

Getting Unstuck



**Presented by CSUEB Counseling Services
Week 2 - Depression and Core Beliefs**



Loving Kindness Meditation ²

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

Negative Cognitions

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 unloveable
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

Positive Cognitions

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 good person
I am okay
I am worthy. I have value.
I can feel proud of myself.
I am loveable.
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

Negative Cognitions

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

Positive Cognitions

Self Compassion (cont'd)
I am whole. I can be whole/healthy
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 judgment
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 now in control
I have power/I am resourceful
I am strong
I can succeed
I can handle it now
I can handle it / take steps to deal with it

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!



