Steps for Cognitive Processing

- Make the process explicit
- Identify the problematic belief
- Identify what you want to say, but DON'T say it
- Validate the belief
- Develop understanding of the belief
    - What makes you think it is true?
    - What evidence supports this idea?
- Help the youth/caregiver become aware of how the belief might be a problem
    - What's the effect of thinking or believing this?
    - What could be the effect of thinking differently?
    - What will happen if I keep telling myself this?
    - What could happen if I changed my thinking?
    - Does thinking {_____} lead to positive or negative feelings?
    - Does thinking {_____} help you in your relationships with friends and family?
    - How useful is that thought?
- Identify a potential helpful/accurate/balanced belief
- Identify the information they are not paying attention to
- Help them attend to this information (Socratic process)
    - What might be another reason for the situation?
    - Why else did it happen?
    - What is another way to look at it?
    - Is this thought always true?
    - What evidence supports this idea?
    - Any times it is not true?
- Employ role playing or experiential exercises
    - Best friend role play
    - Responsibility pie
- Reinforce new ways of thinking and identify a plan for maintaining more helpful/accurate understanding
- Make the process explicit