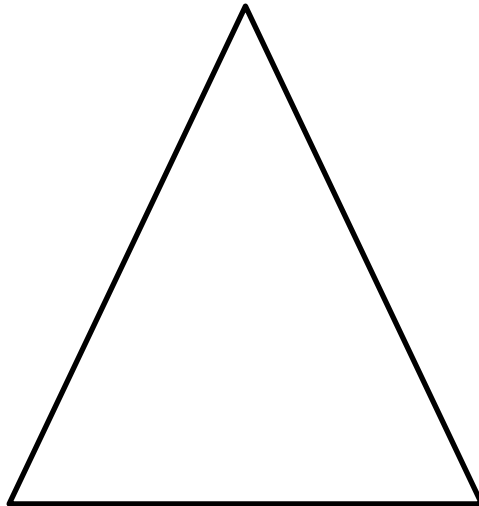


**Cognitive Reprocessing
Part II – Trauma-Related
Thinking**

Unhelpful Belief/Thinking about the Trauma

“It’s my fault the assault happened”



Behaviors associated with this belief

Stay home, don’t talk to people, cry...

Emotion associated with this belief

Feeling word: Depressed, Ashamed

Sensations in my body: Heavy

Rate: 1—2—3—4—5—6—7—8—9—10

What is one way to change this belief? - *Through thinking!*

We want these beliefs to become less negative, rigid and extreme. *How?*

Strategy 1: Logical Questioning

Socratic questioning undermines strong negative beliefs by finding holes in the logic of the belief itself or the thinking that leads to the belief.

Ask questions to “unpack” the belief. What is their perception? Why do they see things the way they do? Help identify the false assumptions clients are making.

Strategy 2: Lists & Definitions

Use definitions to get clear about what the client means by a word or concept. This can help find holes in the logic and identify exceptions to rigid “rules.”

Use lists of evidence for and evidence against the belief to reduce how rigid and extreme the belief is.

Strategy 3: Responsibility Pie

Use responsibility pie when a client’s strong negative belief has to do with blame. The idea is to help reduce extreme and rigid self-blame (or other blame if that is a problem).

I would start here for the example above:

Let’s make a list of all of the possible people that could play some role in what happened that night and what role they could have played.

Let’s assign pieces of the pie to each person on our list.

Side note: Trauma-related beliefs sometimes change simply as a result of exposure to the memory because clients are able to recall more details and put the pieces together in ways they weren’t able to before when they were avoiding the memory. Clients can spontaneously change their own thinking through the process of exposure or we can also help spur on such changes by doing some post-exposure reprocessing.