

Eggshells

MATERIALS:

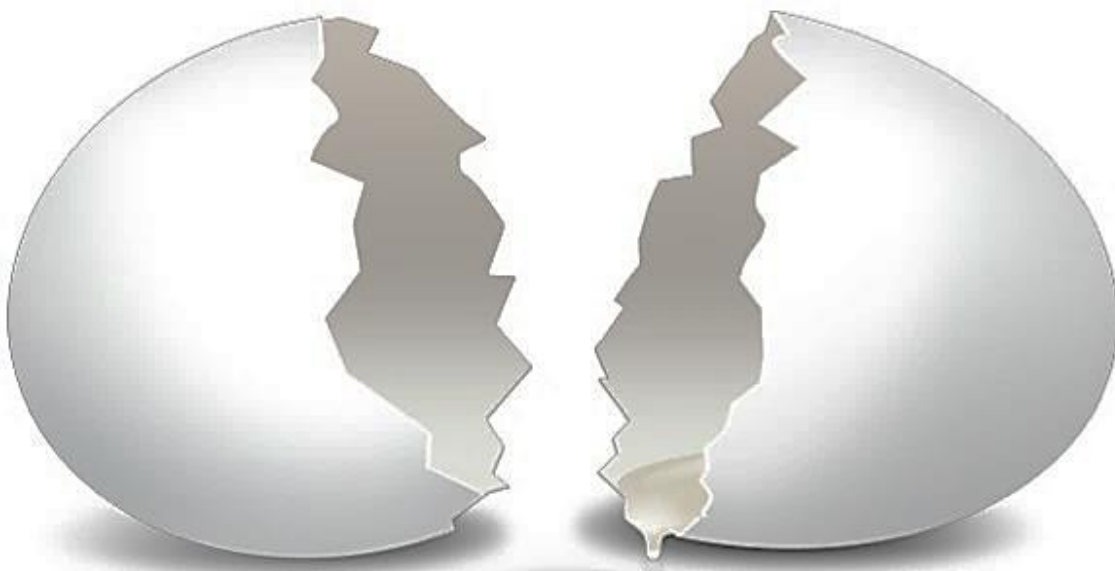
- A copy of the attached blank activity sheet, and
- Writing and coloring utensils (e.g., pencil, pen, crayons, markers, colored pencils, etc.),

DIRECTIVE:

This activity should aid the client in questioning her or his beliefs from multiple perspectives. Explain the basic Cognitive-Behavioral concept to the client, emphasizing both the importance and fallibility of beliefs. Share the following perspective with the client:

“Looking for flaws in our beliefs is a lot like searching for a crack in an eggshell. We look for any time flaw that might mean that the egg is no good. What happens when you suspect a flaw in a belief? You scrutinize and test the belief, just like an egg. Start to question the belief. If it falls apart when we question it, the belief was no good. If it doesn't fall apart, then it is a good belief to keep for now. Just like eggs, we only want to keep the best ones—the ones without cracks and flaws.”

Ask the client to complete the blank activity sheet, associating a belief that s/he suspects (or has been helped to suspect) is flawed with the crack in the egg. Along the cracks, ask the client to and help the client to formulate and write out questions that might expose the flaw in the belief in greatest detail. Be sure to lead the client in questioning both the experience(s) that precipitated the belief as well as the maladaptive behavior(s) it underlies. Also solicit any perspective that the client's family, friends, teachers, or other caretakers have made known. Process possible responses to these questions.



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