The Struggle Is Real

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

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.
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!
Thank you for your time!