

Session 9: Processing Trust and Introducing Power/Control

Practice Assignment:

Use the Challenging Beliefs Worksheets (Handout 8.1) to analyze and confront at least one of your Stuck Points each day. Also, if not completed in session, complete the trust star example (Handout 9.3). Please read over the Power/Control Issues Module (Handout 9.4) and think about how your prior beliefs about power/control were affected by your trauma. If you have power/control Stuck Points related to yourself or others, complete at least one work-sheet to examine those beliefs. Use the remaining sheets for other Stuck Points on your Stuck Point Log (Handout 6.1) or for distressing events that have occurred recently.

Session 9 Handouts:

8.1: Challenging Beliefs Worksheet (6 copies included)

9.3: Trust Star Worksheet

9.3(A): Example of a completed Trust Star Worksheet

9.4: Power/Control Issues Module

9.6: Ways of Giving and Taking Power Handout

HANDOUT 8.1
Challenging Beliefs Worksheet

Date: _____ Client: _____

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323">C. Emotion(s) Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031">G. Re-Rate Old Thought/Stuck Point Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144">H. Emotion(s) Now what do you feel? Rate it from 0 to 100%.</p>

HANDOUT 8.1
Challenging Beliefs Worksheet

Date: _____ Client: _____

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323">C. Emotion(s) Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031">G. Re-Rate Old Thought/Stuck Point Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144">H. Emotion(s) Now what do you feel? Rate it from 0 to 100%.</p>

HANDOUT 8.1
Challenging Beliefs Worksheet

Date: _____ Client: _____

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323">C. Emotion(s) Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031">G. Re-Rate Old Thought/Stuck Point Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144">H. Emotion(s) Now what do you feel? Rate it from 0 to 100%.</p>

HANDOUT 8.1
Challenging Beliefs Worksheet

Date: _____ Client: _____

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323">C. Emotion(s) Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031">G. Re-Rate Old Thought/Stuck Point Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144">H. Emotion(s) Now what do you feel? Rate it from 0 to 100%.</p>

HANDOUT 8.1
Challenging Beliefs Worksheet

Date: _____ Client: _____

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323">C. Emotion(s) Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031">G. Re-Rate Old Thought/Stuck Point Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144">H. Emotion(s) Now what do you feel? Rate it from 0 to 100%.</p>

HANDOUT 8.1
Challenging Beliefs Worksheet

Date: _____ Client: _____

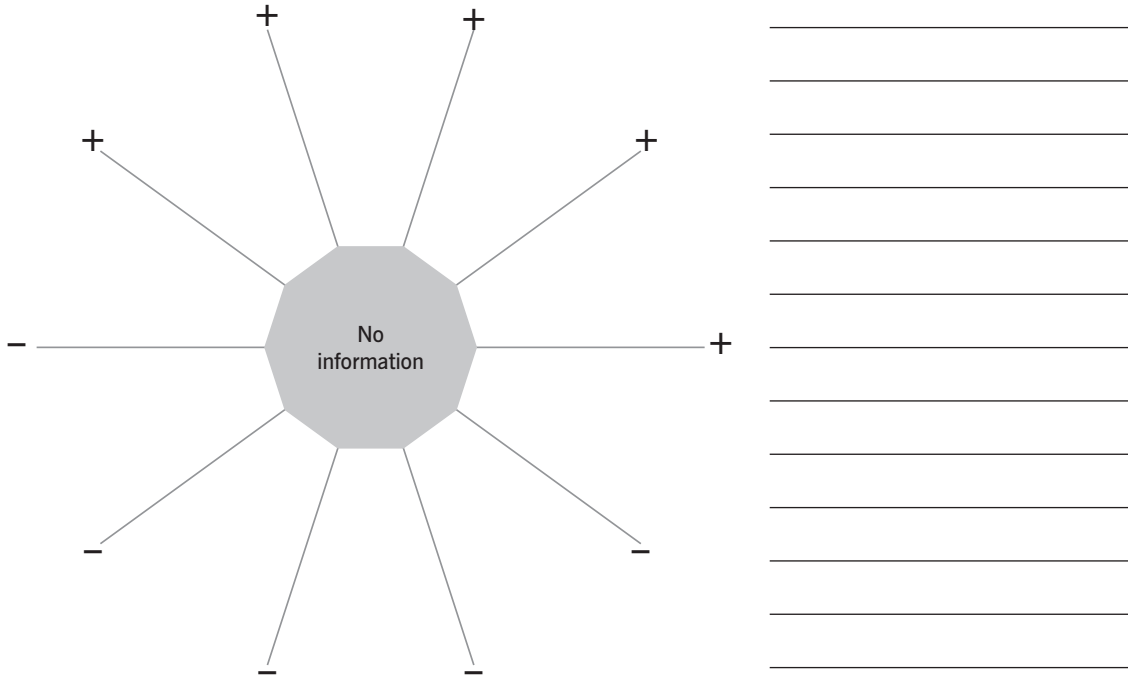
A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323">C. Emotion(s) Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031">G. Re-Rate Old Thought/Stuck Point Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144">H. Emotion(s) Now what do you feel? Rate it from 0 to 100%.</p>

