Getting Unstuck

Presented by CSUEB Counseling Services
Week 2 - Depression and Core Beliefs
Loving Kindness Meditation
Introductions:
Share your name, pronouns, year @ CSUEB, major &
What is 1 positive statement (I am.., I deserve…) you believe
about yourself?
A Few Zoom Guidelines

• Please mute your audio while others are talking and type any questions into the chat box
• Your video can be off or on, whatever makes you most comfortable
• Confidentiality, and Zoom limitations
Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
Common Core Beliefs (Schemas)

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?”
# List of Negative and Positive Cognitions

<table>
<thead>
<tr>
<th>Negative Cognitions</th>
<th>Positive Cognitions</th>
<th>Negative Cognitions</th>
<th>Positive Cognitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distortion of</td>
<td>Remedy is Self-forgiveness</td>
<td>Responsibility/Shame (cont’d)</td>
<td>Self Compassion (cont’d)</td>
</tr>
<tr>
<td>Responsibility/Guilt</td>
<td>(I did the best I could at the time)</td>
<td>I am damaged</td>
<td>I am whole. I can be whole/healthy</td>
</tr>
<tr>
<td>(I did something wrong)</td>
<td>I am well-intentioned.</td>
<td>I am ugly (hateful, disgusting)</td>
<td>I am fine as I am (attractive...)</td>
</tr>
<tr>
<td>I should have done something</td>
<td>I have learned (can learn) from my mistake(s)</td>
<td>It’s my fault</td>
<td>It’s not my fault</td>
</tr>
<tr>
<td>I did something wrong</td>
<td></td>
<td>I don’t deserve to be happy</td>
<td>I deserve happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I’m broken/damaged</td>
<td>I’m beginning to heal/ I’m okay</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I should have known better</td>
<td>I was just a child / I learn from my mistakes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I am beyond forgiveness</td>
<td>I deserve forgiveness/ I can learn to forgive.</td>
</tr>
<tr>
<td>Distortion of</td>
<td>Remedy is Self-compassion</td>
<td>Distortion of Safety/Vulnerability</td>
<td>Remedy is the Passage of Time</td>
</tr>
<tr>
<td>Responsibility/Shame</td>
<td>(I’m okay. It’s okay to be human.)</td>
<td>(It’s over)</td>
<td>(It’s over. I survived)</td>
</tr>
<tr>
<td>(I am something wrong)</td>
<td>I deserve love. I can have love.</td>
<td>It’s not over</td>
<td>It’s over/ I survived/ It’s all old stuff/ It’s in the past</td>
</tr>
<tr>
<td>I don’t deserve love</td>
<td>I am good person</td>
<td>It’s not safe to relax</td>
<td>It’s over/ I survived/ I’m safe now.</td>
</tr>
<tr>
<td>I am a bad person</td>
<td>I am okay</td>
<td>I cannot trust myself</td>
<td>I can trust my judgment</td>
</tr>
<tr>
<td>I am bad/terrible/disgusting</td>
<td>I am worthy. I have value.</td>
<td>I cannot protect myself</td>
<td>I can take measures to protect myself</td>
</tr>
<tr>
<td>I am worthless (inadequate).</td>
<td>I can feel proud of myself.</td>
<td>I am in danger</td>
<td>I am safe now/ It’s all old stuff/ It’s in the past</td>
</tr>
<tr>
<td>I am shameful</td>
<td>I am loveable.</td>
<td>I am not safe.</td>
<td></td>
</tr>
<tr>
<td>I am unlovable</td>
<td>I am okay.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I do not deserve good things</td>
<td>I deserve good things.</td>
<td></td>
<td></td>
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<tr>
<td>I cannot be trusted</td>
<td>I can be trusted.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I’m stupid</td>
<td>I’m smart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am insignificant (unimportant)</td>
<td>I am significant (important)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am a disappointment</td>
<td>I am okay even without others’ approval</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I deserve to die</td>
<td>I deserve to live</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I deserve to be miserable</td>
<td>I deserve to be happy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have to be perfect</td>
<td>My best is good enough</td>
<td></td>
<td></td>
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</tbody>
</table>

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The Domino Effect - Core Beliefs and Mood

**Situation:** I asked a classmate to be my partner for a group assignment. She said no.

**Core beliefs:** Failure, abandonment, defectiveness, social isolation

**Physical impact:** Upset stomach, tired, lost appetite, got really hot

**Emotional impact:** Sad, ashamed, embarrassed, rejected, lonely, irritable

**Cognitive impact:** “I knew I shouldn’t have asked her, she’s way smarter than me. If we had worked together, I only would have brought down her grade. I’m so stupid. She must hate me.”

**Behavioral impact:** Left class early to avoid anyone else rejecting me. Maybe I need to drop this class, I’ll never find a partner and will probably fail this group assignment.

**How does this cycle strengthen the negative schema? How does it impact depression?**

**Can you imagine a different core belief, that would have led to a different outcome?**
Personal Reflection - What is My Domino Effect?

Take a moment to reflect on how this cycle may work in your own life.

- **Recent hard situation** - What happened?
- **Core beliefs** - What beliefs did this activate in you?
- **Physical impact** - How did your body react?
- **Emotional impact** - How did you feel?
- **Cognitive impact** - What did you think?
- **Behavioral impact** - What did you do in response?
Additional Resources

- CBT apps: CBT Thought Diary, MindDoc: Your Companion, What’s Up, MoodTools
- Counseling Groups throughout every week
- Virtual RAW events, especially Mindful Minutes
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Check Out

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

- Identifying your negative core beliefs and meditate on the positive beliefs you want to internalize
- Noticing when you are in a “domino effect” cycle
- Loving Kindness Meditation

Next week we will practice interrupting this cycle. We hope you can join us!
thank you