



The Smarter Thinking Project
For anybody who wants to Think Smarter about performance

The Smarter Thinking 2 App

User Manual

Dr. Martin Turner & Dr. Andrew Wood



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The Smarter Thinking 2 App User Manual

The Smarter Thinking 2 App was developed by [Dr. Martin Turner](#) and [Dr. Andrew Wood](#) to digitise a fundamental aspect of rational emotive behaviour theory ([REBT](#); Ellis, 1957); namely, the *disputation* of irrational performance beliefs. The App helps your clients to recognise and challenge irrational performance beliefs, and also guides them in adopting rational beliefs. There is also an optional diary function where clients can keep track of their progress, and you as a practitioner can review their work.

The App has been designed to be simple and intuitive, to be used at the client's leisure. But as a practitioner you may prescribe the App in a more structured manner (e.g., client completes the App once per day).

The App is not suitable for assessment purposes. The client should be assessed as part of usual REBT practice, and before introducing the App to clients, you should have introduced the client to REBT as a potential way forward for your work together. For client assessment, we suggest following [REBT guidelines](#), and taking a formal record of the client's irrational beliefs using the [irrational performance beliefs inventory](#).

Smarter Thinking

We have adopted the name “Smarter Thinking” to describe the work we do using REBT in performance domains ([Turner, 2014](#)), to reduce the potential negative connotations attached to REBT due to the word ‘therapy’. REBT is a cognitive behavioural approach that is garnering interest in sport and exercise psychology ([Turner, 2016](#)), and can also be referred to as rational emotive behaviour coaching ([REBC](#)).

The reader can refer to many useful texts on the use of REBT in [general](#) and in [sport](#). In addition, practitioners seeking to use REBT in their work should become [formally trained in REBT](#). For this technical document, we will assume the readers understand the theory and application of REBT. But broadly, the effectiveness of REBT is centred on the *disputation* of irrational beliefs, because in REBT, irrational beliefs lead to distorted cognitions, unhealthy emotions, and maladaptive behaviours that limit goal attainment and wellbeing. As such, The Smarter Thinking 2 App aids the *disputation* of irrational beliefs, and the promotion of rational beliefs.

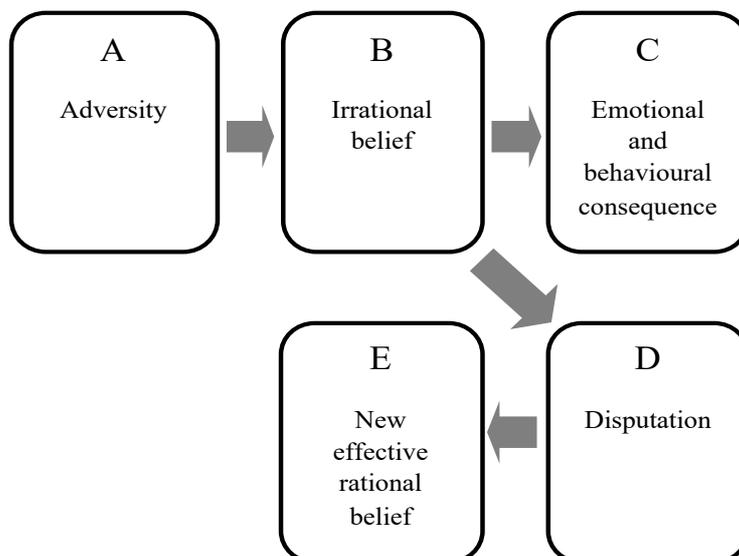
Specifically, The Smarter Thinking App addresses REBT's [ABCDE framework](#) (see below). The App helps users to:

1. Gain clarity about the difficult situations they face (A)
2. Recognise their unhealthy negative emotions (C)
3. Realise their irrational beliefs (iB) about those difficult situations
4. Disputation (D) their irrational beliefs
5. Adapt rational alternative beliefs (rB)



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In essence, the App helps clients replace irrational beliefs with rational beliefs (E) to promote healthy negative emotions. It is vital for the effective use of REBT that the client understands the ABCDE framework, and as such, between-session cognitive homework assignments aimed at deepening this understanding is very common. Homework assignments in REBT can help a client go from intellectual insight to more meaningful philosophical change, and the self-monitoring of dysfunctional thoughts is commonly advocated as part of homework in CBT approaches.