HANDOUT 9.3
Trust Star Worksheet

Date: _____ Client: _____

There are many different types of trust (such as keeping secrets and being reliable). Below, in the lines down the right side of the page, list all the different types of trust you can think of. Then think about one particular person. Write in your relationship with this person here: _____ . If you cannot think of a family member or friend, then think of someone in which you must place your trust, such as a doctor, mechanic, or bus driver. Put a star by the most important types of trust for this person. Then fill in the Trust Star graphic by writing a type of trust on each line, and putting an x on the line to indicate how much you trust this person with that type of trust. The plus sign at one end of each line means maximum trust; the minus sign means no trust at all. If you don't know how much you trust the person in this way, put the x just inside the "No information" circle. Does this person need to be trustworthy in every way? What about the most important ways? Would you trust this person to pull your tooth, cut your hair, or fix your car?

TYPES OF TRUST

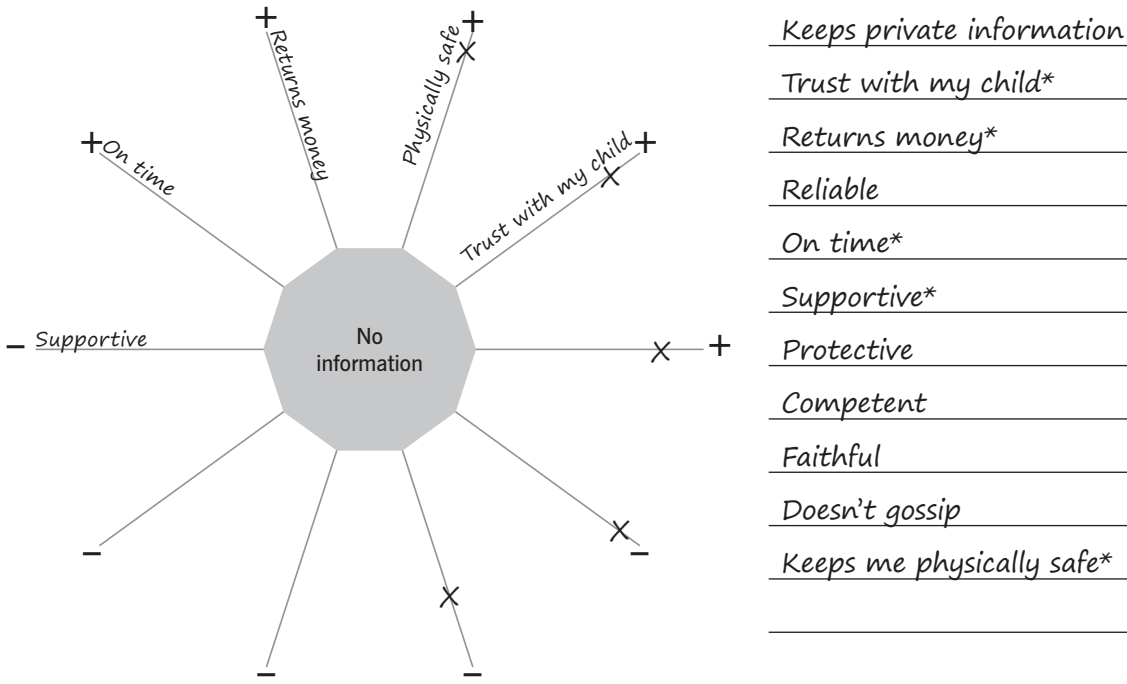


From *Cognitive Processing Therapy for PTSD: A Comprehensive Manual* by Patricia A. Resick, Candice M. Monson, and Kathleen M. Chard. Copyright © 2017 The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use or for use with individual clients (see copyright page for details).

HANDOUT 9.3A
Sample Trust Star Worksheet

There are many different types of trust (such as keeping secrets and being reliable). Below, in the lines down the right side of the page, list all the different types of trust you can think of. Then think about one particular person. Write in your relationship with this person here: friend. If you cannot think of a family member or friend, then think of someone in which you must place your trust, such as a doctor, mechanic, or bus driver. Put a star by the most important types of trust for this person. Then fill in the Trust Star graphic by writing a type of trust on each line, and putting an x on the line to indicate how much you trust this person with that type of trust. The plus sign at one end of each line means maximum trust; the minus sign means no trust at all. If you don't know how much you trust the person in this way, put the x just inside the "No information" circle. Does this person need to be trustworthy in every way? What about the most important ways? Would you trust this person to pull your tooth, cut your hair, or fix your car?

