Getting Unstuck

Presented by CSUEB Counseling Services
Week 1 - Depression and Core Beliefs
Let’s Stretch . . .
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
Introductions:
Share your name, year @ CSUEB, major &
Agenda for today’s group

● What is depression?
● Introduction to Cognitive Behavioral Therapy (CBT)
● Core beliefs and impact on mood
● Butterfly Hug exercise
Causes of Depression

Depression does not have a single cause. It can be triggered by a life crisis, physical illness, or other life experience—or it can occur spontaneously.

Various factors can contribute to depression including trauma, genetics, life circumstances (including structural oppressions), other medical conditions, and drug and alcohol misuse.

The good news: Depression is treatable, and the skills that we will practice in these workshops have been shown to reduce the intensity of depressive symptoms when used consistently.
How do you tell the difference?

Sadness:
- A normal, painful, response to challenging life events.
- Usually passes when the event passes.
- Something we all experience at some point

Depression:
- May or may not include feelings of sadness
- Persists most of the time
- Includes a cluster of symptoms
- May or may not be triggered by a painful experience, so a person might not identify a reason for symptoms.
Common Symptoms of Depression

- Self-criticism
- Difficulty Concentrating
- Low mood or persistent sadness
- Fatigue or low energy
- Withdrawing from friends, family, or pets
- Suicidal thoughts or preoccupation with death
- Crying spells
- Suicide attempts
- Changes to sex drive
- Poor hygiene
- Anger or irritability
- “Self medicating” with alcohol or drugs
- Changes to eating or weight

- Worry about something awful happening
- Guilt
- Changes in appetite
- Unexplained aches and pains
- Numbness or feelings of emptiness
- Changes in sleep
- Gastrointestinal problems
- Physical restlessness or lethargy
- Heaviness in the body
- Hopelessness
- Fear of rejection
- Loss of pleasure for the things you used to enjoy
- Inability to make decisions

Which symptoms stand out that you may have experienced? Are there any on the list that are surprising to you?
Cognitive Behavioral Therapy

Research shows that Cognitive Behavioral Therapy (CBT) is one of the most effective ways to address symptoms of depression. CBT focuses on changing our thoughts and behaviors. If we change how we are acting or thinking about our situation, that will often shift how we feel.

Imagine you’re walking across campus, say hi to someone you know, and they don’t say anything back to you. What are some thoughts you could have about that interaction? How do those thoughts make you feel, and then react?

Depression can cause us to get stuck in a specific, negative perspective of the world. We can think of this as lies that depression tells us. The CBT model helps us learn to challenge the unhelpful schema and see reality from a more balanced perspective.
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.

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?”*
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

- Counseling Groups throughout every week
- Virtual RAW events, especially Mindful Minutes
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Butterfly Hug for Self-Soothing
Take care!

- Thank you for joining us!
- Think about what skills you might want to practice from home this week:
  - Noticing your symptoms as related to depression
  - Identifying your core beliefs
  - Noticing when you are in a “domino effect” cycle
  - Butterfly Hug exercise

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