Getting Unstuck

Presented by CSUEB Counseling Services
Week 10- Rewriting Your Story
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, pronouns, year @ CSUEB, major &
Name 1 self affirmation
Agenda for today’s group

- Lies depression tells us
- Rewriting the story
Lies Depression Tells Us

1. We don’t really have depression
2. There is no hope
3. We don’t deserve help and support
4. We are a burden
5. There’s no point asking for help
6. We are the worst
7. We don’t deserve nice things
8. We’re not good enough
9. Nobody really cares about us
10. Everything is our fault

Which of these lies has your depression told you?

How does it feel to see them as lies, instead of accepting them as true?

Listen to the Hilarious World of Depression podcast for more on this.
Rewriting the Story

- What are you that is more than your depression? Think about the relationships, goals, and accomplishments that set yourself apart from the lies depression tells you.
- Are there any ways your depression has tried to help or protect you?
- Are there times the depression tried to trick you and you didn’t fall for it?
- Are there ways you could remind yourself to catch the depression when it tries to trick you?
- Imagine yourself talking back to depression when it is telling you those lies. What would you say? How would depression respond?
“The story of your life has an objective impact on your mental health. Being aware of that is really important. ‘Hey, I’m not only the main character; I’m also the author. The way we tell our stories could be even more important than whether good or bad things happen to us. In (Alfred) Adler’s studies, the participants who had the best psychological outcomes didn’t necessarily have easy lives, or experience less suffering than other people. However, they had written constructive, meaningful stories about their experiences.”

“How rewriting your story helps depression” by Jehan Casinader

- Reflections on this?
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
Take care!

- Thank you for joining us!
- Think about what skills you might want to practice from home this week:
  - Noticing when your depression is telling you a lie
  - Rewriting your story