

DEVELOPING NEGATIVE COGNITIONS

Links to the presenting complaint

- Past is remanifesting in the present
- Self-referencing
- Generalizable
- Childlike perspective
- Core irrational belief (metaperspective)
- Accurately focuses on client's presenting issue
- Resonates with client's associated affect

Magic Questions

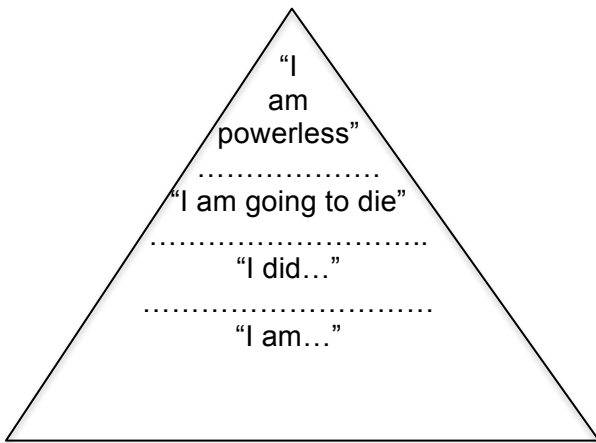
- "What does that say about you as a person?"
- "What quality does a person possess who...?"
- "What type of people...?"

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



Choice
Any age

Safety
PTSD (any age)

Responsibility
Guilt (4-7)
Shame (2-6)



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.

