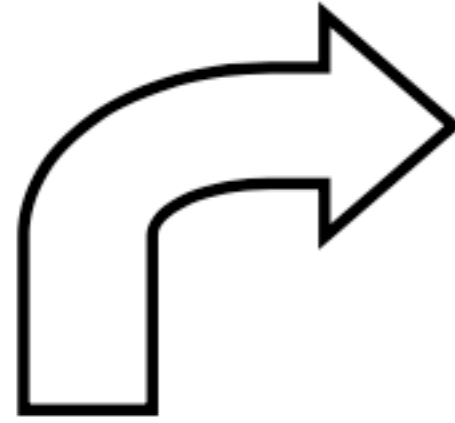


The Cognitive Behavioral Model

Thoughts, emotions, and behaviors affect one another.
This means changing your thoughts will change how you feel and behave.

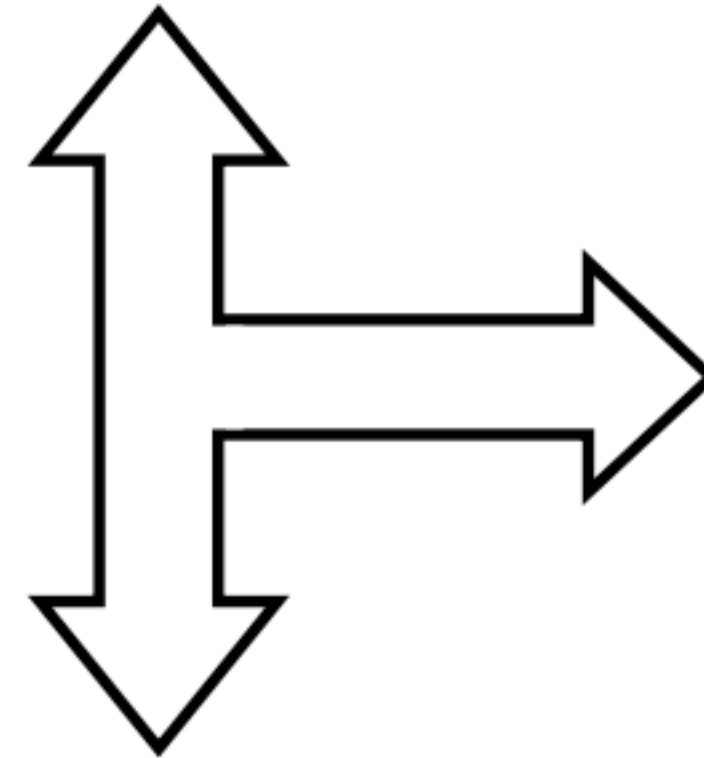
Thoughts / Beliefs

What a person thinks or believes about a situation.
How the individual interprets an event.



Situation

Anything that happens to a person. Situations are ultimately outside of the individual's control, but they can be influenced by behaviors.

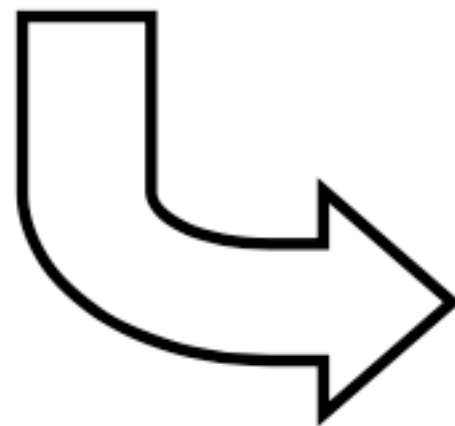


Behavior / Response

The person's actions and behaviors in response to their thoughts and feelings about a situation

Emotions

How a person feels about a situation. Emotions are not necessarily based in logic, but they are influenced by thoughts and beliefs.



What are Core Beliefs?

Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently.

Even if a core belief is inaccurate, it still shapes how a person sees the world. Harmful core beliefs lead to negative thoughts, feelings, and behaviors, whereas rational core beliefs lead to balanced reactions.

