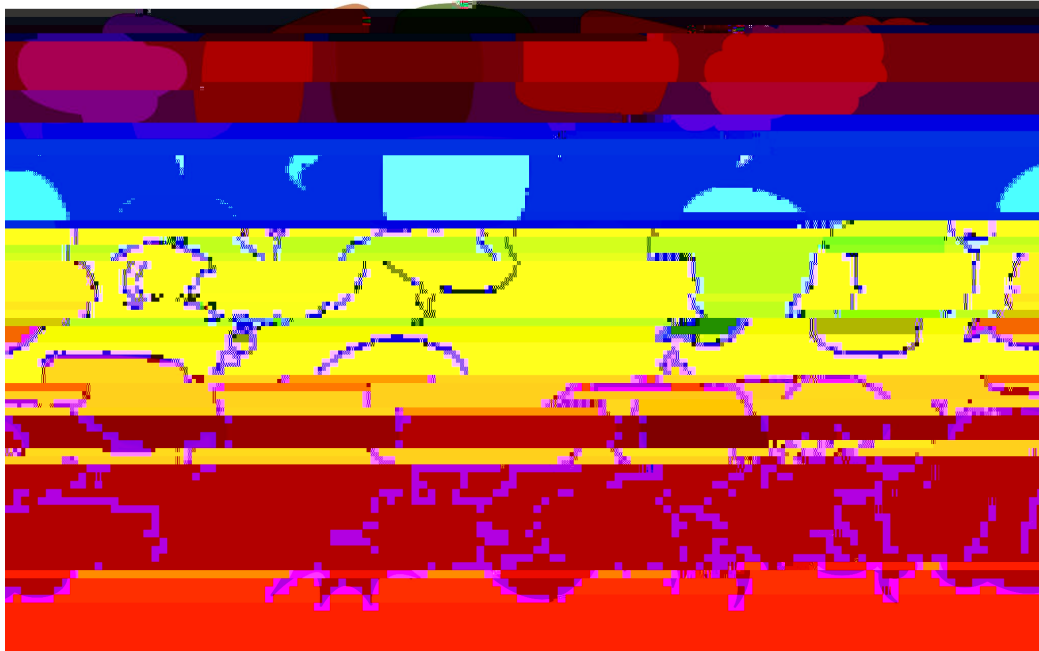


Share your name, pronouns, year @ CSUEB, major &
Name 1 positive statement about yourself (I am, I deserve, etc)





The CBT model suggests that we all have a basic set of core belief patterns, or schemas, about ourselves, the environment, and the future. See handout.

Here are a few common schemas that play into depression:

Abandonment

Seeking Approval/Recognition

Defectiveness/Shame

Dependence/Incompetence

Emotional Deprivation

Emotional Inhibition

Enmeshment/Undeveloped Self

Entitlement/Grandiosity

Failure

Insufficient Self Control/Self-Discipline

Mistrust/Abuse

Negativity/Pessimism

Punitiveness

Self-Sacrifice

Social Isolation:

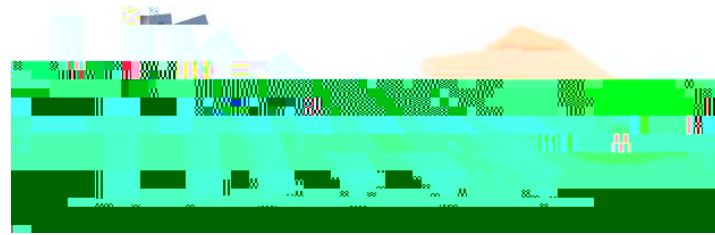
Subjugation

Unrelenting Standards

Vulnerability

*Which of these stand out as things you commonly think about yourself?
Are you consciously aware of these beliefs, or do they come up "on autopilot?"*





- What happened?
- What beliefs did this activate in you?
 - How did your body react?
 - How did you feel?
 - What did you think?
 - What did you do in response?

Distortion of
Responsibility/Guilt
(I did something wrong)

I should have done something
more/different
I did something wrong

Distortion of
Responsibility/Shame
(I am something wrong)

I don't deserve love
I am a bad person
I am bad/terrible/disgusting
I am worthless (inadequate)
I am shameful
I am unlovable
I am not (good) enough
I deserve only bad things
I cannot be trusted
I'm stupid
I am insignificant (unimportant)
I am a disappointment
I deserve to die
I deserve to be miserable
I have to be perfect

Remedy is Self-forgiveness
(I did the best I could at the time)

I did the best I could/I am
well-intentioned
I have learned (can learn) from
my mistake(s)

Remedy is Self-compassion
(I'm okay. It's okay to be human)

I deserve love. I can have love.
I am a good person
I am okay
I am worthy. I have value.
I can feel proud of myself
I am lovable
I am okay
I deserve good things
I can be trusted
I'm smart
I am significant (important)
I am okay even without others
approval
I deserve to live
I deserve to be happy
My best is good enough

Responsibility/Shame (cont'd)

I am damaged
I am ugly (hateful, disgusting)
It's my fault
I don't deserve to be happy
I'm broken/damaged
I should have known better
I am beyond forgiveness

Distortion of Safety/Vulnerability
(It's not over)

It's not safe to relax
I cannot trust myself
I cannot protect myself
I am in danger
I am not safe

Distortion of Control/Choice

I'm trapped (no choices)
I am out of control
I am powerless
I am weak
I am a failure (I will fail)
I can't stand it
I can't handle it

Self-compassion (cont'd)

I am whole. I can be whole/heal thy
I am fine as I am (attractive)
It's not my fault
I deserve happiness
I'm beginning to heal/I'm okay
I was just a child/I learn from my mistakes
I deserve forgiveness/I can learn to forgive.

Remedy is the Passage of Time
(It's over. I survived)

It's safe/okay to relax
I can trust my judgement
I can take measures to protect myself
I am safe now/It's all old stuff/It's in the past
It's over/I survived/I'm safe now.

Remedy is "I have choices now"

I have choices now
I am in control
I have power/I'm resourceful
I have strong
I can succeed
I can handle it now
I can handle it/take steps to deal with it

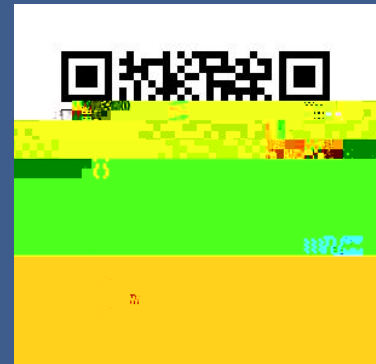
: WYSA, CBT Thought Diary, MindDoc: Your
Companion, What's Up, MboDTools, Calm, Shine, Happify
throughout every week

- support with food and housing

@pioneersforhope

Follow us on

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Think about what skills you might want to practice from home this week:

Practice *Loving Kindness Meditation*

Start to *identify your negative core beliefs* and

