

Crushing Self-Defeating Beliefs Outline

1 EDUCATION ABOUT SDB'S

What we think matters. What is a Self-Defeating Belief (SDB)?

- ▶ SDB is the root of a tree, the unconscious values driving the negative thoughts, it's branches.
- ▶ Self-esteem equation: SDB + upsetting event => Negative Thoughts (NT) => depression, anxiety, relationship conflicts
- ▶ Fundamental belief: I don't have what I need to be happy. Either internally (intelligence, strength, etc.) or externally (love, success, etc.)
- ▶ Difference between a SDB and a NT. NT occurs in the moment. SDB is always in the background and is activated during emotional distress.

2 DISCOVERING YOUR SDB'S

Start with a DML (or at least a moment in time when you were struggling) AND choose a NT. Alternatively you can just read over the list of Self Defeating Beliefs and see which resonate with you!

Use one or more of the five uncovering techniques (can switch between them):

1. Individual Downward Arrow

NOTE: If you end up in a loop on the downward arrow – bracket 2 loops together. If client cries sit with that emotion. Doesn't matter if you get to the bottom. Can do it more than once. Review the list of SDB even if you only get partway through the downward arrow. Its' ok if the downward arrow goes into a branching tree.

2. Interpersonal Downward Arrow

3. What-If Technique

4. Hidden Emotion Technique

5. SDB Survey or Questionnaire

- a. Simple – read through the list
- b. Advanced – David's survey

3 NEXT STEP DO A CBA

After Identifying the SDB's choose one and do a CBA on it. Even better do both Positive Reframing FIRST then a CBA. While this may seem redundant, SDB are well embedded in our Psyche so often need extra help in addressing the resistance.

4 METHODS TO CHANGE YOUR SDB

START with **Semantic Technique**:

- ▶ Based on the idea that words themselves matter when conveying an idea, even if the idea is true.
- ▶ Talk to yourself with a little compassion. Restate your Self-Defeating Belief in a kinder, more positive way.
- ▶ Omit any errors or distortions in the process. Keep the good, get rid of the self-defeating part!
- ▶ Make sure this new belief is true! 100%. Keep rewording it till it is!

NOTE: If you are having a hard time restating your belief, you may need to use some other tools from the list.

Follow up with any of the methods below:

Upward Arrow (Credit to Heather Clague, MD) to help solidify your new Healthy Belief and to help with motivation and integration of that belief. Use for ANY Restated Belief and/or Be Specific Goal you created.

- ▶ We sometimes need some other tools to give our "new belief" more power!
- ▶ Ask yourself a series of questions repeatedly till you flush out all the motivation to move forward and/or believe your new thought.

- ▶ Do this like you would a downward arrow. Asking yourself these questions 5-10 times:
“What would that be like? Why would that be important to you? How would that look?”

Experimental Techniques: Pleasure predicting sheet, perfection sheet, survey, etc.

Feared Fantasy:

1. Submissiveness – No Practice
2. Approval Addiction / Perceived Perfectionism – I Judge You
3. Achievement / Love Addiction – High School Reunion

Socratic Questioning

Let's Define Terms

Worst, Best, Average

ANY method you'd use to crush a NT!