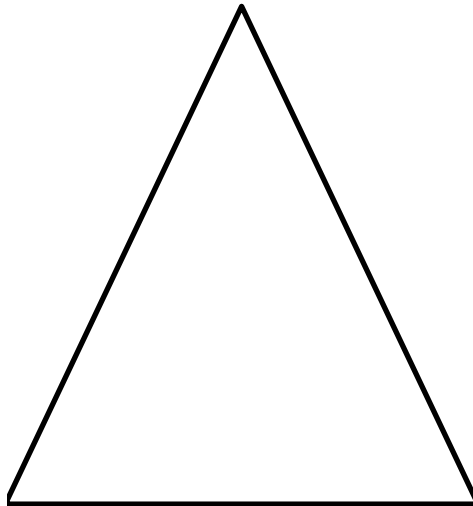


## Clinician Cognitive Reprocessing Handout

### Part III: Identifying a new, modified belief

#### 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

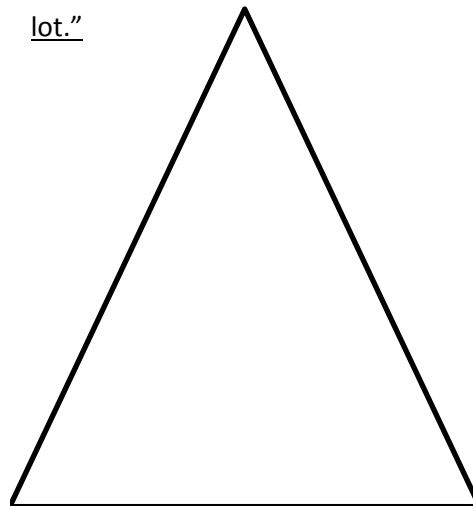
Stay home, watch tv, don't work on my projects, don't talk to people, cry...

**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

**Behaviors** associated with this new belief

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

**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