



EXERCISE 4.1. Rating How Safe You Feel

Circle the number for how safe or unsafe you *feel* in each of the following situations. Think of recent common situations from your day-to-day life. *Do not use a traumatic situation for this or any exercise in this book.* Focus on your emotional reactions, not on your rational thoughts about the risk. If you think of other nontrauma situations in which you feel particularly safe or unsafe, list those in the blank spaces at the bottom of the exercise and then rate them.

Circle

- | | |
|--------------------|----------------------|
| 1. Extremely safe | 4. Somewhat unsafe |
| 2. Moderately safe | 5. Moderately unsafe |
| 3. Somewhat safe | 6. Extremely unsafe |

How safe do I feel	Extremely safe			Extremely unsafe		
at home with friends or family	1	2	3	4	5	6
at home alone	1	2	3	4	5	6
driving my own car	1	2	3	4	5	6
as a passenger in someone else's car	1	2	3	4	5	6
at work or school	1	2	3	4	5	6
on an airplane, boat, or train	1	2	3	4	5	6
with family outside my home	1	2	3	4	5	6
with friends outside my home	1	2	3	4	5	6
around strangers outside my home	1	2	3	4	5	6
alone outside my home	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6

EXERCISE 4.2. Rating How Safe You Think You Are

The following situations are the same as those listed in the previous exercise. Think again of recent day-to-day situations. *Do not use a traumatic situation for this exercise.* Circle the number for how safe or unsafe you really think you *are* in each of the following situations. For the moment, try to ignore how afraid or safe you emotionally feel. Focus instead on what you rationally think the risk is. If you added situations in the blanks of Exercise 4.1, add them in the blanks below. Then rate them for how safe you think you are.

Circle

- | | |
|--------------------|----------------------|
| 1. Extremely safe | 4. Somewhat unsafe |
| 2. Moderately safe | 5. Moderately unsafe |
| 3. Somewhat safe | 6. Extremely unsafe |

How safe am I	Extremely safe			Extremely unsafe		
at home with friends or family	1	2	3	4	5	6
at home alone	1	2	3	4	5	6
driving my own car	1	2	3	4	5	6
as a passenger in someone else's car	1	2	3	4	5	6
at work or school	1	2	3	4	5	6
on an airplane, boat, or train	1	2	3	4	5	6
with family outside my home	1	2	3	4	5	6
with friends outside my home	1	2	3	4	5	6
around strangers outside my home	1	2	3	4	5	6
alone outside my home	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6



EXERCISE 4.3. Weighing the Evidence on How Safe You Really Are

Compare Exercises 4.1 and 4.2. How did your ratings for feeling safe (Exercise 4.1) compare with your ratings for thinking you are safe (Exercise 4.2)? Do the most safe and least safe situations from the two exercises match? If so, list them below under (A) and (B), respectively, and then list what facts or evidence support that rating. If your feelings and thoughts about the most safe and least safe situations were different, copy this exercise and do it twice: once to compare your feelings with the evidence, and then a second time to compare your thoughts with the evidence.

A. List a situation that you rated most *safe* (1 or 2):

What evidence (facts) supports this belief as accurate?

- a. _____
- b. _____
- c. _____

What evidence (facts) supports this belief as not accurate?

- a. _____
- b. _____
- c. _____

B. List here a situation that you rated most *unsafe* (5 or 6):

What evidence (facts) supports this belief as accurate?

- a. _____
- b. _____
- c. _____

What evidence (facts) supports this belief as not accurate?

- a. _____
- b. _____
- c. _____



EXERCISE 4.4. How Well Do You Protect Yourself?

List the strategies you have used to protect yourself and then rate how effective each one has been. You can refer back to the “Ways I Cope” you checked in Chapter 2.

Circle

- | | |
|------------------------|----------------|
| 1. Extremely effective | 4. Fair |
| 2. Very good | 5. Poor |
| 3. Good | 6. Ineffective |

Extremely effective

Ineffective

Ways I protect myself from my negative feelings, impulses, thoughts:

_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6

Ways I protect myself from others:

_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6

Ways I protect myself out in the world:

_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6
_____	1	2	3	4	5	6



EXERCISE 4.5. Planning Ahead to Protect Yourself

Consider the most effective ways you have of protecting yourself. Use those to complete the following sentences. If you cannot think of an effective strategy you have already used, complete the sentences with strategies you may not have tried yet but think would work.

If I feel physically unsafe with myself, one way I can protect myself is

If I feel emotionally unsafe with myself, one way I can protect myself is

If I feel physically unsafe with others, one way I can protect myself is

If I feel emotionally unsafe with others, one way I can protect myself is

If I feel physically unsafe in my environment, one way I can protect myself is

If I feel emotionally unsafe in my environment, one way I can protect myself is



EXERCISE 4.6. Identifying a Belief about Safety

Think of a recent situation in which you had a problem with safety, fear, or protecting yourself. *Do not use a traumatic situation for this exercise.* Did you rate any situations in the earlier exercises as unsafe? Describe a specific situation in the first space below. Then write what you think that situation says about you. What does it mean that you thought the situation unsafe? After you write down a response, look at what you just wrote. Then write what *that* says about you. Continue answering the questions by looking at your immediately preceding answers.

Situation:

What does this say or mean about me?

Looking at what I just wrote, what does *that* say or mean about me?

What does *that*, in turn, say or mean about me?

Looking at all the above, can I draw any conclusions about myself?

Adapted with permission from Dennis Greenberger and Christine Padesky. *Mind Over Mood: Change How You Feel by Changing the Way You Think*. New York: Guilford Press, 1995.

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EXERCISE 4.7. How Does This Belief Help and Hinder You?

Most beliefs have both advantages and disadvantages. Consider those for the belief you identified in Exercise 4.6. Write down the belief in the space below then circle how helpful or hindering the belief is for each question.

Belief: _____

Circle

- | | |
|-----------------------|-------------------------|
| 1. Extremely helpful | 4. Not at all helpful |
| 2. Very helpful | 5. Gets in my way |
| 3. Moderately helpful | 6. Gets in my way a lot |

	Extremely helpful			Gets in my way a lot		
1. How helpful is this belief?	1	2	3	4	5	6
2. How calming is this belief?	1	2	3	4	5	6
3. How flexible is this belief?	1	2	3	4	5	6
4. How safe does this belief make me feel?	1	2	3	4	5	6
5. Does this belief help me understand myself?	1	2	3	4	5	6
6. Does this belief give me hope?	1	2	3	4	5	6
7. How essential is the belief to my survival?	1	2	3	4	5	6
8. How well does this belief help me cope?	1	2	3	4	5	6
9. Does this belief help me make sense of the world?	1	2	3	4	5	6
10. Does this belief help me make decisions?	1	2	3	4	5	6
11. Does this belief help me know what I need for myself?	1	2	3	4	5	6



EXERCISE 4.8. Taking Stock of Your Work on Safety

Consider what you think and feel right now. Do you wish to take a break from this work? Do you wish to continue? Please check the statement that describes your situation right now.

