

CBT Socialization Tool

EVENTS → THOUGHTS → FEELINGS → ACTIONS → RESULTS

Identifying Thoughts and Feelings

I Felt...	Because I Thought...

Cognitive Distortions

- 1. Rationalization** – Making excuses for events in life that don't go your way or poor choices you make in an attempt to protect yourself from hurt feelings. You try to convince yourself that just because your wife cheated on you that it's OK because, "that guy probably initiated it" or it's OK for your husband to be abuse because "he just doesn't know how to show his love, and besides, he only did it twice."
- 2. Overgeneralization** – You see a single negative event as applicable to *all* or *no* situations. Just because you had a bad experience with a civic group or church, you assume all such organizations or churches are bad.
- 3. All or nothing thinking** – You see things in black and white categories. You view yourself, others and/or the world in only positive or negative extremes, and are unable to see positive or negative aspects. Certain family members can do no wrong or co-workers are the worst of humanity.
- 4. Discounting the positive** – You reject positive experiences or compliments insisting they don't count for one reason or another. In this way, you maintain a negative belief system that is inconsistent with the "real you," your experiences, or your achievements. When someone gives you a compliment, you respond as "oh, it was nothing

anyone else couldn't have done.”

5. Fortune Teller – You make irrational doomsday predictions about the future based solely on your negative experiences in the past. “I will probably end up unemployed and alone for the rest of my life and my kids will hate me.”

6. Mind Reading – you assume you know what people are thinking in given situations based upon how others in your past have thought in similar situations. You fail to consider that these are different people, and, perhaps, you are a different person at this point in your life as well. “I know he will say no, so I'm not even going to ask – He probably thinks I'm not consistent enough.”

7. Should Statements- You place false or unrealistic expectations upon yourself or others, believing that “I should have done” this or they “should have done” that. Then when you or they do not, you have set yourself up to become angry, depressed or anxious.

8. Emotional Reasoning – You assume that your negative feelings reflect the way things really are. “If I feel angry, therefore I will yell at my boss,” or “I feel depressed, thus the world really must suck.”

9. Magnification – You blow things out of proportion. You exaggerate the impact/importance of events. “Just because I didn't get this job, there will be a one-month gap on my resume' and no one will ever hire me. Nobody will see my skills and I will never get a job and will have to go on welfare!”

10. Personalization – You see yourself as the cause of something you had nothing to do with. You lean over and
th
say something to your husband on the 4 and 10 during a football game and he does not respond and you think “I must not be important to him” or “he must not love me”. Possibly, he loves you more than anything in the world but did not hear you because he was so tuned in to the game. Another examples is that children often believe they are responsible for their parents' divorce.

Depression Monitoring Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0000							
0100							
0200							
0300							
0400							
0500							
0600							
0700							
0800							
0900							
1000							
1100							
1200							
1300							

1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							
2200							
2300							

Observations: _____

_____.

101 Things I can do Instead of hurt Myself/To Calm Myself Down

- 1. Take a hot bath**
- 2. Put a rubber band around my wrist**
- 3. Cuddle with a stuffed animal**
- 4. Hold a cold ice cube**
- 5. Eat**
- 6. Get in bed**
- 7. Karate/martial arts**
- 8. Fly a kite**
- 9. Arrange flowers**
- 10. Have sex (responsible)**
- 11. Play with a pet**
- 12. Garden**
- 13. Go for a drive**
- 14. Cooking**
- 15. Play golf**
- 16. Recycle**
- 17. Give a hug**
- 18. Receive a hug**
- 19. Burn incense**
- 20. Go grocery shopping**
- 21. Go for a walk**
- 22. Go to church**
- 23. Sing**
- 24. Ride a bike**

- 25.Plug in a heating blanket**
- 26.Go for a run**
- 27.Yoga**
- 28.Walk on a beach**
- 29.Do 50 sit-ups**
- 30.Go to spa**
- 31.Crochet**
- 32.Jumping jacks**
- 33.Photography**
- 34.Journal**
- 35.Use mouthwash**
- 36.Picture getting married 37.Daydream**
- 38.Go to a sporting event 39.Watch a movie 40.Refinish furniture 41.Write a letter 42.Paint**
- 43.Go to a park**
- 44.Get a backrub**
- 45.Deep breathing exercise 46.Listen to a relaxation cd 47.Make a list**
- 48.Clean house**
- 49.Floss your teeth 50.Give a massage 51.Drink hot coffee, tea 52.Read a children's story**
- 53.Blow bubbles**
- 54.Call a friend**
- 55.Quilt**
- 56.Pray**
- 57.Hold a pillow**
- 58.Comb your hair**
- 59.Go for a swim**

- 60. Work with clay**
- 61. Tear paper**
- 62. Wash your hands 63. Knit**
- 64. Lay out**
- 65. Get a haircut**
- 66. Color in a coloring book 67. Do your nails**
- 68. Mow your lawn**
- 69. Sit in a hot tub 70. Swing**
- 71. Workout video**
- 72. Do artwork**
- 73. Window shop**
- 74. Burn a candle 75. Smoke a cigarette 76. Brush your teeth**
- 77. Eat popcorn**
- 78. Drink 6 bottles of water 79. Meditate**
- 80. Play the piano**
- 81. Pop your knuckles**
- 82. Call a friend**
- 83. Drink coffee**
- 84. Do something that will make you laugh 85. Play cards**
- 86. Sew**
- 87. Gambling**
- 88. Computer games**
- 89. Go to tanning bed**
- 90. Daydream**
- 91. Talk on the phone**

92. Make a craft

93. Woodworking

94. Collections

95. Go to a club

96. Go to a library

97. Sleep

98. Stretching exercises

99. Bite your fingernails 100. Lift weights

101. Play with yarn/stress ball

REASONS FOR LIVING INVENTORY

Check the boxes below that indicate why you would stay alive when contemplating suicide.

