

## **CBT Socialization Tool**

**EVENTS → THOUGHTS → FEELINGS → ACTIONS → RESULTS**

## Identifying Thoughts and Feelings

[illegible]

## 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.

## LISA Case Study

Lisa was born and raised in a small rural Colorado. The closest “real city” as she called it, Boulder, was almost an hour and a half away. She was the youngest of two children, her brother being 5 years older than she. Lisa describes her relationship with her mother as being volatile. “She tried, but she always had such a temper.” Her mother did not work, and was frequently in bed complaining of “some kind of physical ailment,” and was rarely there for Lisa or her brother. She recalls one evening when she was 7 having “a really bad tummy ache” and asking her mom for some medicine. Her mother replied “I’ll try to in a few minutes,” but never got around to it. I laid in pain and couldn’t sleep all night but didn’t want to ask my mom again “because I didn’t want to bother her” and “she would probably just yell at me again.” She reports many times remembering her mother yell “you good for nothing little girl – why cant you do it yourself like your brother?” On another occasion, she recalls still being hungry and asking for a second cup of macaroni and getting spanked with a switch and told she was “selfish” and “bad” for asking. “The older people who work and are good for something get what they want first – then if there is any extra you can have some more.” At age 5 she remembers her mother burning her with an iron because she “made a mess on the floor with colors. Another morning she remembers rushing out the door because she was late for school but running back in telling her mother she forgot to take her medicine. At age 7 Lisa recalls her mother going into a rant screaming “I can believe you are asking your mother to go back downstairs already this morning after I was tired and back in bed” and throwing her down the stairs and breaking her arm.

Her mother committed suicide when she was in 12.

Lisa’s father worked for the sheriff’s department and was a member of the national guard. She remembers him being gone much of the time when she was young. Upon her mother’s death, her father remarried almost immediately and gave most of his attention to his new wife. His new wife took little interest in either of the kids and often became angry when Lisa asked for things. One night when Lisa was a sophomore her first and only “boyfriend” of sorts broke up with her she recalls leaving school early and crying most of the afternoon and evening. When she came out of her room to ask her father for a hug she was scolded for “interrupting” while they were watching a movie on the couch. She remembers well the phrase “you needy girl – can’t you do anything for yourself.”? Routine requests always seemed to be an “imposition.”

Her brother Jared was attractive, social, and charming. He was intelligent and motivated. He made friends easily. He had a paper route in junior high and sold books during the summers while at college. Lisa states “he was always nice to me, but never really had much time for me...He was almost graduated when mom died, had a lot of friends, a job, and a coach and

a friend's youth pastor for mentors.... "I was shy and awkward and had no friends and no one to turn to. "I didn't do particularly good in school." She also reports having few hobbies, talents, or interests, other than making "bead bracelets, necklaces, and crafty things."

Lisa describes her school years as very lonely years. With few friends, her brother involved with his many extra-curriculars, and her father, when home, consumed with his new wife, 'companionship was hard to come by" and "I was really kind of a misfit." The rural area she grew up in was far enough from town it was difficult to get in for activities and she had no transportation. She rarely ask others for a ride into town because "we lived so far out I hated to ask people to go out of their way."

When Lisa was 17 she met and quickly married a man who was 23 who worked in quality control at a local factory. He was a decent man who rarely treated her poorly, but worked long hours and "was emotionally distant." After 5 years of marriage, he was laid off, so the couple relocated to Oklahoma where he worked for his father. They struggled with fertility issues, but eventually became pregnant and had a son, Cody, "who became my life." She immersed herself in Cody's life doing little else. After 22 years of marriage her husband divorced her for being "needy, clingy, and never getting any better."

At age 43, Lisa has now been divorced 5 years, has joint custody of Cody, and is struggling to complete a technical degree before her alimony runs out. He husband remarried immediately "a biker chic" and "took on a whole new lifestyle." Although they often "exposed Cody to things he shouldn't see," they did live a more active lifestyle and the means to take him on trips and buy him "expensive toys," while Lisa struggles to pay the bills in her apartment in a less desirable part of town.

Cody has started to engage in some mild acting out behaviors at school. He has been called to the principal's office on a couple of occasions and has been suspended once for a day. He has become argumentative at home, started lying at home and school, and has had difficulty taking responsibility for his actions.

Lisa constantly struggles with being a "bad parent" and many times believes "Cody would be better off with his dad...he will probably just leave me like everyone else."