- 1. My beliefs about my own physical and emotional safety are fine. I do not need to think them through further. I feel as safe as I need to feel.
- 2. My beliefs about the safety of others are fine. I do not need to think them through further. The people about whom I care are as safe as I need them to be.
- 3. There are ways that I might not be safe enough, but I do not wish to work further now on what safety means to me. I can come back to work on this chapter whenever I feel ready.
- 4. The people about whom I care might not be safe enough, but I do not wish to work further in this chapter now. I can come back to this work whenever I feel ready.
- 5. I am beginning to think about why some of my beliefs about safety do not work. I can continue working on these beliefs, but I want to move slowly and carefully. I can stop this work at any time.
- 6. I am ready to think through a belief about safety.

If you checked 5 or 6 above, write down here any beliefs that you may wish to work on, whether at some time in the future or now.

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EXERCISE 4.9. Steps for Thinking Through a Belief about Safety

The belief you wish to think through:

Sort Out the Facts of What Happened

Think of a particular situation in which this belief may have been a problem. You can use the same situation you used to identify the belief, or use another situation in which you worried about your own safety or that of people about whom you care. Describe the facts. What happened? What was the sequence of events?

Sort Out the Meaning the Facts Have for You

How did you interpret this situation? What did it mean to you?

Identify the Underlying Belief

What lesson did you draw from it about yourself? About other people?

When did you start believing this about yourself or others? Was this incident the first time? If not, when and how do you remember first learning this lesson?

Evaluate the Pros and Cons of the Belief

How does believing this make you feel about yourself or others? What does it make you think about yourself or others?

How does believing this help you or protect you?

(cont.)

EXERCISE 4.9 (cont.)

How does believing this hold you back or get in your way?

Imagine Alternative Meanings for the Same Facts

Look back at your description of what happened (the first step above). Are there other ways to interpret what happened? What else could the situation mean? Is there an alternative meaning that would fit the facts of what happened? If so, what is it?

Evaluate the Pros and Cons of the Alternative Meaning

What positive feelings do you have when you think about this alternative meaning?

What negative feelings do you have when you think about this alternative meaning?

Consider How to Check the Accuracy of the Belief

How could you test to see whether or not your belief is true?

How high is the risk if you test the truth of what you believe? How dangerous would it be?

What good things might happen if you test the truth of what you believe?

Put the Process in Perspective

Will testing the belief matter 10 years from now? Would it help or hinder you in the future?



EXERCISE 4.10. What Evidence Do You Have about the Existing Belief?

What evidence do you already have about the accuracy of your existing belief? What facts, words, or actions support the belief? What facts, words, or actions indicate the belief is inaccurate? Write those down below.

Belief: _____

What facts or evidence support this belief as accurate?

1. _____

2. _____

3. _____

What facts or evidence indicate this belief is not accurate?

1. _____

2. _____

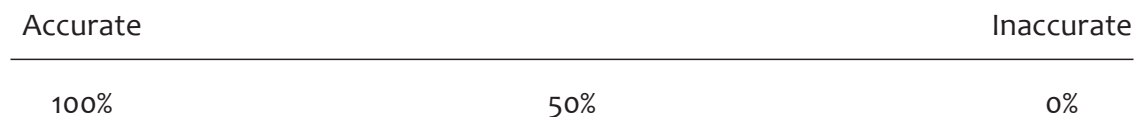
3. _____

How sure are you that this belief is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____





EXERCISE 4.11. What Evidence Do You Have about the Alternative Meaning?

What evidence do you already have about the accuracy of the alternative meaning? What facts, words, or actions support the alternative meaning? What facts, words, or actions indicate the alternative meaning is inaccurate? Write those down below.

Alternative meaning: _____

What facts or evidence support this interpretation as accurate?

1. _____

2. _____

3. _____

What facts or evidence indicate this interpretation is not accurate?

1. _____

2. _____

3. _____

How sure are you that this interpretation is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____





EXERCISE 4.12. Brainstorm Ideas for Collecting Evidence on a Belief

Create a list of rough ideas for collecting evidence on a belief. The goal is to come up with some low-risk ways to collect evidence, but be prepared for the first ideas you have to be high risk. Write them down to get them out of the way. You do not need to carry out *any* of the ideas you write down. You will screen these ideas later and discard any you choose. Begin by writing down a belief and an alternative interpretation on which you want to collect evidence. In the blank space below write down any and all ideas that come to mind for how to do this.

Belief: _____

Alternative interpretation: _____



EXERCISE 4.13. Baby Steps for Testing a Belief about Safety

In the first blanks below, write down the belief you are thinking of testing and an alternative interpretation. When you have brainstormed ideas for possible ways to collect evidence on a belief, rank those ideas by risk, starting with the lowest-risk ways. List only ways that are within a reasonable risk. Do not list any high-risk ways to collect evidence.

Belief: _____

Alternative interpretation: _____

Least Feared Actions/Observations



Most Feared Actions/Observations

❧

EXERCISE 4.14. Summarizing Your Work on Safety

I have identified the following beliefs about safety:

I can think of the following alternative meanings:

I have already carried out the following steps (mark with X); or I would like in the future to carry out the following steps (mark with *):

- Make a list of what evidence might confirm and/or contradict the existing belief.
- Organize the list of evidence from least feared/least risky to collect to most feared/most risky to collect.
- Carry out the least feared/least risky way to collect evidence.
- Keep a record of the evidence collected—both pro and con.

List here any evidence collected—what did you see or do, and how did it turn out? Continue adding to this list over time as you become aware of additional evidence.



EXERCISE 5.1. Rating How Much You Trust

Circle the number for how trustworthy you think you and others are in each of the following situations. When answering, think of recent situations from your day-to-day life. Do not use a traumatic situation for this or any exercise.

Circle

- | | |
|---------------------------|-----------------------------|
| 1. Extremely trustworthy | 4. Slightly untrustworthy |
| 2. Moderately trustworthy | 5. Moderately untrustworthy |
| 3. Slightly trustworthy | 6. Extremely untrustworthy |

How much do you trust—	Extremely trustworthy			Extremely untrustworthy		
Yourself						
to listen to your feelings	1	2	3	4	5	6
to know what you like	1	2	3	4	5	6
to know what you dislike	1	2	3	4	5	6
to follow your instincts	1	2	3	4	5	6
to make decisions	1	2	3	4	5	6
to solve your own problems	1	2	3	4	5	6
to know <i>when</i> to trust	1	2	3	4	5	6
to know <i>how much</i> to trust	1	2	3	4	5	6
to know whom to trust	1	2	3	4	5	6
A family member						
to provide practical help (e.g., help moving, babysitting)	1	2	3	4	5	6
to offer support when you have a personal problem	1	2	3	4	5	6
to provide emotional comfort	1	2	3	4	5	6

(cont.)