- I owe it to my family to stay alive.
- I believe I can learn to manage my problems.
- I believe I have control over my own destiny.
- I believe only God has the right to end a life.
- I am afraid of death.
- I want to watch my children grow.
- Life is all we have and is better than nothing.
- I have future plans I am looking forward to carrying out.
- No matter how bad I feel, I know that it will not last.

- I love and enjoy my family too much and could not leave them.
- I am afraid that my method of killing myself would fail.
- There are many experiences I have not had yet that I want to have.
- It would not be fair to leave the children for others to take care of.
- My religious beliefs forbid it.
- It would hurt my children/family too much and I would not want them to suffer.
- I have the courage to face life.
- I am afraid of the actual “act” of killing myself (the pain, blood, violence).

Other reasons for living.

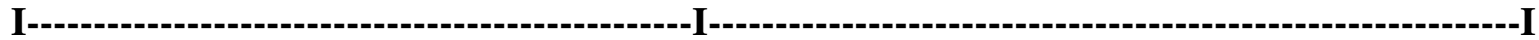
- _____
- _____

Anger Styles

Passive

Assertive

Aggressive



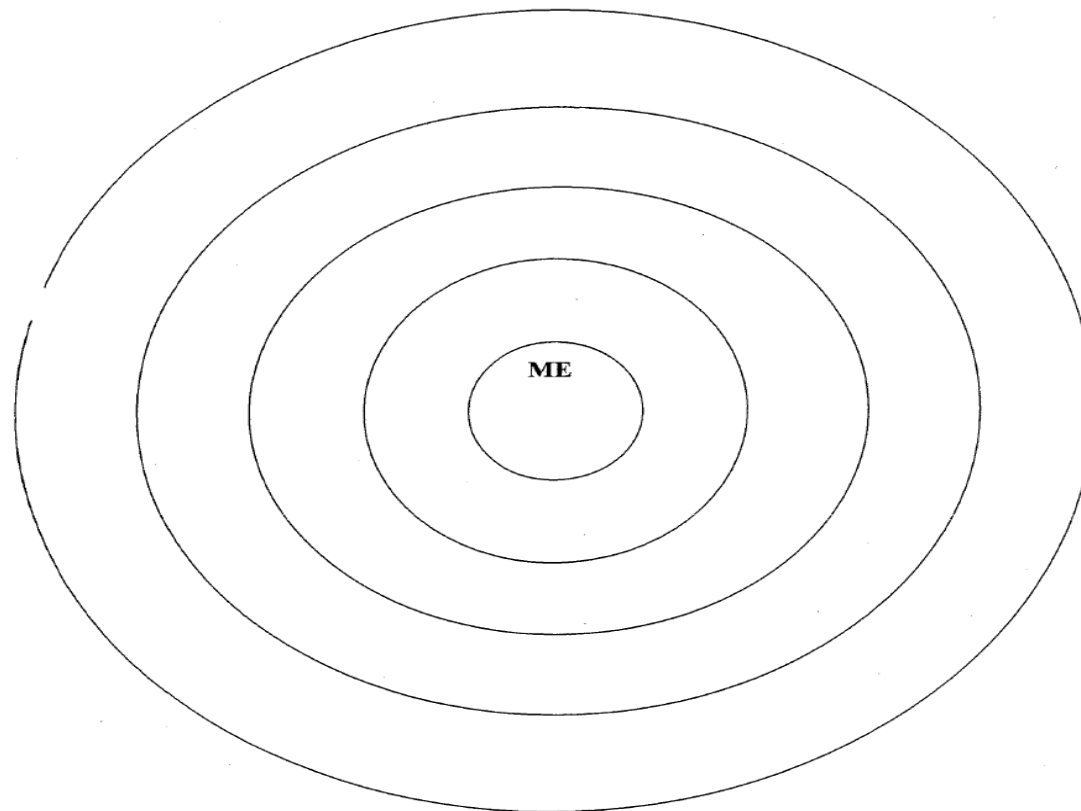
Unable to express
Wants or needs

Expresses wants or needs
in a kind but firm manner

Expresses wants or needs in
a demanding/insensitive manner

Intimacy Circles

People need people, but this can be a “catch 22” for many people. On one hand, we need human interaction for support, encouragement, touch, fun, and a sense of connectedness. But on the other hand, relationships can be very difficult for a variety of reasons. Depression influences us to want to isolate. Anxiety makes us too fearful to put ourselves out there. Anger often influences us to “blow up” verbally or physically which estranges us from the people we care about most. While it is not necessary that you become “the life of the party” if that is not “you,” it is vital to have a support system. Take a few minutes to evaluate the relationships you have in your life, writing them in the circle you view as appropriate.



Adapted from Velasquez, Suarez, Crosby, and Diemiento, 2004

Relationship Questions

What changes would I like to make to my circles?

Are there people I would like to have closer in? Further out? Who and why?

Some hurtful things I have done that have damaged one or more relationships:

Some helpful things I have done that have helped me in maintaining relationships:

Changes I could make in the way I relate to people may include:

Would I like to add people to my circles who currently aren't there? Why or why not?

What are some qualities of the people I would like to add?

Where might I go to meet people with those qualities?

What are some "red flag" qualities of people I may be drawn to but that I have learned from experience are NOT good candidates for my circles?

One Step I am willing to take to improve my circles is...