Why digitise the ABCDE framework?

Between-session independent activities are a key part of REBT, where the client completes a variety of tasks that facilitate their development (e.g., rationality). A typical cognitive assignment task that we would set a client, is the ABCDE self-help form. You can see an example of this [here](#).

We developed The Smarter Thinking App 2 for Smartphone users. The App digitises a fundamental aspect of REBT. We did this because, from our experience as practitioners, the meaningful understanding and application of the ABCDE framework is vital for the effectiveness of REBT. Why digitise the ABCDE framework? We want to meet the needs of potential users who want to access and self-assess independently and conveniently.

Engaging our clients in the ABCDE framework in a digital form allows us to accommodate their preferred way of interacting with material, which we reasoned would facilitate adherence to between-session homework tasks. When adversity emerges, the practitioner cannot always be there to reinforce the ABCDE framework. Therefore, we felt that an App that could be used whenever the client chooses would help the client to be autonomous over their understanding and use of REBT.



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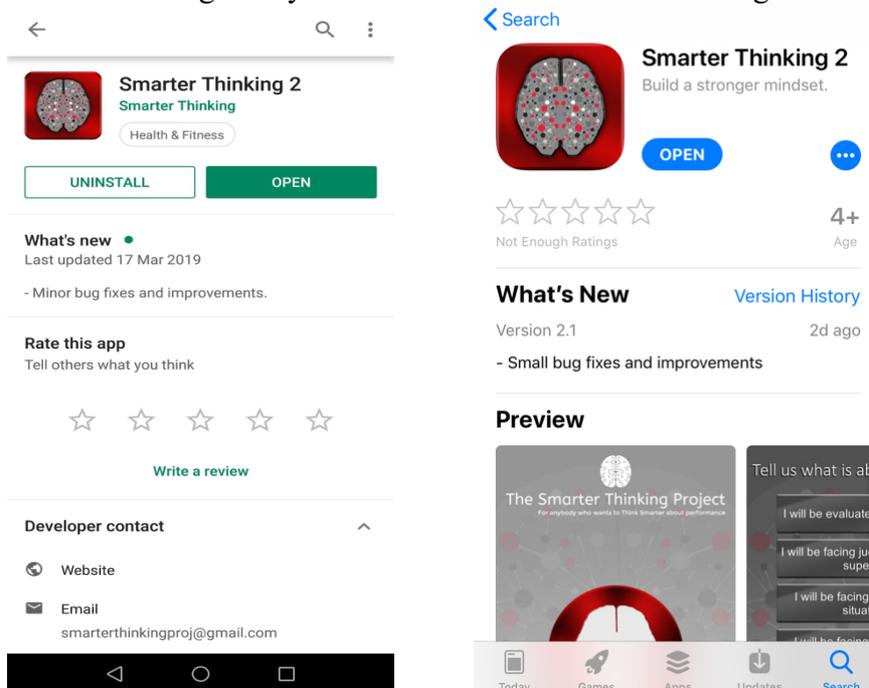
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How to download and setup the App

The Smarter Thinking 2 App is available for iPhone and Android users.

For iPhone, access the App Store and search “Smarter Thinking 2”.

For Android, access the Google Play store and search “Smarter Thinking 2”.



Select “download” and in a few minutes, the App will be on your Smartphone.

When you first open the App, it will ask you to enter a username and password. This is so, after closing the App, you can return to it and access your saved ABC diary.

It is a good idea to familiarise yourself with the App and its settings before recommending it to a client. When your client downloads the App, you won’t be able to access to their version. In other words, you won’t be able to see what they are doing with the App unless you ask to see their ABC diary stored in their App.

If you want to remove the App, go to the “delete local files” option in the settings section, and then delete the App from your phone in the usual way.



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How to use the App

Users can select a theme in the settings section of the App. Users can also turn the sound on or off. Settings can be accessed by pressing the cog icon from the home screen.