How much do you trust—	Extremely trustworthy			Extremely untrustworthy		
A friend						
to provide practical help	1	2	3	4	5	6
to provide support when you have a personal problem	1	2	3	4	5	6
to provide emotional comfort	1	2	3	4	5	6
A neighbor						
to provide practical help	1	2	3	4	5	6
to provide support when you have a personal problem	1	2	3	4	5	6
to provide emotional comfort	1	2	3	4	5	6
A stranger						
to provide practical support (i.e., give directions, help carry a heavy bag out to the car from the store)	1	2	3	4	5	6



EXERCISE 5.2. Weighing the Evidence on How Safe It Is to Trust

How much do you trust yourself and others in specific circumstances? Next to (A) below, list a circumstance from Exercise 5.1 in which you judged yourself as *most trustworthy* (1 or 2). Next to (B) below, list a situation in which you judged yourself as *most untrustworthy* (5 or 6). Then list all the facts or evidence you have both for and against the accuracy of the rating.

- A. Pick a situation from Exercise 5.1 in which you rated yourself as most trustworthy. Write it here:

What facts or evidence support this rating as accurate?

- a. _____
b. _____
c. _____

What facts or evidence indicate this rating is not accurate?

- a. _____
b. _____
c. _____

- B. In what situation did you rate yourself as most untrustworthy (5 or 6)?

What evidence (facts) supports this belief as accurate?

- a. _____
b. _____
c. _____

What evidence (facts) supports this belief as not accurate?

- a. _____
b. _____
c. _____

(cont.)

EXERCISE 5.2 (cont.)

Next to (C) below, list a circumstance from Exercise 5.1 in which you judged another person as *most trustworthy* (1 or 2). Next to (D) below, list a situation in which you judged another person as *most untrustworthy* (5 or 6). Then list all the facts or evidence you have both for and against the accuracy of the rating.

- C. Pick a situation from Exercise 5.1 in which you rated someone as most trustworthy and write it here:

What facts or evidence support this rating as accurate?

- a. _____
b. _____
c. _____

What facts or evidence indicate this rating is not accurate?

- a. _____
b. _____
c. _____

- D. In what situation did you rate someone as most untrustworthy (5 or 6)?

What evidence (facts) supports this belief as accurate?

- a. _____
b. _____
c. _____

What evidence (facts) support this belief as not accurate?

- a. _____
b. _____
c. _____
-



EXERCISE 5.3. Identifying Beliefs about Trust

Do not use a traumatic situation for this exercise. Think instead of a recent situation in which you think you had a problem trusting either yourself or another person. If you cannot think of such a situation, consider a situation you judged as untrustworthy in Exercise 5.1. Do you wish your answer could be different? Describe the situation in the first space below, then write what you think that situation says about you. What does it mean about you that you judged the situation as untrustworthy? After you write a response, look at what you wrote. Then write what that says about you. Continue answering the questions by looking at your immediately preceding answer.

Situation:

What does this say or mean about me?

Looking at what I just wrote, what does *that* say or mean about me?

What does *that*, in turn, say or mean about me?

Looking at all the above, can I draw any conclusions about myself?

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EXERCISE 5.4. How Does This Belief Help and Hinder You?

Most beliefs have both advantages and disadvantages. Consider those for the belief you identified in the last line of Exercise 5.3. Write down the belief in the space below, then circle how helpful or hindering the belief is for each question.

Belief: _____

Circle

- | | |
|-----------------------|-------------------------|
| 1. Extremely helpful | 4. Not at all helpful |
| 2. Very helpful | 5. Gets in my way |
| 3. Moderately helpful | 6. Gets in my way a lot |

	1	2	3	4	5	6
	Extremely helpful		Gets in my way a lot			
1. How helpful is this belief?	1	2	3	4	5	6
2. How calming is this belief?	1	2	3	4	5	6
3. How flexible is this belief?	1	2	3	4	5	6
4. How safe does this belief make me feel?	1	2	3	4	5	6
5. Does this belief help me understand myself?	1	2	3	4	5	6
6. Does this belief give me hope?	1	2	3	4	5	6
7. How essential is the belief to my survival?	1	2	3	4	5	6
8. How well does this belief help me cope?	1	2	3	4	5	6
9. Does the belief help me make sense of the world?	1	2	3	4	5	6
10. Does this belief help me make decisions?	1	2	3	4	5	6
11. Does this belief help me know what I need for myself?	1	2	3	4	5	6



EXERCISE 5.5. Taking Stock of Your Work on Trust

Consider what you think and feel right now. Do you wish to take a break from this work? Do you wish to continue? Please check the statements that describe your situation right now.

- 1. My beliefs about trusting myself are fine. I do not need to think them through further. I feel as trustworthy as I need to feel.
- 2. My beliefs about trusting others are fine. I do not need to think them through further. I feel as trusting of others as I need to feel.
- 3. There are ways that I might not be as trusting of myself as I could be, but I don't want to think further about this right now. I can come back to work on this chapter when I feel ready.
- 4. There are ways that I might not be as trusting of others as I could be, but I don't want to think further about this right now. I can come back to work on this chapter when I feel ready.
- 5. I am beginning to think about why some of my beliefs about trust do not work. I can continue working on this, but I want to move slowly and carefully and can stop this work at any time.
- 6. I am ready to think through my beliefs about trust.

If you checked 5 or 6 above, write down here any beliefs that you may wish to work on further now or at some future time:

EXERCISE 5.6. Steps for Thinking Through a Belief
about Trust of Self or Others

The belief you wish to think through:

Sort Out the Facts of What Happened

Think of a particular situation in which this belief may have been a problem. You can use the same situation you used to identify the belief, or use another situation in which trust was an issue. Describe the facts. What happened? What was the sequence of events?

Sort Out the Meaning the Facts Have for You

How did you interpret this situation? What did it mean to you?

Identify the Underlying Belief

What lesson did you draw from it about yourself? About other people?

When did you start believing this about yourself or others? Was this incident the first time? If not, when and how do you remember first learning this lesson?

Evaluate the Pros and Cons of the Belief

How does believing this make you feel about yourself or others? What does it make you think about yourself or others?

(cont.)

How does believing this help you or protect you?

How does believing this hold you back or get in your way?

