

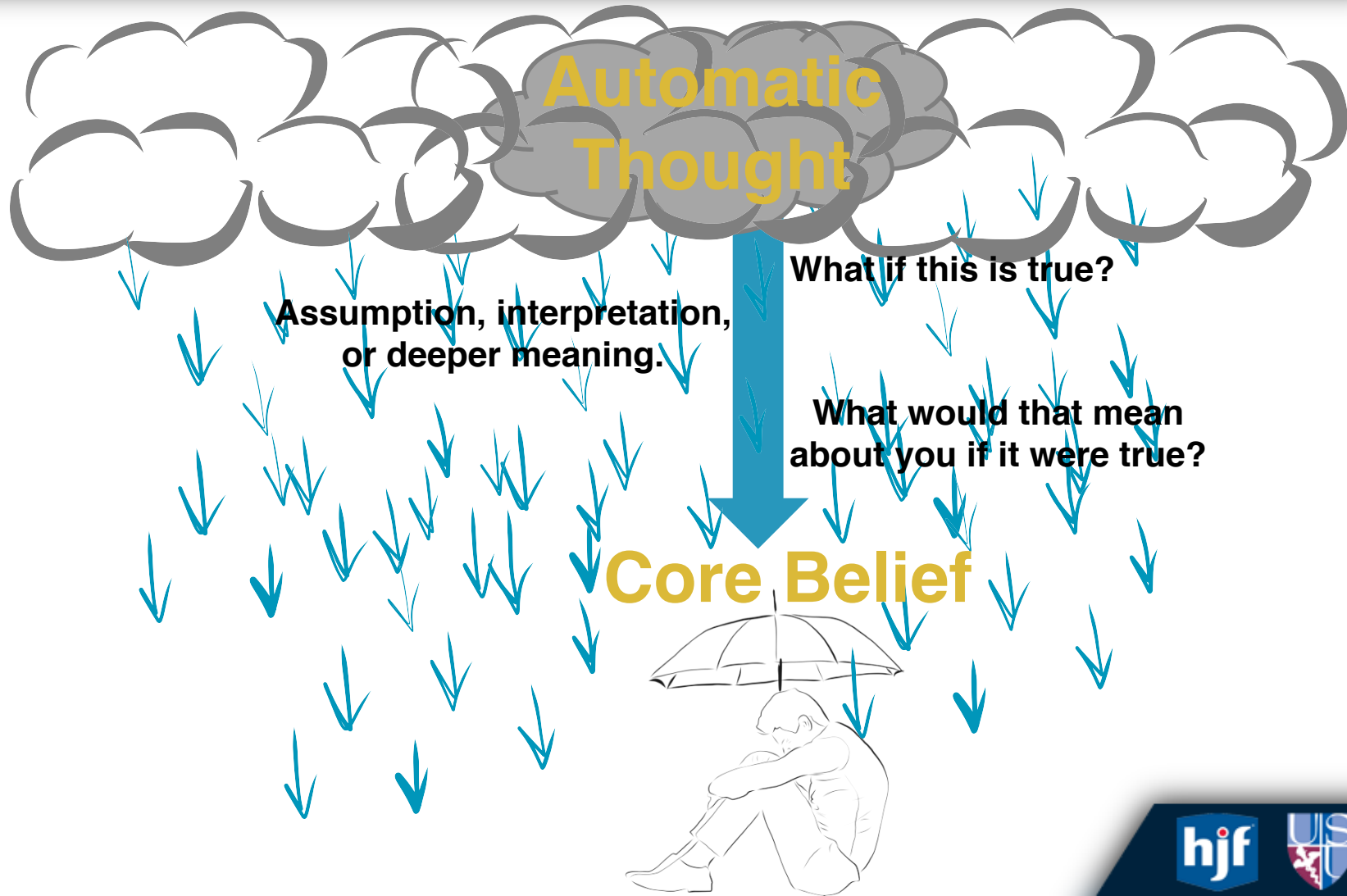


Identification of Core and Intermediate Beliefs

1. Examine thoughts, looking for common themes.
2. Downward arrow technique.



Downward Arrow Technique: General Process





Downward Arrow Technique: Suicidal Ideation

Therapist

You mentioned that when your boyfriend stated he wanted to end the relationship, you had the thought that you would be better off ending your life. Can you explain further what was going on in your mind at that time?

