

## Working to Identify Changed Beliefs

When working to help clients recognize what they have learned in therapy, it is helpful to have them identify how their beliefs have changed.

Use the following questions to prompt identification of beliefs and then progress through each column to identify how their belief in those beliefs and the actual beliefs have changed.

What did you believe about whose fault the abuse was before therapy?

What did you believe was the reason for the abuse before therapy?

What did you believe how the abuse affected you before therapy?

What did you understand about abuse before therapy?

What did you understand about telling about abuse before therapy?

What did you believe about whether therapy would help before therapy?

Example:

Belief prior to therapy	% believed that belief prior to therapy	% believe that belief after Trauma Narration/Processing	New/changed belief(s) after Trauma Narration/Processing	% believe new belief
The abuse happened because something is wrong with me.	100%	10%	1.What happened was not my fault and I did not cause it. 2.The abuse is all his fault. 3.There is nothing wrong with me.	1.95% 2.100% 3.90%

### Changed Beliefs

Belief prior to therapy	% believed that belief prior to therapy	% believe that belief after Trauma Narration/Processing	New/changed belief(s) after Trauma Narration/Processing	% believe new belief