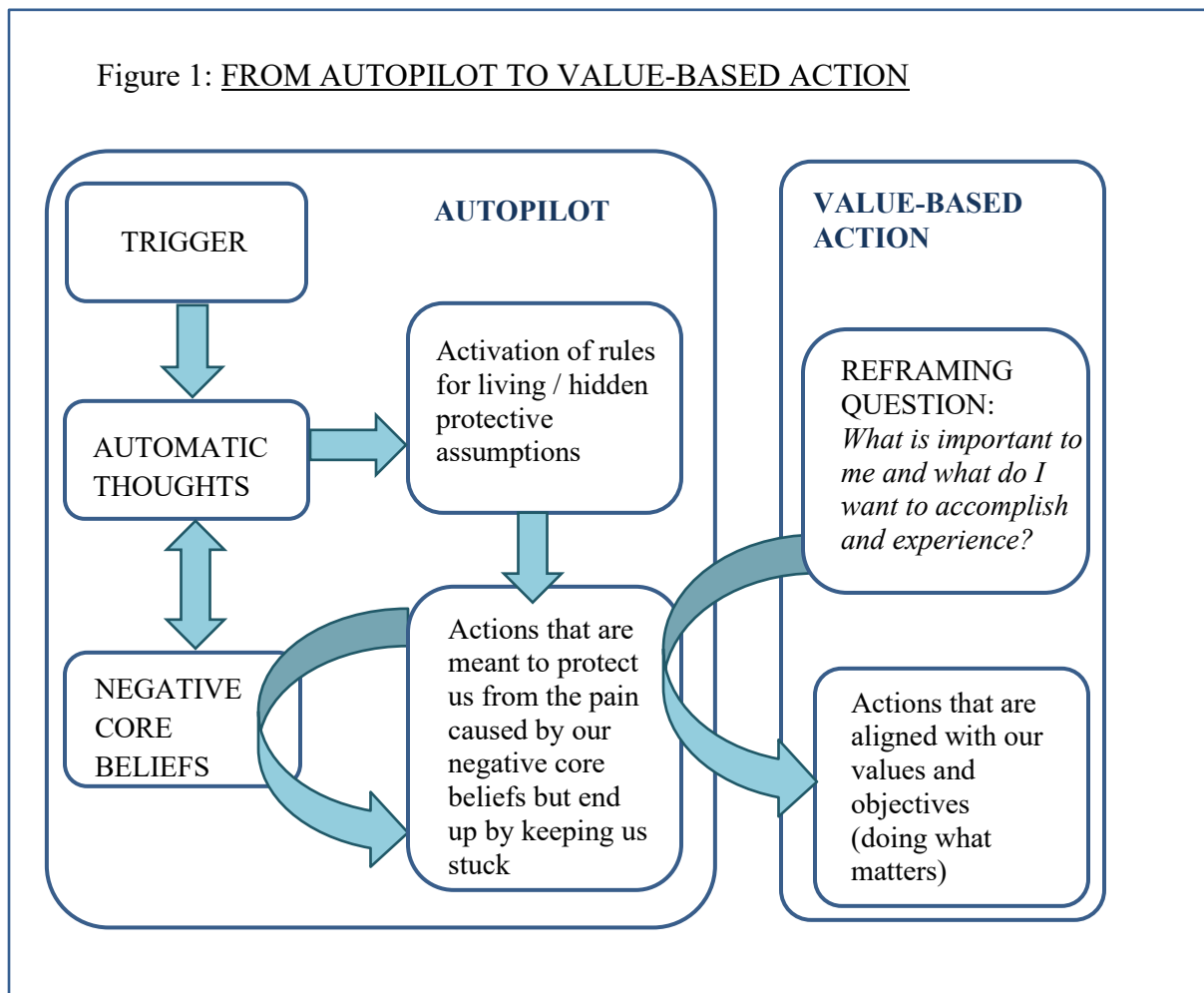




OVERCOMING DEPRESSION: MEETING 11
THE CORE OF IT - 2

AUTOMATIC THOUGHTS	CORE BELIEFS	HIDDEN PROTECTIVE ASSUMPTIONS	VALUES
<ul style="list-style-type: none"> - Less fully endorsed - Situation specific - Tend to change when all facts about the situation are examined - Use <i>Perspective Taking</i> worksheet to challenge your automatic thoughts one situation at a time 	<ul style="list-style-type: none"> - Believed to represent the truth about self, other people or life in general - Are experienced across variety of situation - Are sometimes hidden deep down as we wonder about our over-reaction - Change only after a sustained effort when we let go of our unnecessary protective assumptions / rules for living - Use <i>Adjusting Core Beliefs</i> and <i>Doing What Matters</i> to tackle your negative core beliefs 	<ul style="list-style-type: none"> - Guide our responses to triggering situations - Become very habitual – we might feel like we are acting on autopilot despite having promised ourselves to do things differently - Are meant to protect us from hurt and danger - Get implemented whenever we start to feel overwhelmed by our negative core beliefs. 	<ul style="list-style-type: none"> - Things and concepts that are important to us like being connected to others, affection, curiosity, self-reliance etc. - Who we want to be; what we hope will define us and our lives.