TYPES OF TRUST



From *Cognitive Processing Therapy for PTSD: A Comprehensive Manual* by Patricia A. Resick, Candice M. Monson, and Kathleen M. Chard. Copyright © 2017 The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use or for use with individual clients (see copyright page for details).

HANDOUT 9.4
Power/Control Issues Module

Power and Control Beliefs Related to SELF: Beliefs that you can solve problems and meet challenges that you may face.

PRIOR EXPERIENCE

Negative	Positive
If you grew up experiencing repeated negative events, you may have developed the belief that you cannot control events or solve problems even if they are controllable/solvable. A new traumatic event may seem to confirm prior beliefs about helplessness.	If you grew up believing that you had control over events and could solve problems, the traumatic event may have disrupted those beliefs.
Symptoms Associated with Negative Power/Control Beliefs about the Self	
<ul style="list-style-type: none"> • Numbing of feelings • Avoidance of emotions • Chronic passivity • Hopelessness and depression • Self-destructive patterns • Outrage when you are faced with events that are out of your control, or with people who do not behave as you would like 	
Examples of Possible Stuck Points	
<p>“Because I can’t be completely in control, I might as well be out of control.”</p> <p>“The traumatic event wouldn’t have happened if I had had better control over it.”</p> <p>“I need to be perfect to be in control.”</p> <p>“If I lose complete control over my emotions, something bad will happen.”</p>	

POSSIBLE RESOLUTIONS

If you previously believed that . . .	A possible alternative thought may be . . .
“I have control over everything that I do and say, as well as over the actions of others,” then it will be important to realize that none of us can have complete control over our emotions or behavior at all times. Although you may be able to influence many external events, it is impossible to control all events or all behaviors of other people. Neither of these	<p>“I do not have total control over my reactions, other people, or events at all times. However, I am able to have some control over my reactions to events, and to influence some behaviors of others or the outcomes of some events.”</p> <p>“Bad things do not always happen when I am not in control.”</p>

(continued)

HANDOUT 9.4 (p. 2 of 3)

