

## **Session 7: Challenging Beliefs and Introduction of Modules**

### **Practice Assignment:**

Use the Challenging Beliefs Worksheets (Handout 8.1) to analyze and confront at least one of your Stuck Points each day. Also, please read over the Safety Issues Module (Handout 8.3) and think about how your prior beliefs were affected by your trauma. If you have safety issues related to yourself or others, complete at least one worksheet to confront those beliefs. Use the remaining sheets for other Stuck Points on your Stuck Point Log (Handout 6.1) or for distressing events that have occurred recently.

### **Session 7 Handouts:**

8.1: Challenging Beliefs Worksheet (6 copies included)

8.3: Safety Issues Module

**HANDOUT 8.1**  
**Challenging Beliefs Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323"><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031"><b>G. Re-Rate Old Thought/Stuck Point</b> Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144"><b>H. Emotion(s)</b> Now what do you feel? Rate it from 0 to 100%.</p>

**HANDOUT 8.1**  
**Challenging Beliefs Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323"><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031"><b>G. Re-Rate Old Thought/Stuck Point</b> Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144"><b>H. Emotion(s)</b> Now what do you feel? Rate it from 0 to 100%.</p>

**HANDOUT 8.1**  
**Challenging Beliefs Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323"><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031"><b>G. Re-Rate Old Thought/Stuck Point</b> Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144"><b>H. Emotion(s)</b> Now what do you feel? Rate it from 0 to 100%.</p>

**HANDOUT 8.1**  
**Challenging Beliefs Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323"><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031"><b>G. Re-Rate Old Thought/Stuck Point</b> Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144"><b>H. Emotion(s)</b> Now what do you feel? Rate it from 0 to 100%.</p>

**HANDOUT 8.1**  
**Challenging Beliefs Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323"><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031"><b>G. Re-Rate Old Thought/Stuck Point</b> Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1307"><b>H. Emotion(s)</b> Now what do you feel? Rate it from 0 to 100%.</p>

**HANDOUT 8.1**  
**Challenging Beliefs Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323"><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031"><b>G. Re-Rate Old Thought/Stuck Point</b> Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144"><b>H. Emotion(s)</b> Now what do you feel? Rate it from 0 to 100%.</p>

**HANDOUT 8.3**  
**Safety Issues Module**

**Safety Beliefs Related to SELF:** The belief that you can protect yourself from harm and have some control over events.

**PRIOR EXPERIENCE**

<b>Negative</b>	<b>Positive</b>
If you repeatedly experienced dangerous and uncontrollable life situations, you may have developed negative beliefs about your ability to protect yourself from harm. A new traumatic event may seem to confirm those beliefs.	If you have had positive prior experiences, you may develop the belief that you have control over most events and can protect yourself from harm. The traumatic event may have shattered this belief.
<b>Symptoms Associated with Negative Safety Beliefs about the Self</b>	
<ul style="list-style-type: none"> <li>• Chronic and persistent anxiety</li> <li>• Intrusive thoughts about themes of danger</li> <li>• Irritability</li> <li>• Startled responses or physical arousal</li> <li>• Intense fears related to future victimization</li> </ul>	
<b>Examples of Possible Stuck Points</b>	
<p>“I can’t protect myself from danger.”</p> <p>“If I go out, I will be hurt.”</p> <p>“When I feel fear, that means I am in danger.”</p>	

**POSSIBLE RESOLUTIONS**

<b>If you previously believed that . . .</b>	<b>A possible alternative thought may be . . .</b>
“It can’t happen to me,” then you will need to resolve the conflict between this belief and the traumatic event.	“It is unlikely to happen again, but the possibility exists. Even if it does, I have more skills I can use to manage my reactions.”
“I can protect myself from any harm,” then you will need to resolve the conflict between your prior beliefs and the traumatic event.	“I do not have control over everything that happens to me, but I can take precautions to reduce the risk of future traumatic events.”
“I cannot protect myself,” then the new traumatic event will seem to confirm these beliefs. New beliefs must be developed that are more balanced regarding your ability to keep yourself safe.	“I do have some ability to keep myself safe, and I can take steps to protect myself from harm.”

*(continued)*



**Safety Beliefs Related to OTHERS:** Beliefs about the dangerousness of other people and expectancies about the intent of others to cause harm, injury, or loss.

**PRIOR EXPERIENCE**

<b>Negative</b>	<b>Positive</b>
If you experienced people as dangerous in early life, or if you believed violence to be a normal way of relating, the new traumatic event will seem to confirm these beliefs.	If you experienced people as safe in early life, you may expect others to keep you safe and not cause harm, injury, or loss. The traumatic event may have caused a disruption in this belief.
<b>Symptoms Associated with Negative Safety Beliefs about Others</b>	
<ul style="list-style-type: none"> <li>• Avoidant or phobic responses</li> <li>• Social withdrawal</li> </ul>	
<b>Examples of Possible Stuck Points</b>	
<p>“The world is very dangerous everywhere.”</p> <p>“People will always try to harm me.”</p> <p>“There is nowhere safe to be.”</p>	

**POSSIBLE RESOLUTIONS**

<b>If you previously believed that . . .</b>	<b>Possible alternative thoughts may be . . .</b>
“Others are out to harm me and most people will hurt me if they can,” then you will need to modify this belief, or it will be impossible to have trusting, happy relationships with others.	“There are some people out there who are dangerous, but not everyone is out to harm me in some way.”
“I will never be hurt by others,” then you will need to resolve the conflict between this belief and the victimization.	“There may be some people who will try to harm me, but not everyone I meet will hurt me. I can take precautions to reduce the likelihood that others can hurt me.”