

Clinician Cognitive Reprocessing Handout

Part I: Identifying a belief that needs to change

Strong negative beliefs...

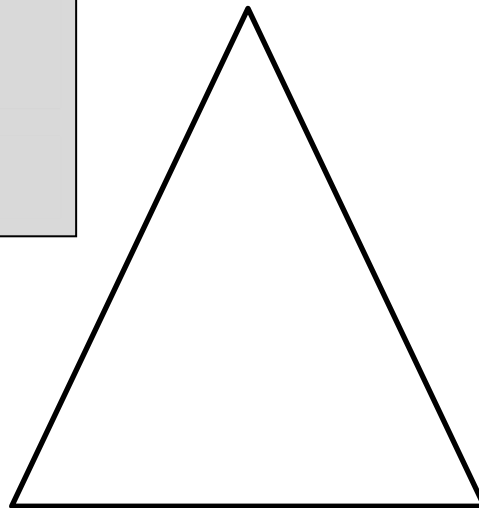
- 1) Affect emotional states
- 2) Affect behavior

Behaviors associated with this belief

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

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

3) Color the perception of situations encountered in daily life and results in negative/unhelpful ways of thinking in reaction to various situations (which are targeted by cognitive coping).

Unhelpful thinking can occur all day long, constantly coloring one's day in unhelpful and negative thinking across many situations. It may also occur less often, but have a negative impact on important situations.

If it leads to any one of these, it probably needs to change.

- ✓ Feeling bad
- ✓ Engaging in dysfunctional behaviors
- ✓ Thinking negatively in response to common or important situations

What can we do to help change/modify these beliefs?

Cognitive Reprocessing/Restructuring