

Minting New Thoughts

For individual or group interventions as an extension activity for CBT interventions. There are many free CBT activities on the website:

<http://bit.ly/10rc92r>

How to explain this activity:

Explain how money is recycled and minted. Old, worn-out money is taken out of circulation and destroyed. It is replaced with new money.

Participants write down their main automatic negative thoughts (called “Poison Thoughts” here). These are then put through a paper shredder, or destroyed in some other dramatic fashion.

Participants then “mint” new thoughts by writing down a rational alternative thought on the Antidote Thought bill. You may have the participants fill out as many of the bills as they see fit. They may require more than one Antidote Thought bill to counter the Poison Thought they are destroying.

How to make the money:

To prepare for this activity, it is suggested that you go over the CBT Mind Traveler, sample, and that you make available the Poison and Antidote Thought Bubble Visuals as references.

The “money” is shown on the next slide. Print out enough of it for multiple trials.

Joel Shaul, LCSW



Joel Shaul provides workshops nationwide on the topic of social skills and emotional regulation for children on the autism spectrum. To learn more:

<http://bit.ly/zGDQCi>

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POISON THOUGHT

This card features a light green background with a dark, textured border. It has four circular icons, each containing the number '-1', positioned at the corners. The central area contains three horizontal lines for writing. A red-bordered box at the bottom contains the text 'POISON THOUGHT' in red, bold, uppercase letters.

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ANTIDOTE THOUGHT

This card features a light green background with a dark, textured border. It has four circular icons, each containing the number '1', positioned at the corners. The central area contains three horizontal lines for writing. A green-bordered box at the bottom contains the text 'ANTIDOTE THOUGHT' in white, bold, uppercase letters.

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