<p>1.</p> <p>To begin users can click the main 'start' icon on the home-screen.</p>		<p>2.</p> <p>Users will then select how they feel at that moment.</p> <p><i>(Let's say they've selected 'Extremely Nervous')</i></p>	
<p>3.</p> <p>Aligned to their feeling, the client will identify the situation.</p> <p><i>(Let's say they've selected 'performing in a very important event')</i></p>		<p>4.</p> <p>Users will then select the core irrational belief that most resonates with their situation. Ideally, you would've already discussed irrational beliefs with them</p> <p><i>(Here they've selected 'makes me a failure')</i></p>	
<p>5.</p> <p>The app begins to dispute the users selected belief empirically (i.e., is it true?).</p> <p><i>(Here they disagreed with the disputation and selected 'yes')</i></p>		<p>6.</p> <p>The user considered the irrational belief to be true, as a result, another empirical disputation is provided.</p> <p><i>(The user clicks the rational notion to progress)</i></p>	



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7.

The app then disputes the users selected belief logically.

(Again, they disagreed with the disputation and selected 'yes')



8.

The user considered the irrational belief to be logical, as a result, another logical disputation is provided.

(The user clicks the rational response to progress)



9.

The app then disputes the users selected belief pragmatically (i.e., how helpful?).

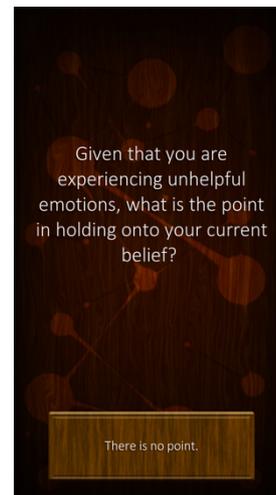
(Again, they disagreed with the disputation and selected 'yes')



10.

The user considered the irrational belief to be pragmatic, as a result, another disputation is provided.

(The user clicks the rational notion to progress)



11.

Now the disputation is complete, users are reminded of the original situation they selected.

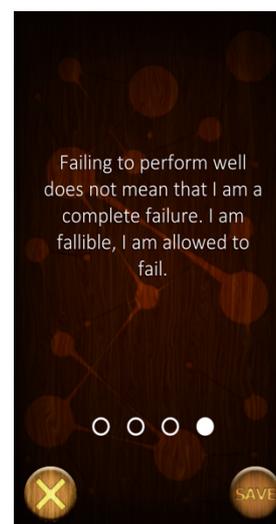
(They clicked the 'continue' button)



12.

Clients are then asked to select one of the new rational beliefs they wish to adopt, and are able to save their completion for future reference.

(They clicked 'save' button)





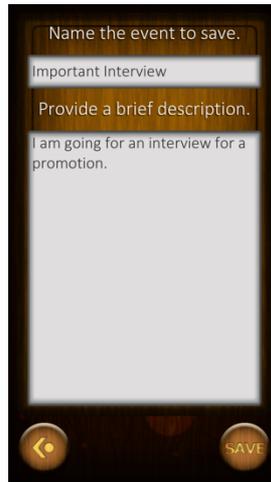
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13.

Users can name and describe their entry, that can be used for future reflection.

(User clicked 'save')



14.

Clients are provided with an entry summary that can be accessed via the 'ABC' button on the main screen.



What to do with the output from stage 14 above.

The client has a few options here, and you as the practitioner can steer these options.

1. In the next session with the client, you can ask the client to show you their ABC diary to stimulate a homework review discussion.
2. The client can take a screen shot of each diary entry (iPhone: press the side button and home button at the same time; Android: may vary but usually the volume button and power button at the same time), and send it to the practitioner prior to the next session.
3. The client can keep the diary private and use it for their own recollection and reflection purposes. It is their data, after all.

Ideally, the rational beliefs they arrive at can be honed and strengthened in your session with them, and there are guidelines about how this can be achieved in the [literature](#).

Ownership

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Contact

If you have any queries about the App, please contact one of us below:

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[Dr. Andrew Wood](#)