DEVELOPING NEGATIVE COGNITIONS

Links to the presenting complaint
- Past is remanifesting in the present
- Self-referencing
- Generalizable
- Childlike perspective

Magic Questions
- “What does that say about you as a person?”
- “What quality does a person possess who…?”

- Core irrational belief (metaperspective)
- Accurately focuses on client’s presenting issue
- Resonates with client’s associated affect
- “What type of people…?”

DEVELOPING POSITIVE COGNITIONS

Adaptive perspective to BOTH past incident AND presenting complaint
- Adaptive perspective
- Initially acceptable/somewhat believable as a desired goal
- Strong internal locus
- Self-referencing
- Generalizable

Accurately focuses on the client’s desired direction of change
- Along a polar continuum from NC
- NOT a negation of the NC (“I am NOT weak” would be “I am strong”)
- NOT magical thinking or absolute (“It didn’t happen” “I will always be safe”)

NEGATIVE BELIEF (COGNITION) HIERARCHY POSITIVE

<table>
<thead>
<tr>
<th>Negative Belief</th>
<th>Hierarchy</th>
<th>Positive Belief</th>
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</thead>
<tbody>
<tr>
<td>“I am powerless”</td>
<td>Choice</td>
<td>“I can control”</td>
</tr>
<tr>
<td>“I am going to die”</td>
<td>Safety</td>
<td>“It’s over”</td>
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<tr>
<td>“I did…”</td>
<td>Responsibility</td>
<td>“I did the best I could”</td>
</tr>
<tr>
<td>“I am…”</td>
<td>Responsibility</td>
<td>“I am ok”</td>
</tr>
</tbody>
</table>

Survival Developmental Stage (0-2)
Unconscious/Limbic System
Emotions & Sensations -- flight, flight, freeze
Externally focused - internalizing

Responsibility (2-4 yrs)
Unconscious
Emotions & sensations (shame based)

(3-7 yrs)
Unconscious & conscious
Emotions & sensations (guilt - behaviors)
External locus - internalizing

Safety (6-12 yrs)
Conscious
Emotions & sensations - anxiety
Internal locus (externalizing) and recognizes unsafe environment.

Choice (10→)
Conscious
Emotions and sensations (anxiety & depression)
External locus - environmental deficits limited choices
Choices and control. As clients we have very little control. So locus of control is externalized. The challenge it to internalize the control. Want it along a continuum.

Roy Kiessling