

The Struggle Is Real

Week 2: Depression and Core Beliefs
Presented by CSUEB Counseling Services



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Introductions:

Share your name, pronouns, year @ CSUEB, major &
Name 1 positive statement about yourself (I am, I deserve, etc)



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?”***

The Domino Effect: Core Beliefs & 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?

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 unlovable

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 a good person

I am okay

I am worthy. I have value.

I can feel proud of myself

I am lovable

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 judgement

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 in control

I have power/I'm resourceful

I have strong

I can succeed

I can handle it now

I can handle it/take steps to deal with it

Additional Resources

- **CBT apps:** Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing @pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**



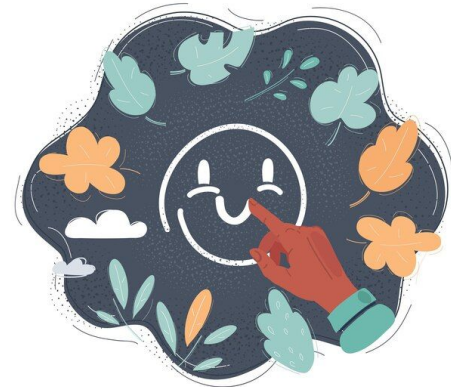
Check Out

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

- Practice *Loving Kindness Meditation*
- Start to *identify your negative core beliefs* and *meditate on the positive beliefs* you want to internalize
- Start to notice when you're in a "*domino effect*" cycle

Next week we will practice interrupting this cycle. See you then!

YOU
Got this



Thank you



for your time!