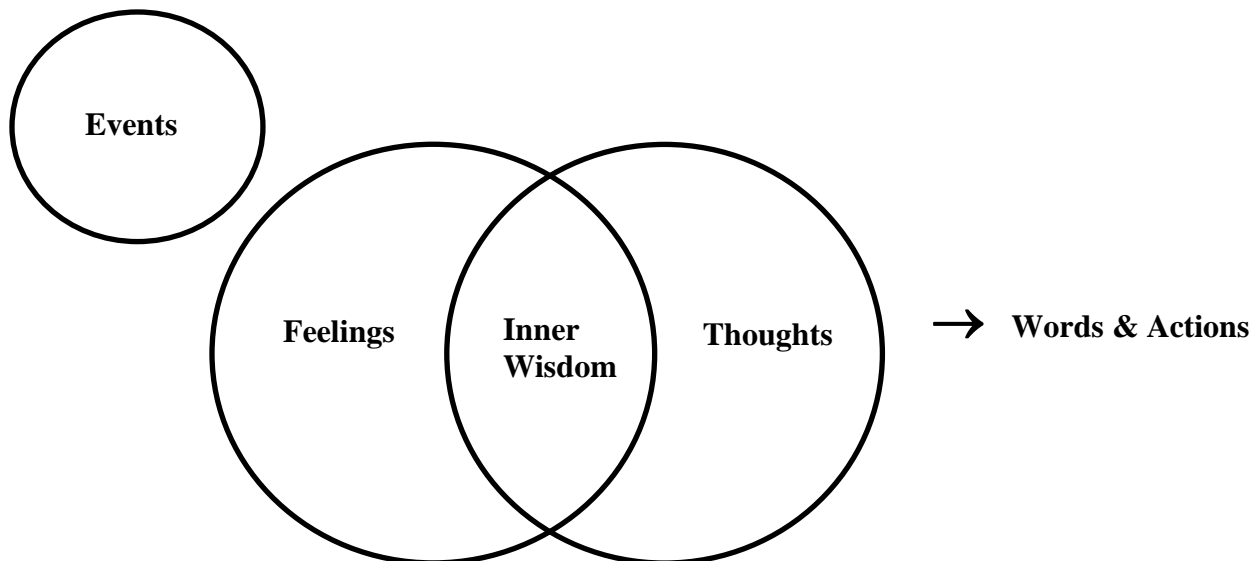
What's the Point of Cognitive Therapy? To Feel Better and Do Better.

Most people are aware when they are experiencing something. Cognitive theory—which could be alternately termed "awareness theory"—suggests that human experience is composed of components. When people can become aware of these components and the interrelationship between them, they can help themselves feel better and do better.

Imagine human experience represented by this circle in a deep, dark jewel tone.



Imagine that circle of human experience separating into interwoven these components: what happens, what we feel and think as a result of what happens, and what we say and do as a result of 1) how we interpret events, and 2) what we feel and think about them. Perhaps imagine these circles as bright colors that, together, make up the jewel color of human experience.



Awareness of feelings and thoughts—each and both—offers access to what we term "inner wisdom," the synergy that shines from the brightest essences of our full humanity. With awareness of what's really going on within us and outside of us, plus access to our inner wisdom, we can increase the likelihood that we speak words and take actions that are helpful to ourselves and others.