Imagine Alternative Meanings for the Same Facts

Look back at your description of what happened (the first question above). Are there other ways to interpret what happened? What else could the situation mean? Is there an alternative meaning that would fit the facts of what happened? If so, what is it?

Evaluate the Pros and Cons of the Alternative Meaning

What positive feelings do you have when you think about this alternative meaning?

What negative feelings do you have when you think about this alternative meaning?

Consider How to Check the Accuracy of the Belief

How could you test to see whether or not your belief is true?

How high is the risk if you test the truth of what you believe? How dangerous would it be?

(cont.)

EXERCISE 5.6 (cont.)

What good things might happen if you test the truth of what you believe?

Put the Process in Perspective

Will testing the belief matter 10 years from now? Would it help or hinder you in the future?



EXERCISE 5.7. Brainstorm Ideas for Collecting Evidence on a Belief

Create a list of rough ideas for collecting evidence on a belief. The goal is to come up with some low-risk ways to collect evidence, but be prepared for the first ideas you have to be high risk. Write them down to get them out of the way. You do not need to carry out *any* of the ideas you write down. You will screen these ideas later and discard any you choose. Begin by writing down a belief and an alternative interpretation on which you want to collect evidence. In the blank space below write down any and all ideas that come to mind for how to do this.

Belief: _____

Alternative interpretation: _____



EXERCISE 5.8. Baby Steps for Testing a Belief about Trust

In the first blanks below, write down the belief you are thinking of testing and an alternative interpretation. When you have brainstormed ideas for possible ways to collect evidence on a belief, rank those ideas by risk, starting with the lowest-risk ways. List only ways that are within a reasonable risk. *Do not list any high-risk ways to collect evidence.*

Belief: _____

Alternative interpretation: _____

Least Feared Actions/Observations



Most Feared Actions/Observations



EXERCISE 5.9. What Evidence Do You Have about the Existing Belief?

What evidence do you have about the accuracy of your existing belief? What facts, words, or actions support the belief? What facts, words, or actions indicate the belief is inaccurate? Write those down below.

Belief: _____

What facts or evidence support this belief as accurate?

1. _____

2. _____

3. _____

What facts or evidence indicate this belief is not accurate?

1. _____

2. _____

3. _____

How sure are you that this belief is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____

Accurate		Inaccurate
100%	50%	0%

Date: _____

Accurate		Inaccurate
100%	50%	0%



EXERCISE 5.10. What Evidence Do You Have about the Alternative Meaning?

What evidence do you have about the accuracy of the alternative meaning? What facts, words, or actions support the alternative meaning? What facts, words, or actions indicate the alternative meaning is inaccurate? Write those down below.

Alternative meaning: _____

What facts or evidence support this interpretation as accurate?

1. _____

2. _____

3. _____

What facts or evidence indicate this interpretation is not accurate?

1. _____

2. _____

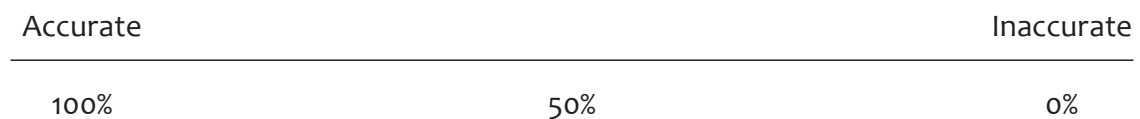
3. _____

How sure are you that this interpretation is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____



❧

EXERCISE 5.11. Summarizing Your Work on Trust

I have identified the following beliefs about trust:

I can think of the following alternative meanings:

I have already carried out the following steps (mark with X); or I would like in the future to carry out the following steps (mark with *):

- Make a list of what evidence might confirm and/or contradict the existing belief.
- Organize the list of evidence from least feared/least risky to collect to most feared/most risky to collect.
- Carry out the least feared/least risky way to collect evidence.
- Keep a record of the evidence collected—both pro and con.

List here any evidence collected—what did you see or do, and how did it turn out? Continue adding to this list over time, as you become aware of additional evidence.

EXERCISE 6.1. Rating Your Degree of Power and Influence

Circle the number for how able you think you are in each of the following situations. When answering, think of recent situations from your day-to-day life. *Do not use a traumatic situation for this or any exercise.*

Circle

- | | |
|--|-------------------------------------|
| 1. Extremely able, can almost all the time | 4. Somewhat able, occasionally can |
| 2. Very able, can most of the time | 5. Slightly able, rarely can |
| 3. Moderately able, can often | 6. Not able, have not yet been able |

SOURCES OF POWER/ABILITY

Knowing yourself

How able are you	Extremely able						Not able
to know when you feel calm and relaxed	1	2	3	4	5	6	
to know when you feel satisfied	1	2	3	4	5	6	
to know when you feel dissatisfied	1	2	3	4	5	6	
to know when you feel angry	1	2	3	4	5	6	
to know when you feel frightened	1	2	3	4	5	6	
to know how to comfort yourself when upset	1	2	3	4	5	6	
to know when you need help	1	2	3	4	5	6	
to know you have a right to your own thoughts and feelings	1	2	3	4	5	6	
to know you have a right to express your thoughts and feelings	1	2	3	4	5	6	(cont.)

EXERCISE 6.1 (cont.)

How able are you	Extremely able					Not able
to know what is most important to you	1	2	3	4	5	6
to know what is less important to you	1	2	3	4	5	6

Controlling your actions

How able are you	Extremely able					Not able
to think about your options before you act	1	2	3	4	5	6
to feel angry without acting on it right away	1	2	3	4	5	6
to feel frightened without acting on it right away	1	2	3	4	5	6
to speak when you feel good or satisfied	1	2	3	4	5	6
to clearly say yes when you want something	1	2	3	4	5	6
to speak up when you feel unhappy or dissatisfied	1	2	3	4	5	6
to clearly say no when you don't want something	1	2	3	4	5	6
to trust what you really feel and think when another disagrees	1	2	3	4	5	6

Having an effect on others

How able are you	Extremely able					Not able
to know you cannot completely control other people	1	2	3	4	5	6
to respect others' rights to their own thoughts and feelings	1	2	3	4	5	6

(cont.)

How able are you	Extremely able					Not able
to think about your choices before you act to influence others	1	2	3	4	5	6
to ask directly in a positive way for what you want	1	2	3	4	5	6
to listen to others, and check with them that you understand them correctly	1	2	3	4	5	6
to be firm about things most important to you	1	2	3	4	5	6
to be flexible about things less important to you	1	2	3	4	5	6
to be able to see where you have choices	1	2	3	4	5	6



EXERCISE 6.2. Identifying Beliefs about Power and Control

Describe a recent situation in which you had a problem with power and control. Do not use a traumatic situation for this exercise. Did you rate any items in Exercise 6.1. as a 4, 5, or 6? Are those areas in which you wish you were more able? Use a problem situation that comes to mind when you think of those items. In the first line below, describe the situation. Next, write what you think that situation says about you. Look at what you wrote. Then write what that says about you. Continue answering the questions by looking at your immediately preceding answer.

