

Homework Assignment #1

Please write at least one page on what it means to you that you were sexually assaulted. Please consider the effects the sexual assault has had on your beliefs about yourself, your beliefs about others and your beliefs about the world. Also consider the following topics while writing your answer: safety, trust, power/competence, esteem and intimacy. Bring this with you to the next session.

Homework Assignment #2

Please complete the ABC sheets to become aware of the connection between events, your thoughts, feelings, and behavior. Use the sheets to record everyday events but also complete at least one sheet on your thoughts about the rape. Remember to fill out the form as soon after the event as possible. Bring these sheets to the next session.

Homework Assignment #3

Please begin this assignment as soon as possible. Write a full account of the rape, including as many sensory details (sights, sounds, smells, etc.) as possible. Also include as many of your thoughts and feelings as you recall having during the event. Pick a time and place to write so you have privacy and enough time. Do not stop yourself from feeling your emotions. If you need to stop writing at some point, please draw a line on the paper where you stop. Begin writing again when you can and continue to write the account even if it takes several occasions. Read the whole account to yourself at least once before the session. Allow yourself to feel your feelings. Bring your account to the next session.

Homework Assignment #4

Start over and write the whole incident again at least one more time. If you were unable to complete the assignment the first time, please write more than last time. Often, the first version reads like a police report with nothing but the facts. Add more sensory details, as well as your thoughts and feelings during the incident. Also, this time, write your current thoughts and feelings in parentheses (e.g., "I'm feeling very angry."). Remember to read over the new account at least once before the session. If there was a second incident, please begin writing about that event. Bring your written accounts to the next session.

Homework Assignment # 5

Please choose two of your stuck points and answer the questions on the Challenging Questions sheet with regard to each of these stuck points. Write your answers on a separate sheet of paper, so that you can keep the list of questions for future reference.

If you have not finished your account of the rape(s), please continue to work on them. Read them over before the next session and bring all of your homework to the next session.

Date: _____

Subject #: _____

Challenging Questions Sheet

1. What is the evidence for or against this idea?
2. Are you confusing a habit with fact?
3. Are your interpretations of the situation too far removed from reality to be accurate?
4. Are you thinking in all-or-none terms?
5. Are you using words or phrases that are extreme or exaggerated? (always, forever, never, need, should, must, can't and every time)
6. Are you taking selected examples out of context?
7. Are you making excuses? (I'm not afraid, I just don't want to go out; other people expect me to be perfect; or I don't want to make the call because I don't have the time).
8. Is the source of information reliable?
9. Are you thinking in terms of certainties instead of probabilities?
10. Are you confusing a low probability with a high probability?
11. Are your judgments based on feelings rather than facts?
12. Are you focusing on irrelevant factors?

Homework Assignment #6

Consider the stuck points you have identified thus far and find examples for each of the faulty thinking patterns listed on the sheet. Look for specific ways in which your reactions to the rape may have been affected by these habitual patterns.

Faulty Thinking Patterns

Date: _____

Below are listed several types of faulty thinking patterns that people use in different life situations. These patterns often become automatic, habitual thoughts that cause us to engage in self-defeating behavior.

Considering your own stuck points, find examples for each of the patterns. Write in the stuck point under the appropriate pattern and describe how it fits that pattern.

1. Drawing conclusions when evidence is lacking or even contradictory:

Example: All men are untrustworthy.

2. Exaggerating the meaning of an event:

Example: Since I was not beat up, my rape is not as serious or bad as others I've heard about

3. Disregarding important aspects of the situation:

Example: Since I didn't fight much, it must mean I wanted it.

4. Over simplifying events or beliefs as good/bad, right/wrong:

Example: It was wrong of me not to report the rape to the police.

5. Overgeneralizing from a single incident: You view a negative event as a never-ending pattern of defeat, or you apply an association you made of the rapist to a whole group:

Example: Now that I have been raped, I believe I will be raped again; or All (race, personal characteristics) men are rapists.

6. Mind reading: You assume that people are thinking negatively of you when there is no definite evidence for this.

Example: Since my friends and family have not brought up the rape, they must think it's my fault or blame me in some way.

7. Emotional reasoning: You reason from how you feel.

Example: Because I feel scared when I am near a man, it must mean that they intend to rape me.

Homework Assignment #7

Use the Challenging Beliefs Worksheet to analyze and confront at least one of your stuck points. If you have issues with self- or other-safety, complete at least one worksheet to confront those beliefs. Use the remaining sheets for other stuck points or for events which have occurred to you recently and which have been distressing to you.

Homework Assignment # 8

Use the Challenging Beliefs Worksheets to continue analyzing your stuck points. Focus some attention on issues of self- or other-trust, as well as safety, if these remain important stuck points for you.

Homework Assignment #9

Use the worksheets as before to continue to address your stuck points. Complete the worksheets on power and competence (self and others).

Homework Assignment #10

Use the worksheets to confront stuck points regarding self- and other-esteem. Make sure you examine the items you checked on the Identifying Assumptions List, in order to identify stuck points regarding esteem and competence. Complete worksheets on some of the most troublesome beliefs.

In addition to the worksheets, practice giving and receiving compliments during the week and do at least one nice thing for yourself each day (without having to earn it). Write down on this sheet what you did for yourself and who you complimented.

Homework Assignment #11

Use the worksheets to confront stuck points regarding self- and other-intimacy. Continue completing worksheets on previous topics that are still problematic.

Please write at least one page on what it means to you that were raped. Please consider the effects the rape now has on your beliefs about yourself, your beliefs about others and your beliefs about the world. Also consider the following topics while writing your answer: safety, trust, power/competence, esteem and intimacy.

Continue doing nice things for yourself on a daily basis. Also, continue to practice giving and receiving compliments.