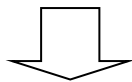
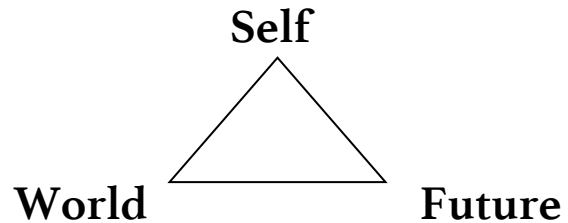
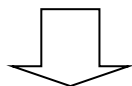


The Cognitive Model - Aaron Beck

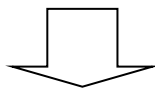
- Schema – Core beliefs, learned early in life, regarding



- Underlying Assumptions e.g., “should”, “must,” “if.....then”

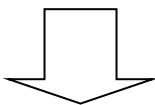


- Systemic Bias



Situational:

- Automatic Thoughts involving Cognitive Distortions (see page 2)

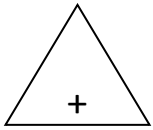



- Emotional Response (e.g., anxiety, depression, anger)

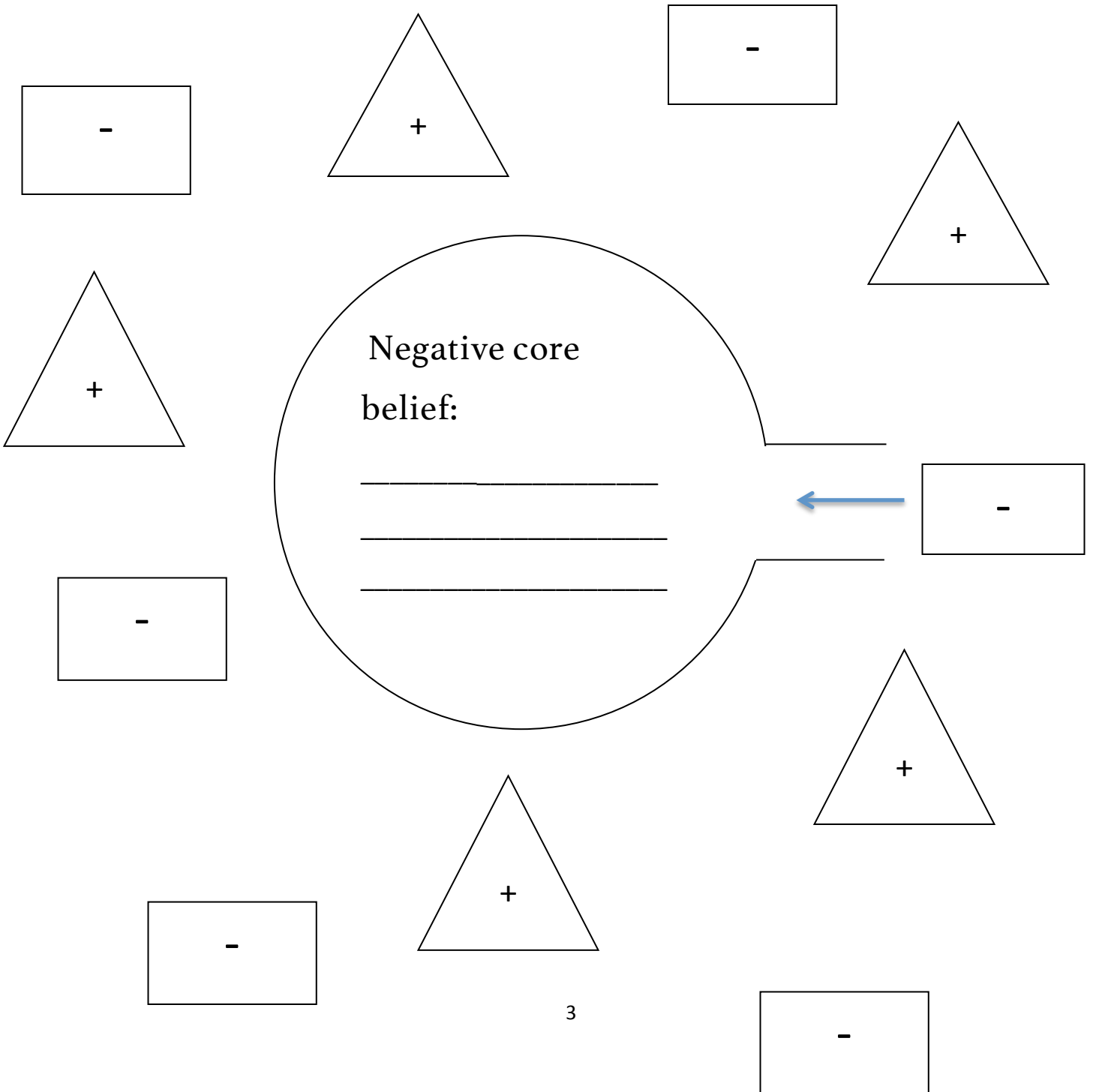
Cognitive distortions

- **Arbitrary Inference** – jumping to conclusions.
- **Overgeneralization** – concluding the general from the specific: “The new teacher smiled. She must be a very nice person”.
- **Focus on the negative** – seeing the half glass empty, focusing on the one question you got wrong on the test (out of a hundred).
- **Disqualifying the positive** – “my success doesn’t count. I was just lucky“
- **Predicting the future** – “the first girl I asked to the dance said no. no one will say yes to me”.
- **Emotional Reasoning** – drawing logical conclusions from emotional experiences “I am depressed and feeling hopeless. I will never feel better”.
- **Dichotomous (all or nothing) thinking** – seeing the black and white and ignoring the gray.
- **Private meaning (personalization)** – drawing conclusions about oneself. “My friend disagreed with my opinion. He must think I’m stupid”.
- **Should/must/always/never** – translating wishes into moral imperatives. “I should never be late. It’s inexcusable”. “I must convince my wife that I am right”.
- **Catastrophizing** – “I failed the test, it’s horrible. It’s the end of my career. No one will hire me”.
- **Labeling** – defining a person based on a specific event/behavior. “My father grounded me. He is a jerk”. “The student has not learned anything. He is lazy”. “That girl didn’t call me. I’m a loser”.
- **Mind reading** – making an inference about someone’s thoughts and feelings without their input. “My client is always late. He thinks therapy is not important”. My husband forgot my birthday. He doesn’t love me”.
- **Selective abstraction** – taking things out of context.
- **Ideation** – a second stream of mal-adaptive thoughts. Occurs when we verbalize the initial thoughts.

CBT – Perception of events

 = positive event

 = negative event



Thought and Mood Record

date_____

Situation/Event (Who, What, Where, When)	Automatic thoughts	Mood/ Emotions: Rate: 1-10 (e.g. anger-5)	Physical sensations: (What and where) (e.g. pressure in chest)

Evidence that support that thought	Possible cognitive distortions (see list)	Evidence that does not support that thought	Alternative thought or explanation:	Mood/ Emotions: Rate: 1-10 (any changes)?

Optional: Times in early life you felt this way: (describe shortly)