Situation:

What does this say or mean about me?

Looking at what I just wrote, what does *that* say or mean about me?

What does *that*, in turn, say or mean about me?

Looking at all the above, can I draw any conclusions about myself?

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EXERCISE 6.3. How Does This Belief Help and Hinder You?

Most beliefs have both advantages and disadvantages. Consider those for the belief you identified in the last line of Exercise 6.2. Write down the belief in the space below, then circle how helpful or hindering the belief is for each question.

Belief: _____

Circle

- | | |
|-----------------------|-------------------------|
| 1. Extremely helpful | 4. Not at all helpful |
| 2. Very helpful | 5. Gets in my way |
| 3. Moderately helpful | 6. Gets in my way a lot |

	Extremely helpful			Gets in my way a lot		
1. How helpful is this belief?	1	2	3	4	5	6
2. How calming is this belief?	1	2	3	4	5	6
3. How flexible is this belief?	1	2	3	4	5	6
4. How safe does this belief make me feel?	1	2	3	4	5	6
5. Does this belief help me understand myself?	1	2	3	4	5	6
6. Does this belief give me hope?	1	2	3	4	5	6
7. How essential is the belief to my survival?	1	2	3	4	5	6
8. How well does this belief help me cope?	1	2	3	4	5	6
9. Does the belief help me make sense of the world?	1	2	3	4	5	6
10. Does this belief help me make decisions?	1	2	3	4	5	6
11. Does this belief help me know what I need for myself?	1	2	3	4	5	6



EXERCISE 6.4. Taking Stock of Your Work on Power and Control

Consider what you think and feel right now. Do you wish to take a break from this work? Do you wish to continue? Please check the statement that describes your situation right now.

- 1. My beliefs about power and control are fine. I do not need to think them through further. I am comfortable with the level of control I feel over my own actions.
- 2. My beliefs about power, control, and other people are fine. I do not need to think them through further. I am comfortable with the level of power and influence I have with other people in my life.
- 3. There are situations in which I might not feel a comfortable level of personal power and self-control, but I do not want to think through my beliefs about power and control right now. I can come back to this work whenever I wish.
- 4. There are situations and ways in which I might not feel a comfortable level of personal power and influence with others, but I do not want to think through my beliefs about power and control right now. I can come back to this work whenever I wish.
- 5. I am beginning to think about why some of my beliefs about control and power do not work. I can continue to work on these beliefs, but I want to move slowly and carefully. I can stop this work at any time.
- 6. I am ready to think through a belief about power and control.

If you checked 5 or 6 above, write down here any beliefs that you may wish to work on further now or at some future time:

❧

EXERCISE 6.5. Steps for Thinking Through a Belief about Power and Control

The belief you wish to think through:

Sort Out the Facts of What Happened

Think of a particular situation in which this belief may have been a problem. You can use the same situation you used to identify the belief, or use another situation in which power or control was an issue. Describe the facts. What happened? What was the sequence of events?

Sort Out the Meaning the Facts Have for You

How did you interpret this situation? What did it mean to you?

Identify the Underlying Belief

What lesson did you draw from it about yourself? About other people?

When did you start believing this about yourself or others? Was this incident the first time? If not, when and how do you remember first learning this lesson?

Evaluate the Pros and Cons of the Belief

How does believing this make you feel about yourself or others? What does it make you think about yourself or others?

How does believing this help you or protect you?

(cont.)

How does believing this hold you back or get in your way?

Imagine Alternative Meanings for the Same Facts

Look back at your description of what happened (the first question above). Are there other ways to interpret what happened? What else could the situation mean? Is there an alternative meaning that would fit the facts of what happened? If so, what is it?

Evaluate the Pros and Cons of the Alternative Meaning

What positive feelings do you have when you think about this alternative meaning?

What negative feelings do you have when you think about this alternative meaning?

Consider How to Check the Accuracy of the Belief

How could you test to see whether or not your belief is true?

How high is the risk if you test the truth of what you believe? How dangerous would it be?

What good things might happen if you test the truth of what you believe?

Put the Process in Perspective

Will testing the belief matter 10 years from now? Would it help or hinder you in the future?



EXERCISE 6.6. Brainstorm Ideas for Collecting Evidence on a Belief

Create a list of rough ideas for collecting evidence on a belief. The goal is to come up with some low-risk ways to collect evidence, but be prepared for the first ideas you have to be high risk. Write them down to get them out of the way. You do not need to carry out *any* of the ideas you write down. You will screen these ideas later and discard any you choose. Begin by writing down a belief and an alternative interpretation on which you want to collect evidence. In the blank space below write down any and all ideas that come to mind for how to do this.

Belief: _____

Alternative interpretation: _____



EXERCISE 6.7. Baby Steps for Testing a Belief about Power and Control

In the first blanks below, write down the belief you are thinking of testing and an alternative interpretation. When you have brainstormed ideas for possible ways to collect evidence on a belief, rank those ideas by risk, starting with the lowest-risk ways. List only ways that pose a reasonable risk. *Do not list any high-risk ways to collect evidence.*

Belief: _____

Alternative interpretation: _____

Least Feared Actions/Observations



Most Feared Actions/Observations



EXERCISE 6.8. What Evidence Do You Have about the Existing Belief?

What evidence do you have about the accuracy of your existing belief? What facts, words, or actions support the belief? What facts, words, or actions indicate the belief is inaccurate? Write those down below.

Belief: _____

What facts or evidence support this belief as accurate?

1. _____

2. _____

3. _____

What facts or evidence indicate this belief is not accurate?

1. _____

2. _____

3. _____

How sure are you that this belief is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____





EXERCISE 6.9. What Evidence Do You Have about the Alternative Meaning?

What evidence do you have about the accuracy of the alternative meaning? What facts, words, or actions support the alternative meaning? What facts, words, or actions indicate the alternative meaning is inaccurate? Write those down below.

Alternative meaning: _____

What facts or evidence support this interpretation as accurate?

1. _____
2. _____
3. _____

What facts or evidence indicate this interpretation is not accurate?

1. _____
2. _____
3. _____

How sure are you that this interpretation is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____



❧

EXERCISE 6.10. Summarizing Your Work on Power and Control

I have identified the following beliefs about power and control:

I can think of the following alternative meanings:

I have carried out the following steps (mark with X); or I would like in the future to carry out the following steps (mark with *):

- Make a list of what evidence might confirm and/or contradict the existing belief.
- Organize the list of evidence from least feared/least risky to collect to most feared/most risky to collect.
- Carry out the least feared/least risky way to collect evidence.
- Keep a record of the evidence collected—both pro and con.

