

EXERCISE 1

Would you like to learn to observe past experiences rationally and without emotion? Get only facts out of them and release the stress you experience?

The Camera Test is a great exercise in Rational Behaviour Therapy, a cognitive system that helps you manage your beliefs.

By practicing this way, you will teach your brain how to look at reality – more based on facts and less based on emotions.

1. Start by choosing a life situation that you find problematic. Write it down. Be honest and don't judge what you write. Write clearly and neatly so that you can read it later.

2. In the next step, imagine that you are looking at the same story through the eyes of a camera that doesn't know emotions, has no opinions, doesn't know metaphors, doesn't use comparisons, is not based on abstract concepts, does not generalise, does not draw conclusions, doesn't know synonyms, doesn't remove or add information, doesn't predict the future or revisit the past. In other words, it is based only on the purest facts

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3. Now that you've finished your description, read your story sentence by sentence, stopping every now and then and asking yourself "Will the camera see this?"

If the camera can see it, you continue to the next sentence. If not, ask yourself the question: "And what will it see specifically?"

For example, if someone were to write, "And then my boss yells at me at the top of his lungs and almost fires me," the camera will see the boss raising his voice and waving his hands, holding a report in his hand and moving it systematically. These are facts but we cannot see that he was almost going to fire you.

Write down the conclusions of the camera test on a piece of paper just below the original version you wrote, i.e., replace the old version with the new one



4. After completing the camera test, read the new version of this story aloud and ask yourself these questions:

- How do you feel now?
- What changed?
- How does it affect your life?

You can do this exercise anytime. No paper and pencil required. Stand, imagine and look at the situation as if it was recorded by a camera. You will get rid of unnecessary transformations of reality in the future.

