

Understanding my experiences with CBT-P

My recovery goals and the kind of person I want to be:			
Current obstacles to these goals:			
My strengths	What has happened to me in the past	What makes things worse	
My belief systems about...			
Myself	The world	Other people	
Rules or guidelines that I follow (often to keep myself/others safe or meet my needs):			
Actions that I take to cope:			
A situation that interfered with my recovery goals:			
Event	What I thought about this event	How I felt (emotions and body sensations)	What I did (actions)

Example: Understanding my experiences with CBT-P

My recovery goals and the kind of person I want to be: 1) Go to college for art 2) Rent my own apartment 3) Become a caring boyfriend 4) Find a way of using art to help others			
Current obstacles to these goals: 1) Anxious about meeting new people 2) Unemployed 3) Hear voices telling me to harm myself 4) Feel like others are going to harm me			
My strengths Motivated to have a better life Family supports me Artistic & creative Helpful & care about others – I think I could be a great boyfriend and help other people My treatment team helps me	What has happened to me in the past Trauma at age 5 Low self-esteem after that History of being depressed Did not do well in school Bad breakup in high school	What makes things worse Being isolated Being inactive Arguments with my family Using marijuana When I stop using medications Not many community groups/activities where I live	
My general beliefs and thoughts about...			
Myself “I’m a bad person.” “I’m incompetent and a failure.” “I might harm myself because of the voices.” “I’m boring/I’m not good at making friends”	The world “The world is dangerous” “Nothing is predictable”	Other people “People hate me.” “People are always judging me.” “People want to hurt me.” “Others will reject me.”	
Rules or guidelines that I follow (often to keep myself/others safe or meet my needs): “If I stay home and avoid people, I’ll be safe.” “I have to eliminate the voices before I can do anything with my life.” “I need to be very on guard and cautious at all times.”			
Actions that I take to cope: Avoid people; currently avoiding applying to college/jobs and dating; yell at voices; stay home as much as possible; use marijuana			
A situation that interfered with my recovery goals:			
Event Man on the corner looked at me when I came out of my house	What I thought about this event “He’s judging me. He thinks I did something bad.” “He’s been monitoring me.” “He’s going to hurt me.” “I need to go back inside”	How I felt (emotions and body sensations) Anger Fear Rumbling in stomach/nausea	What I did (actions) Went back inside and skipped going to a first date. Tried to watch TV, but ended up just listening to and yelling at voices (which increased).

Using the “Understanding my experiences with CBT-P” worksheet

Cognitive Behavior Therapy for Psychosis (CBT-P) is a type of therapy that can help you:

- Take actions toward having the life that you want and being the person you want to be
- Understand and manage difficult experiences
- Describe the connection between your thoughts, emotions, body sensations, actions, and voices (if you experience these)
- Change patterns or cycles that you want to change in your life

The CBT-P worksheet above is meant to be completed with one of the people on your treatment team. You do not have to participate in CBT-P therapy to complete this worksheet. The worksheet can help you:

- Better understand your experiences or patterns in your life
- Explain your experiences to a treatment team member
- Come up with new ideas for changing things in your life you want to change
- Share experiences with family, friends, or other support people

You may not know the answers to the items on this worksheet, but your treatment team is here to help you figure them out over time. Although your provider will help you to fill out the worksheet, the below chart provides some additional guidance about the categories on the worksheet.

<u>Category on the worksheet</u>	<u>Description</u>	<u>Examples</u>	<u>Guiding Questions</u>
My recovery goals and the kind of person I want to be	What you want your recovery to look like and what kind of person you want to be in the future	Goals in education, career, relationships, community, service/making a difference, spirituality, hobbies, etc.	<p style="text-align: center;">What are my goals?</p> <p style="text-align: center;">What do I want my life to look like when I graduate this program?</p> <p style="text-align: center;">What do I want to be doing?</p> <p style="text-align: center;">What do I want other people to say about me?</p> <p style="text-align: center;">What is important to me?</p> <p style="text-align: center;">What kind of people do I admire?</p> <p style="text-align: center;">What kind of activities are important to me?</p>
Current obstacles to these goals	Any problems and/or experiences that are currently interfering with your ability to pursue your recovery goals	Hearing voices, seeing things, difficulty thinking, fear, being harassed or targeted, problems in the body, body sensations, housing, employment, finances, motivation	<p style="text-align: center;">What is getting in the way of my recovery?</p> <p style="text-align: center;">What experiences bother me the most?</p> <p style="text-align: center;">Is there anything about my relationships, housing, employment, or financial situation that interferes with my goals?</p>
My strengths	Things that you are proud of about yourself or your life. A	Creative, musical, perseverant, resilient, excited about learning	What do I like doing?