List here any evidence collected—what did you see or do, and how did it turn out? Continue adding to this list over time, as you become aware of additional evidence.

EXERCISE 7.1. How Much Do You Know and Appreciate Yourself?

The following is a list of abilities that are important to appreciating yourself.

Circle

- | | |
|------------------------|--------------------|
| 1. I can almost always | 4. Once in a while |
| 2. Most of the time | 5. Not often |
| 3. Some of the time | 6. Almost never |

Quality	Almost always				Almost never	
Know my feelings	1	2	3	4	5	6
Respect my feelings	1	2	3	4	5	6
Respect my own needs	1	2	3	4	5	6
Acquire what I need	1	2	3	4	5	6
Accept I'll make mistakes	1	2	3	4	5	6
Find ways to feel comforted	1	2	3	4	5	6
Know what is most important to me	1	2	3	4	5	6
Accomplish small goals	1	2	3	4	5	6
Reward myself for small accomplishments	1	2	3	4	5	6
Make mistakes and try again	1	2	3	4	5	6
Laugh at myself	1	2	3	4	5	6
Like myself	1	2	3	4	5	6
Feel a sense of personal value	1	2	3	4	5	6
Value another despite his/her failings	1	2	3	4	5	6
Feel loved, wanted, accepted	1	2	3	4	5	6



EXERCISE 7.2. Identifying Beliefs about Value and Self-Esteem

Think of a recent, everyday situation that led you to feel bad about yourself. *Do not use a traumatic situation for this exercise.* Describe the situation in the first blank below, then answer the first question. For each subsequent question, think about what you wrote as an answer immediately above it. If you have difficulty thinking of a situation, review your answers to Exercise 7.1. Did you circle 5 or 6 for any statement? Do those statements remind you of a recent situation?

Situation:

What does this say or mean about me?

Looking at what I just wrote, what does *that* say or mean about me?

What does *that*, in turn, say or mean about me?

Looking at all the above, can I draw any conclusions about myself?

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EXERCISE 7.3. How Does This Belief Help and Hinder You?

Most beliefs have both advantages and disadvantages. Consider those for the belief you identified in Exercise 7.2. Write down the belief in the space below, then circle how helpful or hindering the belief is for each question.

Belief: _____

Circle

- | | |
|-----------------------|-------------------------|
| 1. Extremely helpful | 4. Not at all helpful |
| 2. Very helpful | 5. Gets in my way |
| 3. Moderately helpful | 6. Gets in my way a lot |

	Extremely helpful			Gets in my way a lot		
1. How helpful is this belief?	1	2	3	4	5	6
2. How calming is this belief?	1	2	3	4	5	6
3. How flexible is this belief?	1	2	3	4	5	6
4. How safe does this belief make me feel?	1	2	3	4	5	6
5. Does this belief help me understand myself?	1	2	3	4	5	6
6. Does this belief give me hope?	1	2	3	4	5	6
7. How essential is the belief to my survival?	1	2	3	4	5	6
8. How well does this belief help me cope?	1	2	3	4	5	6
9. Does the belief help me make sense of the world?	1	2	3	4	5	6
10. Does this belief help me make decisions?	1	2	3	4	5	6
11. Does this belief help me know what I need for myself?	1	2	3	4	5	6



EXERCISE 7.4. Taking Stock of Your Work on Self-Esteem

Consider what you think and feel right now. Do you wish to take a break from this work? Do you wish to continue? Please check the statement that describes your situation right now.

- 1. My beliefs about my own value are fine. I do not need to think them through further. I am comfortable with the level of self-esteem I feel.
- 2. I am comfortable with how I value others. I do not need to think more about my beliefs on esteem for others.
- 3. I do not need to think through my beliefs about self-esteem right now although there are ways I do not feel comfortable. I can always come back at a later time if I want to think more about this.
- 4. I do not need to think through my beliefs about esteem for others right now although there are ways I do not feel comfortable. I can always come back at a later time if I want to think more about this.
- 5. I am beginning to think about why some of my beliefs about value and esteem do not work. I can continue thinking about this, but I want to move slowly and carefully. I can stop this work at any time.
- 6. I am ready to think through a belief about value and esteem.

If you checked 5 or 6 above, write down here any beliefs that you may wish to work on now or at some future time:

❧

EXERCISE 7.5. Steps for Thinking Through a Belief about Valuing Self and Others

The belief you wish to think through:

Sort Out the Facts of What Happened

Think of a particular situation in which this belief may have been a problem. You can use the same situation you used to identify the belief, or use another situation in which esteem or value was an issue. Describe the facts. What happened? What was the sequence of events?

Sort Out the Meaning the Facts Have for You

How did you interpret this situation? What did it mean to you?

Identify the Underlying Belief

What lesson did you draw from it about yourself? About other people?

When did you start believing this about yourself or others? Was this incident the first time? If not, when and how do you remember first learning this lesson?

Evaluate the Pros and Cons of the Belief

How does believing this make you feel about yourself or others? What does it make you think about yourself or others?

How does believing this help you or protect you?

(cont.)

EXERCISE 7.5 (cont.)

How does believing this hold you back or get in your way?

Imagine Alternative Meanings for the Same Facts

Look back at your description of what happened (the first question above). Are there other ways to interpret what happened? What else could the situation mean? Is there an alternative meaning that would fit the facts of what happened? If so, what is it?

Evaluate the Pros and Cons of the Alternative Meaning

What positive feelings do you have when you think about this alternative meaning?

What negative feelings do you have when you think about this alternative meaning?

Consider How to Check the Accuracy of the Belief

How could you test to see whether or not your belief is true?

How high is the risk if you test the truth of what you believe? How dangerous would it be?

What good things might happen if you test the truth of what you believe?

Put the Process in Perspective

Will testing the belief matter 10 years from now? Would it help or hinder you in the future?



EXERCISE 7.6. Brainstorm Ideas for Collecting Evidence on a Belief

Create a list of rough ideas for collecting evidence on a belief. The goal is to come up with some low-risk ways to collect evidence, but be prepared for the first ideas you have to be high risk. Write them down to get them out of the way. You do not need to carry out *any* of the ideas you write down. You will screen these ideas later and discard any you choose. Begin by writing down a belief and an alternative interpretation on which you want to collect evidence. In the blank space below, write down any and all ideas that come to mind for how to do this.