Figure 1: FROM AUTOPILOT TO VALUE-BASED ACTION



Each negative core belief hides something we value. We hurt because we realize that we are missing something of importance. Use the table below to see if you can find what is important to you within the negative beliefs that keep you stuck.

NEGATIVE CORE BELIEF	HIDDEN PERSONAL VALUE (Usually the opposite of what you dislike about yourself)	HOW CAN THIS VALUE BE DEFINED IN TERMS OF ACTIONS OR PERSONAL CHARACTERISTICS	WHAT SIMPLE THINGS CAN I DO ON EVERYDAY BASIS TO LIVE ACCORDING TO THAT VALUE
I am a burden	Independence; self-reliance	Be able to do as much for myself as I can Not impose on other people	Attend to my self-care as much as possible Participate in the simple chores that I can still handle Curb the complaining habit
I am not good enough ¹	Not good enough for this job: the hidden value is expertise	Have the ability to do what needs to be done and progress within my field	Learn and practice new skills Remind self that all learners know "squat" as they begin to learn
	Not good enough for that person: the hidden values are personal attractiveness	Act in a way that attracts people - be interesting, warm, welcoming	Talk about your interests (from home baking to video games to nuclear physics) Try out new things Make eye contact; listen, act welcoming Take reasonable care of your appearance and health

¹ Some of our core beliefs need to be broken down into smaller pieces. If we believe ourselves to be *not good enough*, we need to clarify what is it that we are *not good enough at being*, zoom on the area that is the most important for us and then work on that first.

DOING WHAT MATTERS

A: UNDERSTANDING OUR REACTIONS

1: Describe the situation that activated your negative core belief about yourself. Keep in mind this situation might not always be something that is objectively hurtful – sometimes our negative core beliefs are activated by opportunities such as an opportunity to get a better job or to form a new relationship.

2: What negative core belief came to your mind:

On a scale from 0 to 100%, how much do you believe this to be true about yourself?

3: Complete the sentences below and circle the one that applies the most. This will help you identify your hidden assumptions and the negative core beliefs that these assumptions are meant to protect you from.

If I don't want to feel like a _____ then I have to _____
insert the negative core belief that keeps you stuck *write down what you typically do or have an urge to do in such situations*

If I don't want to feel like a _____ then I have to _____

If I don't want to feel like a _____ then I have to _____

B: VALUES AND OBJECTIVES VS. URGES AND HABITS

1: Write down the objectives you would like to accomplish when dealing with this situation. Make sure that your objectives represent tangible outcomes such as "To be able to say what I need without excessive anger". "I want to send a job application". Avoid emotional objectives such as "I don't want to feel uncomfortable."

2. What personal values are you going to be able to uphold by following these objectives?

PLAN

3: What do you need to do to follow your objectives? Write down your plan:

URGES AND HABITS

6: What apprehensions / thoughts come to your mind as you look at your plan?

4: What are the costs of following your plan?

5: What are the benefits of following your plan?

7: What are the benefits of acting according to these thoughts?

8: What are the costs of giving into these thoughts?

C: LEARNING OUR LESSONS

IMPLEMENT YOUR PLAN.

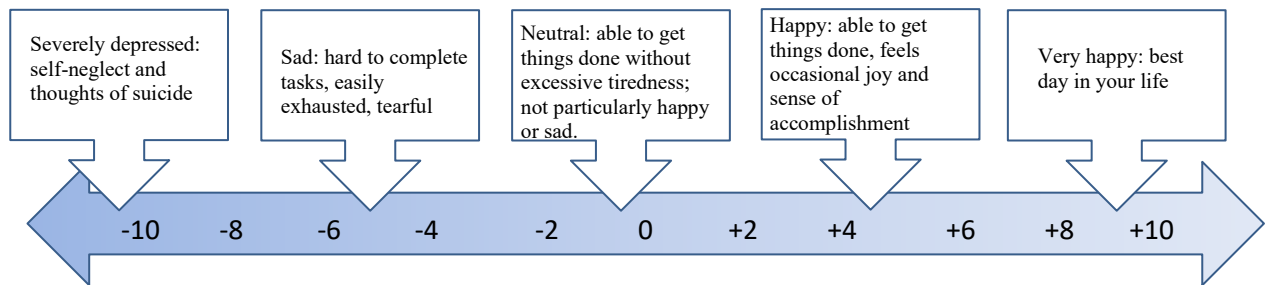
1: What was the outcome?

2: What have you learnt?

3: What are your next steps?

4: Now that you have implemented your plan, how much do you believe the negative core belief that was activated by this situation (0 to 100%)?

KEEPING TRACK AND KEEPING HONEST



DATE:							
Rate your overall mood for the day using the scale above and mark it on the graph.	+10						
	+8						
	+6						
	+4						
	+2						
	0						
	-2						
	-4						
	-6						
	-8						
-10							
What challenges / stresses were you faced with today?							
Did you engage in any meaningful activity? If so, what was it?							
What skill have you practiced?	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters	<input type="checkbox"/> Engage in meaningful activity <input type="checkbox"/> Thought Record <input type="checkbox"/> Challenge Assumptions <input type="checkbox"/> Thinking Redirection <input type="checkbox"/> Doing what Makes Sense <input type="checkbox"/> Adjusting Core Beliefs <input type="checkbox"/> Doing what Matters
What other things were you able to accomplish?							