	<p>strength doesn't necessarily mean you are particularly good at something. For example, you might not think of yourself as a particularly good guitar player, but you might be proud that you are learning to play the guitar!</p>	<p>new things, motivated, willingness to reflect on yourself, or your support system</p>	<p>What do I like most about myself?</p> <p>What have other people complimented about me?</p> <p>What do I like most about my life?</p> <p>What do I feel grateful for?</p> <p>What comes easily for me?</p> <p>Where have I shown strength?</p>
<p>What has happened to me in the past</p>	<p>Past experiences that have negatively impacted you or changed the way that you think. You may also put anything about yourself that resulted from these experiences, such as being shy, having difficulty getting close to people, etc.</p>	<p>Childhood experiences, experiences with family and friends, educational or employment experiences, health or mental health hospitalizations or treatments, traumas, messages taught/lessons learned about identity, such as race, gender, or mental health status</p>	<p>What experiences have I had in my life that have particularly influenced me?</p> <p>When I think about my childhood, what stands out?</p> <p>What have my relationships (family, friends, romantic) been like?</p> <p>Are there times in my life that stand out as changing my perspective?</p>
<p>What makes things worse</p>	<p>Factors that tend to trigger you feeling worse or having more obstacles to your recovery goals.</p>	<p>Isolation, conflict with particular people, problems with your living situation, job, or nutrition, alcohol, drugs, using or not using certain medications, avoiding activities or treatment that is helpful</p>	<p>When have things been more challenging in my life?</p> <p>Is there anything that I do that can make me feel worse?</p>
<p>My belief systems about...</p>	<p>These are the underlying beliefs that you have about yourself, the world, and other people that interfere with your recovery goals. You might not think them all the time, but these should be thoughts that you tend to have or influence the way you tend to respond to events.</p>	<p>"I am weak," "I am dangerous," "the world is dangerous," "everybody hates me," "everyone is trying to harm me," "everyone is bad," "some people are all good and some people are all bad," etc.</p>	<p>How do I typically think about other people?</p> <p>How do I typically think about myself?</p> <p>What are my belief systems about the world?</p> <p>Is there any story that my mind repeats over and over again?</p> <p>Are there things I find myself being particularly "black and white" about?</p>
<p>Rules or guidelines that I follow (often to keep myself/others</p>	<p>These are the rules or guidelines that we develop from our general</p>	<p>"I should only speak when spoken to," "If I am on-guard all the time,</p>	<p>What are some rules I believe I <u>should</u> follow in order to keep myself or others safe, happy, and well-</p>

safe or to meet my needs)	beliefs and thoughts. Note that this box describes only internal thoughts, whereas the next section describes actions that other people can actually see you doing.	I'll be safe.", "Being weak is the worst thing possible, so I need to avoid that as much as possible."	cared for? Are there things that I tell myself I should avoid in order to be safe? What about things that I have to do that maybe other people do not?
Actions that I take to cope	Actions or <i>behaviors</i> that you have developed to cope with difficult beliefs or experiences earlier on the worksheet.	Staying home, avoiding certain activities, yelling back at voices, using substances, sleeping	What do I do to get through difficult experiences? What do I avoid when they happen? What changes have I made to my life because of these experiences?
A situation that interfered with my recovery goals:	In this section, you should pick a particular situation or event that you feel interfered with your recovery goals		
Event	The situation that triggered upsetting beliefs, emotions, body sensations or actions	Voices, interactions with certain people, crowded environments, scary movies, being around weapons or other objects	What event or situation started me feeling bad? What was happening at the time that I started feeling bad?
What I thought about this event	The thoughts that you have in response to the trigger, including what you told yourself the trigger means, how you make sense of the trigger, or the story you tell yourself about the trigger	"The voices are correct/know everything," "I have to listen to the voices," "This means something is wrong with me," "I can't be around others while this is happening"	What was the first thought that came into my mind when the trigger occurred? What did you think the trigger meant or what sense did you make of the trigger? What story did you tell yourself about the trigger?
How I felt (emotions and body sensations):	The feelings or emotions that you experienced as well as any internal body experiences.	Emotions: angry, sad, scared, worried Body sensations: pain, nausea, itchiness, inability to sit still,	What emotions or feelings did I have? What was I feeling in my body? What physical sensations did I experience?
What I did (actions):	What actions you end up taking (or not taking!) as a result of the above.	Avoiding particular situations, staying home, using substances, cutting myself, yelling, isolating	What did I actually do in response to this situation? If I didn't do anything, was there something that I was avoiding by doing nothing?