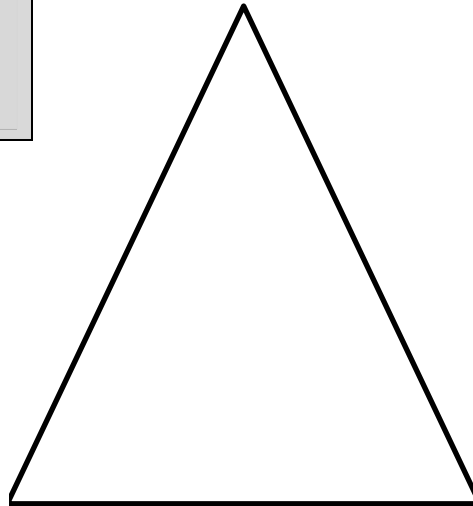**Clinician Cognitive Reprocessing Handout**

Part II - A: Identifying the problem with the beliefs, and solution

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…

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

Step 1: Identify the problem with the belief. What is the cognitive distortion?

For example, is it…

- ☐ Rigid
- ☐ Overgeneralizing
- ☐ Global
- ☐ Extreme
- ☐ Erroneous
- ☐ Polarized
- ☐ Overly rule-bound

Step 2: Identify the "solution" based on the problem/distortion.

The belief could …

- ☐ Be more flexible
- ☐ Be less global
- ☐ Be more realistic
- ☐ Allow for exceptions
- ☐ Allow for both or ambiguity
- ☐ Be more accurate
- ☐ Be more moderate

Step 3: Identify a strategy to get to the "solution".

Consider:

What questions can we ask, or what thought experiments or activities can we do to make the belief more flexible, moderate, realistic, accurate, etc.

We need to understand the client's thinking and then identify ways to challenge it.

CETA Reprocessing/Restructuring Activities:

Making **Lists and Definitions** of concepts helps to clarify the logic and assumptions people are making. Lists and definitions can be used strategically to challenge the logic of the belief and find exceptions to rigid rules.

Logical Questioning undermines the beliefs by finding holes in the logic and identifying erroneous assumptions that support the belief.

The **Responsibility Pie** activity is good for thinking through the logic and assumptions underlying extreme self or other blame.

Note: We can also change beliefs through behaviors. For example, if the clients get more involved in activities he values and enjoys, he experiences himself in those times as being not broken and his view of himself can become more positive. However, cognitive restructuring focuses on using *thinking* to change or modify beliefs.