One day when attempting to discipline him for coming home 30 minutes late from playing he yells at her stating "you always nitpick at me - Carlos' mom lets him stay out till midnight - You are the worst mom in the neighborhood!"

## Depression Monitoring Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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0200							
0300							
0400							
0500							
0600							
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0800							
0900							
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1200							
1300							

1400							
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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.**

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

## 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.

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)		

# OCD Tip Sheet

## Do's

- Educate
- Normalize
- Bad Thoughts Don't make bad people
- Prevent from responding
- Give Hope and refer

## Don'ts

- Scold
- Act Shocked
- Give reassurance
- Be afraid to talk about it

# Silver Lining

Traumatic events are terrible things to go through in life. They often bring about indescribable suffering. The good news is most people recover from trauma. Some need therapy, some do not. One common theme in most people who recover from traumatic events has to do with their ability to find a “silver lining” in what they went through. That is, what are they now “uniquely qualified” to offer the world as a result of what they went through. As you think about your experiences in life, what “silver linings” are you able to see and how might that change what you do with your life moving forward?

[illegible]

# 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 \_\_\_\_\_.”

# Anger Styles

**Passive**

**Assertive**

**Aggressive**

**I-----I-----I**

Unable to express  
Wants or needs

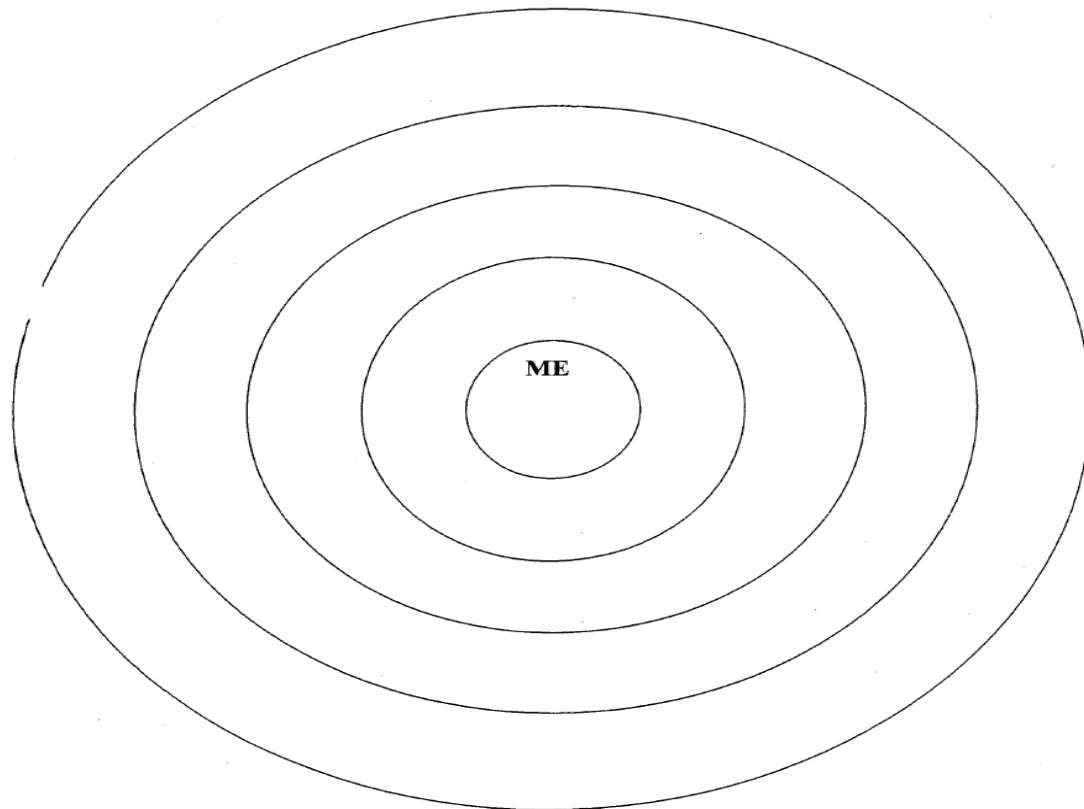
Expresses wants or needs  
in a kind but firm manner

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.

## Intimacy Circles



Adapted from Velasquez, Maurer, Crouch, and DiClemente, 2001

## Relationship Questions

What changes would I like to make to my circles?

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

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

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

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

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

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

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Where might I go to meet people with those qualities?

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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?

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