If you previously believed that . . .	A possible alternative thought may be . . .
facts is a sign of weakness, but only an understanding that you are human and can admit that you are not in control of everything that happens to you or your reactions.	
“I am helpless or powerless to control myself or others,” then you will need to work on developing a sense of control to decrease the symptoms of depression and low self-esteem that often go along with believing you are helpless. It may help to look at your actual ability to control some events in your life.	<p>“I cannot control all events outside myself, but I do have some control over what happens to me and my reactions to events.”</p> <p>“I can try to notice all the little things I have control over in my life, and I can practice taking control over more things in my life that are important to me.”</p>

Power and Control Beliefs Related to OTHERS: Beliefs that you can control others or future events related to others (including people in power).

PRIOR EXPERIENCE

Negative	Positive
If you had prior experiences with others that led you to believe that you had no control in your relationships with others, or that you had no power in relation to powerful others, the traumatic event will seem to confirm those beliefs.	If you had prior positive experiences in your relationships with others and in relation to powerful others, you may have come to believe that you could influence others. The traumatic event may shatter this belief because you were unable to exert enough control, despite your best efforts, to prevent the event.
Symptoms Associated with Negative Power/Control Beliefs about Others	
<ul style="list-style-type: none"> • Passivity • Submissiveness • Lack of assertiveness that can generalize to all relationships • Inability to maintain relationships, because you do not allow the other persons to exert any control in the relationships (including becoming enraged if the other persons try to exert even a minimal amount of control) 	
Examples of Possible Stuck Points	
<p>“People will always try to control you.”</p> <p>“There is no point in even trying to fight against authority.”</p> <p>“This event just proves that people have too much power over me.”</p>	

(continued)

POSSIBLE RESOLUTIONS

If you previously believed that . . .	Possible alternative thoughts may be . . .
“I am powerless and have no control in relationships,” then you will need to learn ways that it is safe and appropriate for you to exert control over yourself, others, and events.	“Even though I cannot always get everything I want in a relationship, I do have the ability to influence others by standing up assertively for my rights and asking for what I want.”
“I have to control everything in the lives of people I care about, or they will be hurt,” then the traumatic event may have further reinforced this belief. It will be important for you to realize that healthy relationships involve sharing power and control, and that relationships in which one person has all the power can be abusive (even if you are the one with all the power). It may also be helpful to realize that it can be relaxing to give up some of the power, and freeing to let others make decisions some of the time.	“Even though I may not get everything I want or need out of a relationship, I can assert myself and ask for it. A good relationship is one in which power is balanced between both people. If I am not allowed any control, I can exert my control in this relationship by ending it, if necessary.” “I can learn to let others have some of the power in a relationship, and even enjoy having others take responsibility for some of the things that need to be done.”

HANDOUT 9.6

Ways of Giving and Taking Power Handout

Giving Power	Taking Power
<i>Positive</i>	
<ul style="list-style-type: none"> • Being altruistic (helping others without expecting anything in return) • Helping others in need or crisis • Sharing yourself with another person as part of the give-and-take in relationships <p>Example: You are on your way to the store when a friend asks for a ride to the doctor, and you decide to help your friend.</p>	<ul style="list-style-type: none"> • Being assertive • Setting limits and boundaries with others • Being honest with yourself and others <p>Example: You tell a friend you cannot help him or her now, but you schedule a time to meet later when it fits into your schedule.</p>
<i>Negative</i>	
<ul style="list-style-type: none"> • Basing your actions or behaviors solely on the reactions you expect from others • Always placing the needs of others above your own • Allowing others easy access to your “hot buttons,” to get you emotionally upset <p>Example: You have a strong negative reaction to someone who is clearly manipulating you to feel that way.</p>	<ul style="list-style-type: none"> • Giving ultimatums • Testing limits • Intentionally upsetting others for personal gain • Behaving aggressively <p>Example: You tell your partner, “I will not have sex with you until you do what I want.”</p>