Patient

I was thinking that without him, I would have nothing left to live for. He was such a big part of what made me happy.

You'd talked about how you have parents and a sister, a network of friends, and a promising career. What makes you feel as though you have nothing left to live for?

I know that my family love me. But it's different now that I'm grown up. And with my friends...it's also different. And I've had a hard time keeping a relationship with a man.



Downward Arrow Technique: Suicidal Ideation

Therapist

What does not being in a relationship mean to you?

Patient

It means there's something wrong with me- like I'm not good enough for someone to want to stay with me.

What does it mean that someone doesn't want to stay with you?

It means that I'm a loser... that I'm unlovable.



Downward Arrow Technique: Insomnia

Therapist

It's taking me a lot more effort to focus.

Patient

And what would happen if things take more effort?

I'll have to be prompted in the morning meeting.

And if you have to be prompted in the morning meeting? If you're not on top of everything?

I'm worried that I'm going to embarrass myself in front of everyone.

What would happen if you embarrassed yourself in front of everyone?



Downward Arrow Technique: Insomnia

Therapist

I can't have a situation where anybody thinks I can't do my job.

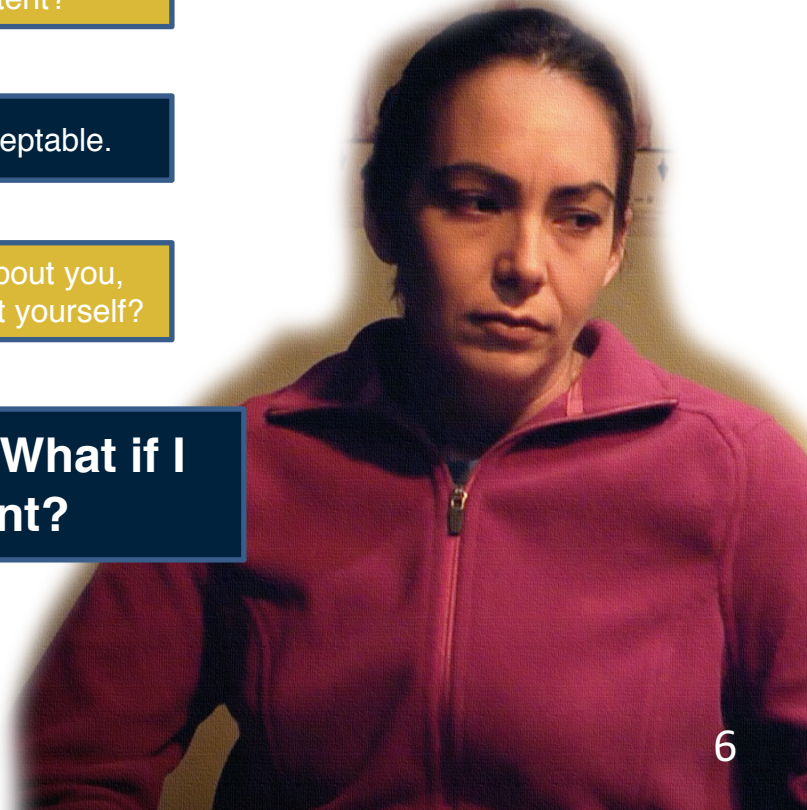
Patient

If you can't do your job, others may think you're incompetent?

That's completely unacceptable.

If your boss thinks that about you, what might you think about yourself?

What if he's right? What if I am incompetent?





Downward Arrow Technique: Depression

Therapist

I worry that Jessica doesn't love me anymore.

Patient

And what would that mean if she didn't love you anymore?

She already told me that if things don't get better, she'll probably divorce me.

What would it mean to you if you ended up getting divorced?

It would mean I messed up everything.

If your family didn't stay together, what would that mean about you as a person?

It would mean I'm a failure.