

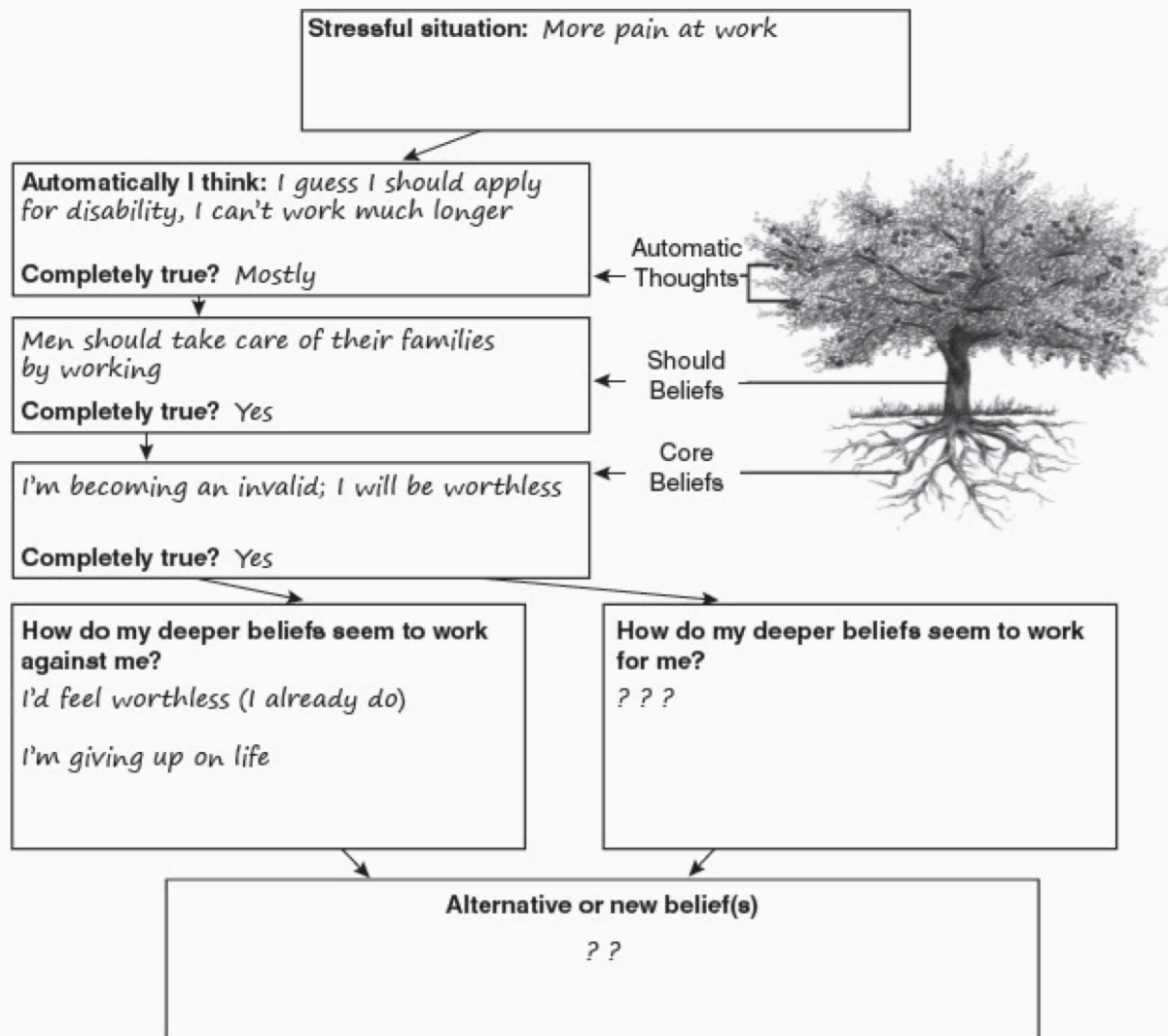
Concussion - Pathway to Recovery Program

Session 9 - Patient guide

Deeper beliefs, concussion and fatigue

Deeper beliefs, CBT, and concussion

- Identify deeper negative beliefs and make new beliefs
 - We've spent the last few sessions learning about the importance of thoughts, and we've focused mostly on the automatic thoughts that pop up in our mind like a steady stream of commentary. You've probably noticed that some of your automatic thoughts have common "themes" to them. For example, the subject matter of your automatic thoughts might include some notion of not being in control of certain aspects of your life.
 - Some automatic thoughts are "frequent flyers"; that is, the same automatic thoughts seem to keep coming up in response to similar situations. Frequent flyer thoughts come from deeper beliefs about the world around us and about ourselves. Everyone has deeper beliefs— they are the way we try to make sense of the world. Deeper beliefs can be divided into two types: "should beliefs" and "core beliefs." Should beliefs are the "rules" we hold for ourselves and for others. When we tell ourselves that something should be a certain way, or that we must do such-and-such, those are should beliefs.
 - Core beliefs are the very deeply held notions we have about ourselves and about the world around us. Core beliefs are our basic notions about the general goodness (or badness) of people, and about our own self-worth and capability. When things are going fine in our lives, we usually operate under positive belief systems about ourselves and the world
- Deeper Beliefs Worksheet.
 - First, write a few words about a problem situation. Next, write an important automatic thought about your stressful situation. To come up with your should belief, it may help to ask yourself: What are the "rules" I have about this situation? What do I think I should have done/ acted/ said/ thought in this situation? This could be your should belief. Next indicate with a yes or no if you believe it is completely true. Next, try to come up with a core belief. Remember, these are the deepest beliefs. These are the roots of the tree. It might help to ask



MODULE FIGURE 6.1. Ben's Deeper Beliefs Worksheet, filled out during our discussion of deeper beliefs.

yourself: What does this whole situation mean about me as a person? Your answer may be your core belief. Next indicate with a yes or no if you believe it is completely true. Just like our automatic thoughts, our should beliefs and core beliefs may have some parts that are not true. When we hold onto beliefs that are not completely true, they may work against us and we run into problems. Write down some ways that your deeper belief might work against you. Also write down some ways that your deeper belief might seem to work in your favor. (Example of a patient, Ben, shown above)

- One reason why we might hold on to a negative deep belief is that it seems to work in our favor, but in the end, it doesn't. We'll see how this goes as we continue to fill out the forms together. Now it's time to come up with a new belief. Remember how we said that your automatic thoughts are ideas? Your deeper beliefs are also ideas. Ideas are not set in stone. Ideas are not permanent. You can challenge ideas. In the last box of the attached worksheet, write an alternative or new belief to replace your original belief. Use the worksheet already completed until this point to help you. You don't need to make your new belief so positive that it is not realistic. The point is to make the new belief work better for you than the old belief.

- *Complete attached deeper beliefs worksheet*

Fatigue and CBT

- See attached program for targeting triggers for fatigue and CBT

Homework

- Complete Deeper Beliefs worksheet
- Continue mindfulness daily
- Complete executive functioning worksheets
- Continue progressive relaxation exercises
- Daily balance and stretching exercises