

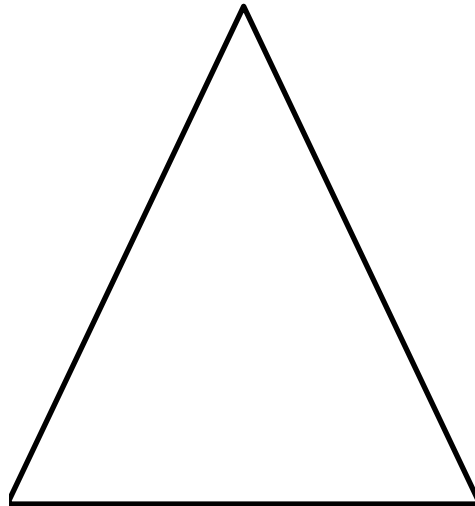
Clinician Cognitive Reprocessing Handout

Part III: Identifying a new, modified belief

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Strong Negative Belief

"I am broken and unfixable"



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

Behaviors associated with this belief

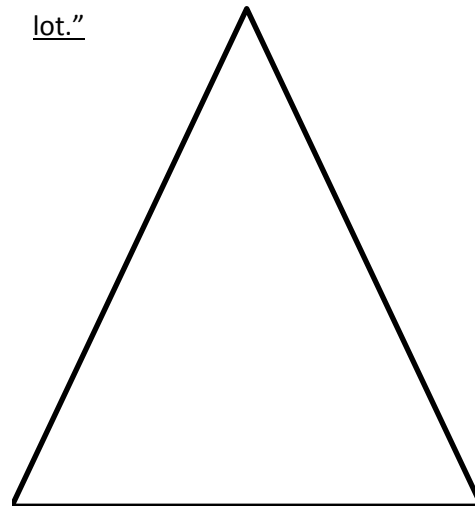
Stay home, watch tv, don't work on my projects, don't talk to people, cry...

After the reprocessing activity, go back to the original triangle the client created...

Repeat back to the client key things they said that would support a modified perception of the belief, and then ask, "What is another way to see yourself?" or "What is another way to think about this?"

Modified belief - New way of thinking

"I struggle a lot with life, and I have overcome a lot."



Emotion associated with the old belief

Feeling word: Depressed, Ashamed

Sensations in my body: Heavy

Rate: 1—2—3—4—5—6—7—8—9—10

New Emotion associated with the altered belief?

Feeling word: Hopeful

Sensations in my body: Relaxation

Rate: 1—2—3—4—5—6—7—8—9—10

Behaviors associated with this new belief

Get out of bed in the morning, spend a little time on something important to me (art)