Belief: _____

Alternative interpretation: _____



EXERCISE 7.7. Baby Steps for Testing a Belief about Valuing Yourself and Others

In the first blanks below, write down the belief you are thinking of testing and an alternative interpretation. When you have brainstormed ideas for possible ways to collect evidence on a belief, rank those ideas by risk, starting with the lowest-risk ways. List only ways that are within a reasonable risk. *Do not list any high-risk ways to collect evidence.*

Belief: _____

Alternative interpretation: _____

Least Feared Actions/Observations



Most Feared Actions/Observations



EXERCISE 7.8. What Evidence Do You Have about the Existing Belief?

What evidence do you have about the accuracy of your existing belief? What facts, words, or actions support the belief? What facts, words, or actions indicate the belief is inaccurate? Write those down below.

Belief: _____

What facts or evidence support this belief as accurate?

1. _____

2. _____

3. _____

What facts or evidence indicate this belief is not accurate?

1. _____

2. _____

3. _____

How sure are you that this belief is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____





EXERCISE 7.9. What Evidence Do You Have about the Alternative Meaning?

What evidence do you have about the accuracy of the alternative meaning? What facts, words, or actions support the alternative meaning? What facts, words, or actions indicate the alternative meaning is inaccurate? Write those down below.

Alternative meaning: _____

What facts or evidence support this interpretation as accurate?

1. _____
2. _____
3. _____

What facts or evidence indicate this interpretation is not accurate?

1. _____
2. _____
3. _____

How sure are you that this interpretation is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____



❧

EXERCISE 7.10. Summarizing Your Work on Value and Self-Esteem

I have identified the following beliefs about valuing myself and others:

I can think of the following alternative meanings:

I have carried out the following steps (mark with X); or I would like in the future to carry out the following steps (mark with *):

- Make a list of what evidence might confirm and/or contradict the existing belief.
- Organize the list of evidence from least feared/least risky to collect to most feared/most risky to collect.
- Carry out the least feared/least risky way to collect evidence.
- Keep a record of the evidence collected—both pro and con.

List here any evidence collected—what did you see or do, and how did it turn out? Continue adding to this list over time, as you become aware of additional evidence.

EXERCISE 8.1. Weighing the Risks of Revealing Different Aspects of Yourself

Intimacy requires that you let yourself be known. But some aspects of yourself are riskier to disclose than others. This exercise asks you to consider the kinds of information you feel most comfortable and least comfortable sharing in a variety of circumstances. For each category of information, such as your passionate interests, give a specific example then rate that specific piece of information.

How risky to disclose **Least risky** **Most risky**

1. Your passionate interests

Example: _____

How risky to disclose

to an acquaintance	1	2	3	4	5	6
to a friend	1	2	3	4	5	6
to the person closest to you	1	2	3	4	5	6

2. Important things about you that are similar to the other person

Example: _____

How risky to disclose

to an acquaintance	1	2	3	4	5	6
to a friend	1	2	3	4	5	6
to the person closest to you	1	2	3	4	5	6

3. Important things about you that are different from the other person

Example: _____

How risky to disclose

to an acquaintance	1	2	3	4	5	6
to a friend	1	2	3	4	5	6
to the person closest to you	1	2	3	4	5	6

(cont.)

EXERCISE 8.1 (cont.)

4. What you most value about yourself

Example: _____

How risky to disclose

to an acquaintance 1 2 3 4 5 6

to a friend 1 2 3 4 5 6

to the person closest to you 1 2 3 4 5 6

5. Details of a bad day when you made mistakes or were blamed for problems

Example: _____

How risky to disclose

to an acquaintance 1 2 3 4 5 6

to a friend 1 2 3 4 5 6

to the person closest to you 1 2 3 4 5 6

6. Asking for help with a personal problem

Example: _____

How risky to disclose

to an acquaintance 1 2 3 4 5 6

to a friend 1 2 3 4 5 6

to the person closest to you 1 2 3 4 5 6

7. Letting the person know when he or she is doing something that bothers you

Example: _____

How risky to disclose

to an acquaintance 1 2 3 4 5 6

to a friend 1 2 3 4 5 6

to the person closest to you 1 2 3 4 5 6

(cont.)

8. Asking a person to explain what they meant when they said or did something

Example: _____

How risky to disclose

to an acquaintance 1 2 3 4 5 6

to a friend 1 2 3 4 5 6

to the person closest to you 1 2 3 4 5 6

EXERCISE 8.2. How Well Are You Known and Accepted for Who You Are?

The statements below describe ways that another person in a relationship gets to know you and shows that he or she accepts you. The statements below cover only the other person's role in an intimate relationship. Think of a relationship that you felt was intimate. How well were you known and accepted in that relationship? Read the statements, then circle the number that matches your experience in that relationship.

Circle

- | | |
|---------------------|--------------|
| 1. Always | 4. Sometimes |
| 2. Most of the time | 5. Rarely |
| 3. Often | 6. Never |

	Always					Never
He/she makes time to be with me without distractions.	1	2	3	4	5	6
Even though it's sometimes difficult, he/she listens to how I feel.	1	2	3	4	5	6
He/she respects my need to spend some time alone.	1	2	3	4	5	6
He/she respects my need to spend some time without him/her but with other people.	1	2	3	4	5	6
He/she can enjoy being with me without alcohol or other drugs.	1	2	3	4	5	6
I am able to enjoy physical intimacy with her/him in a manner that feels safe and respectful to me.	1	2	3	4	5	6
He/she generally tries not to control my feelings.	1	2	3	4	5	6
He/she generally tries not to control my actions.	1	2	3	4	5	6

(cont.)

He/she enjoys our common interests but also respects our differences.	1	2	3	4	5	6
I have fun with him/her.	1	2	3	4	5	6
I feel safe letting my guard down with him/her.	1	2	3	4	5	6
I trust that he/she will not intentionally harm or humiliate me.	1	2	3	4	5	6
He/she respects growth and change in me.	1	2	3	4	5	6
I feel supported by him/her.	1	2	3	4	5	6
He/she stands by me in good times and difficult times.	1	2	3	4	5	6

EXERCISE 8.3. How Well Can You Meet Your Other Needs
in an Intimate Relationship?

Think of a person to whom you feel emotionally close. With that person and relationship in mind, read the following questions, and answer by circling the number that best corresponds to your answer.

How physically safe are you with this person?

Totally safe _____ In great danger
1 2 3 4 5 6

How emotionally safe are you with this person?

Totally safe _____ In great danger
1 2 3 4 5 6

How much do you trust and depend on this person?

Total trust _____ Total disappointment
1 2 3 4 5 6

How much control and power do you have in the relationship?

Complete control _____ Powerlessness
1 2 3 4 5 6

How much do you value your own needs and feelings in the relationship?

Completely _____ Not at all
1 2 3 4 5 6

How emotionally close do you feel to this person?