Situation: Two people with different core beliefs receive a bad grade on a test.

Person	Core Belief	Reaction
A	➡ "I am a failure."	➡ Thought: Of course I failed... why bother? Feeling: Depressed Behavior: Makes no changes.
B	➡ "I am perfectly capable, when I give my best effort."	➡ Thought: I did poorly because I didn't prepare. Feeling: Disappointed Behavior: Plans to study before the next test.

Common Harmful Core Beliefs

Core beliefs are often hidden beneath surface-level beliefs. For example, the core belief "no one likes me" might underlie the surface belief "my friends only spend time with me out of pity".

Helpless	Unlovable	Worthless	External Danger
"I am weak"	"I am unlovable"	"I am bad"	"The world is dangerous"
"I am a loser"	"I will end up alone"	"I don't deserve to live"	"People can't be trusted"
"I am trapped"	"No one likes me"	"I am worthless"	"Nothing ever goes right"

Consequences of Harmful Core Beliefs

Interpersonal Problems

difficulty trusting others
feelings of inadequacy in relationships
excessive jealousy
overly confrontational or aggressive
putting others' needs above one's own needs

Mental Health Problems

depression
anxiety
substance abuse
difficulty handling stress
low self-esteem

Facts About Core Beliefs

- People are not born with core beliefs—they are learned.
- Core beliefs usually develop in childhood, or during stressful or traumatic periods in adulthood.
- Information that contradicts core beliefs is often ignored.
- Negative core beliefs are not necessarily true, even if they *feel* true.
- Core beliefs tend to be rigid and long-standing. However, they can be changed.

Socratic Questions

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act, it's important to challenge any thoughts that cause us harm.

Spend a moment thinking about each of the following questions, and record thorough responses. Elaborate, and explain "why" or "why not" in your responses.

Thought to be questioned: _____

(Emalia/Emi) Without Emi, I can't be happy, I'll be alone. Makes me feel angry, hurt, sad

What is the evidence for this thought? Against it? _____

No one has the same personality that she does or the same humor
She doesn't feel guilty about anything she does, or talk about it
No one has been friends with me as long as her
I spend my money on her
No one else plays with me after school.

Am I basing this thought on facts, or on feelings? _____

Based off of feelings

Is this thought black and white, when reality is more complicated? _____

black and white thinking, catastrophizing. Reality is more gray.

Could I be misinterpreting the evidence? Am I making any assumptions? _____

yes...

Socratic Questions

Might other people have different interpretations of this same situation? What are they? _____

I can be happy without her, I won't be alone. I can respect myself in this relationship, and

I have been happy without her. I have other friends. I love myself, I know my worth, I des

Am I looking at all the evidence, or just what supports my thought? _____

Could my thought be an exaggeration of what's true? _____

Am I having this thought out of habit, or do the facts support it? _____

Did someone pass this thought / belief to me? If so, are they a reliable source? _____

Is my thought a *likely* scenario, or is it the *worst case* scenario? _____

Thought Record

Situation	Thoughts	Emotions	Behaviors	Alternate Thought

What Could Happen vs. What Will Happen

When you are worried about something, it's easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What **could happen** isn't the same as what **will happen**.

 **What is something you are worried about?**

Thinking about what **will happen**, instead of what **could happen**, can help you worry less. Whenever you start to worry, answer these questions:

 **What are some clues that your worry will *not* come true?**

 **If your worry *does not* come true, what will probably happen instead?**

 **If your worry *does* come true, how will you handle it? Will you eventually be okay?**

 **After answering these questions, how has your worry changed?**

Positive Activities for Behavioral Activation

Create a list of activities that you find rewarding. Rate each activity in two categories: How easy the activity will be for you to complete, and how rewarding it is (with 10 being very easy or rewarding, and 1 being difficult or not at all rewarding).

ACTIVITY	EASE (1-10)	REWARD (1-10)
<i>Example:</i> <i>Go for a walk.</i>	9	6