

CBT Socialization Tool

EVENTS → THOUGHTS → FEELINGS → ACTIONS → RESULTS

Identifying Thoughts and Feelings

I Felt...	Because I Thought...

Thought Log

AUTOMATIC THOUGHT	RATIONAL RESPONSE

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
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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
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2300							

Observations: _____

_____.

Substance Use Case Study

Vonnie is a divorced 38 y/o Caucasian female. She has no children and is currently living with her new boyfriend. Her primary complaints at initial assessment are chronic depression, anxiety, and a lengthy history of alcohol and methamphetamine abuse. She reports recently her mood instability had worsened due to relationship concerns that her new boyfriend might leave her as well as conflict with a coworker and she fears she may relapse “and ruin my 3 months’ sobriety.” She reports “quitting” many times for short stints of time with 7 months being her longest period of abstinence from any substance. Vonnie had maintained a professional career, holding down the same job for the past 7 years for which she made a good salary.

Upon completion of her initial assessment, Vonnie met criteria for Major Depressive Disorder Borderline Personality Disorder features, Alcohol and Methamphetamine use disorders

Since her divorce 12 years ago, It was noted that she hadn’t dated a man any longer than 6 months and triggers for

usage often centered around these breakups or “relational spats.” A pattern was also identified of “dating men who are in some way less than me so I didn’t have to worry about them leaving me – I could just date them until I got tired of them and then dump them.”

Vonnie’s mother committed suicide when she was 12. She was an only child who from that age forward was raised by her “pillhead dad” who “floundered around doing odd jobs” and barely bringing home enough income to put food on the table. Vonnie recalls “one week when I was in high school I remember we had to share a large can of beans all week.” Vonnie recalls living in fear on a daily basis wondering whether or not her father would come home that night. “After my mom left me and died, I just lived in fear of another loss. She describes a history of “on and off” relationships in high school that “often got me pretty worked up - I felt so bad I could hardly stand it.” When not during one of her dating courses, she describes feeling boredom frequently. “I was home alone a lot and didn’t have anything to do – we lived on a farm and if Dad didn’t come home I was by myself and had no friends close – and I couldn’t text yet then”! Vonnie reports stealing her fathers’ pills as early as age 9. “They just gave me a lot of energy and a high I hadn’t felt before and some excitement for once in my life.” Although she had few friends, Vonnie reports excelling academically, graduating as the salutatorian of her class with a 3.9 GPA. “I began to realize even though I couldn’t keep a boyfriend and girls didn’t seem to like me much, that if I worked hard I could at least be good at something...and dad’s Ritalin kept me going.”

Anxiety Resources Tool

Fear	Internal Resources	External Resources
1)		
2)		
3)		
4)		
5)		
6)		

The Blame Game Tool

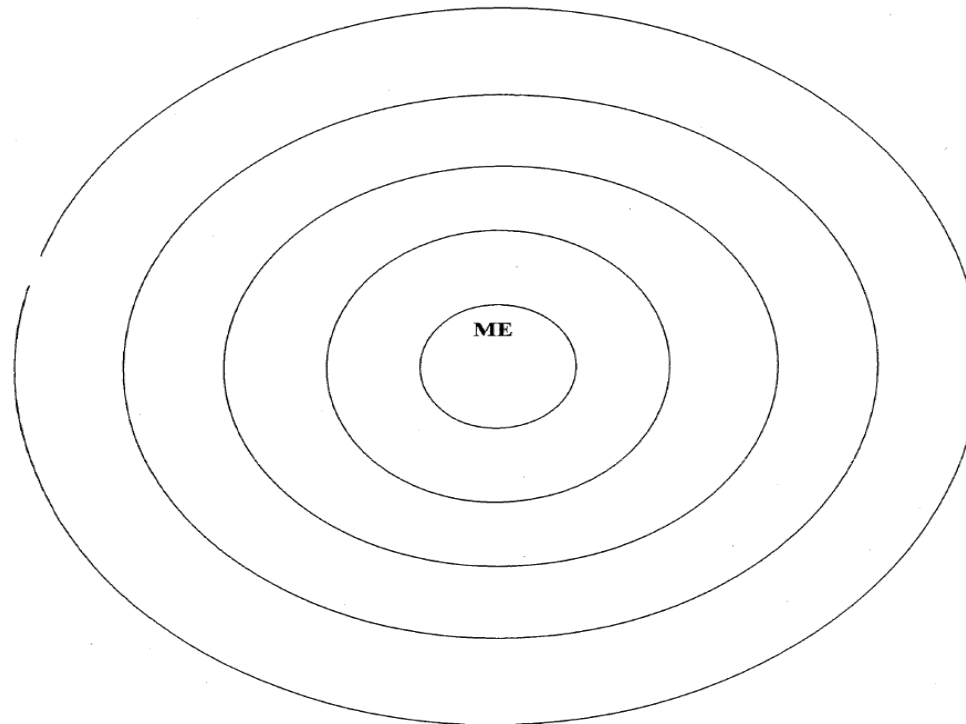
When we hear the term “blame game” it is often referring to people (often couples, but is also applied to employee, friend, or any number of kinds of disputes) in an argument blaming the other, without being able to see their role in the altercation. People who have been victims of traumatic experiences often have the exact opposite problem with their thinking; that is they blame themselves for aspects (or sometimes the entire traumatic experience) event that were NOT their fault. An important part of healing from trauma related incidents in life is being able to *assign blame where it rightfully belongs*. Use the following tool to identify aspects of the event you are working on that you are currently **blaming yourself** for and record them in column #1. Then use column #2 to identify why your reasoning is being unfair to yourself. You will likely need to enlist the help of a family member, friend, or trusted professional.

Areas/Reasons I am blaming Myself	Reasons It is <u>UNFAIR</u> to blame myself

Summary Statement: "Although I am tempted to blame myself due to _____,
I know it is not my fault because _____."

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, Maurer, Crouch, and DiClemente, 2001

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...