Extremely close _____ Extremely distant
1 2 3 4 5 6



EXERCISE 8.4. Examining the Interaction Process

Think of a recent situation in which you either failed to make an emotional connection when you wanted to or a connection broke down when you didn't want it to. Describe the facts of the situation in the space provided, then answer the following questions about it.

Describe the facts of the situation:

1. Did you know how you felt, and what you wanted for yourself? If yes, what did you feel and want?
2. Did you let the other person know how you felt and what you wanted? If yes, what did you do to let the other person know?
3. Did the person correctly understand the message you sent? How do you know?
4. Describe as objectively as possible what the other person actually said or did in response.
5. What do you think this response meant?
6. Is there another way to interpret this response? What else might it have meant?



EXERCISE 8.5. Identifying Beliefs about Intimacy

Think of a specific situation in which you felt a problem emotionally connecting with someone. This could be a situation in which you felt the other person failed to know you well enough or failed to accept you in some way. *Do not use a traumatic experience for this exercise.* Describe the situation, then answer the first question below. For each following question, think about your answer for the question immediately above it.

Situation:

What does this say or mean about me?

Looking at what I just wrote, what does *that* say or mean about me?

What does that, in turn, say or mean about me?

Looking at all the above, can I draw any conclusions about myself?

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EXERCISE 8.6. How Does This Belief Help and Hinder You?

Most beliefs have both advantages and disadvantages. Consider those for the belief you identified in Exercise 8.5. Write down the belief in the space below, then circle how helpful or hindering the belief is for each question.

Belief: _____

Circle

- | | |
|-----------------------|-------------------------|
| 1. Extremely helpful | 4. Not at all helpful |
| 2. Very helpful | 5. Gets in my way |
| 3. Moderately helpful | 6. Gets in my way a lot |

	Extremely helpful			Gets in my way a lot		
1. How helpful is this belief?	1	2	3	4	5	6
2. How calming is this belief?	1	2	3	4	5	6
3. How flexible is this belief?	1	2	3	4	5	6
4. How safe does this belief make me feel?	1	2	3	4	5	6
5. Does this belief help me understand myself?	1	2	3	4	5	6
6. Does this belief give me hope?	1	2	3	4	5	6
7. How essential is the belief to my survival?	1	2	3	4	5	6
8. How well does this belief help me cope?	1	2	3	4	5	6
9. Does the belief help me make sense of the world?	1	2	3	4	5	6
10. Does this belief help me make decisions?	1	2	3	4	5	6
11. Does this belief help me know what I need for myself?	1	2	3	4	5	6



EXERCISE 8.7. Taking Stock of Your Work on Intimacy

Consider what you think and feel right now. Do you wish to take a break from this work? Do you wish to continue? Please check the statement that describes your situation right now.

- 1. I am comfortable with the level of connection and acceptance I have with myself. I do not need to think further about intimacy and myself.
- 2. I am comfortable with the levels of intimacy that I have with other people. I do not need to think more about intimacy and other people.
- 3. There are ways that I might not have enough connection and acceptance with myself, but I do not wish to think more about this now. I can come back to this whenever I feel ready.
- 4. There are ways that I might not have enough intimacy with others, but I do not want to think more about this right now. I can come back to this issue whenever I feel ready.
- 5. I am beginning to think about why some of my beliefs about intimacy do not work well. I can continue working on this, but I want to move slowly and carefully. I can stop this work at any time.
- 6. I am ready to think through a belief about intimacy with myself or others.

If you checked 5 or 6 above, write down here any beliefs that you may wish to work on now or at some future time:



EXERCISE 8.8. Brainstorm Ideas for Collecting Evidence on a Belief

Create a list of rough ideas for collecting evidence on a belief. The goal is to come up with some low-risk ways to collect evidence, but be prepared for the first ideas you have to be high risk. Write them down to get them out of the way. You do not need to carry out *any* of the ideas you write down. You will screen these ideas later and discard any you choose. Begin by writing down a belief and an alternative interpretation on which you want to collect evidence. In the blank space below, write down any and all ideas that come to mind for how to do this.

Belief: _____

Alternative interpretation: _____



EXERCISE 8.9. Baby Steps for Testing a Belief about Intimacy

In the first blanks below, write down the belief you are thinking of testing and an alternative interpretation. When you have brainstormed ideas for possible ways to collect evidence on a belief, rank those ideas by risk, starting with the lowest-risk ways. List only ways that are within a reasonable risk. *Do not list any high-risk ways to collect evidence.*

Belief: _____

Alternative interpretation: _____

Least Feared Actions/Observations



Most Feared Actions/Observations

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Yvonne needed some time to consider how to talk to her husband. They had already had one argument over the incident and she wanted to avoid another if she could. In a way, she had already been gathering evidence on her belief that loving means knowing what the other wants without asking. The evidence pointed to the belief being inaccurate or her husband not loving her. But she loved him and so she decided to gather evidence on the alternative belief. It helped her to go back over the steps of the interaction process. If the next conversation was to go well, she needed to be clear in the first two steps of the process: knowing what she felt and wanted from the interaction and letting her husband know this. What did she



EXERCISE 8.10. What Evidence Do You Have about the Existing Belief?

What evidence do you have about the accuracy of your existing belief? What facts, words, or actions support the belief? What facts, words, or actions indicate the belief is inaccurate? Write those down below.

Belief: _____

What facts or evidence support this belief as accurate?

1. _____

2. _____

3. _____

What facts or evidence indicate this belief is not accurate?

1. _____

2. _____

3. _____

How sure are you that this belief is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____





EXERCISE 8.11. What Evidence Do You Have about the Alternative Meaning?

What evidence do you have about the accuracy of the alternative meaning? What facts, words, or actions support the alternative meaning? What facts, words, or actions indicate the alternative meaning is inaccurate? Write those down below.

Alternative meaning: _____

What facts or evidence support this interpretation as accurate?

1. _____
2. _____
3. _____

What facts or evidence indicate this interpretation is not accurate?

1. _____
2. _____
3. _____

How sure are you that this interpretation is accurate? Mark how sure on the following scale. Use the second evaluation scale later to check on changes in your beliefs in light of new evidence.

Date: _____



Date: _____



❧

EXERCISE 8.12. Summarizing Your Work on Intimacy

I have identified the following beliefs about intimacy:

I can think of the following alternative meanings:

I have carried out the following steps (mark with X); or I would like in the future to carry out the following steps (mark with *):

- Make a list of what evidence might confirm and/or contradict the existing belief.
- Organize the list of evidence from least feared/least risky to collect to most feared/most risky to collect.
- Carry out the least feared/least risky way to collect evidence.
- Keep a record of the evidence collected—both pro and con.

List here any evidence collected—what did you see or do, and how did it turn out? Continue adding to this list over time, as you become aware of additional evidence.