

RELEVANT LIFE HISTORY and PRECIPITANTS

Youngest of three siblings. Father was cold. Parents compared him unfavorably to his siblings. Siblings teased him harshly. Mother was warmer but critical. Lost some friends going into high school.

MALADAPTIVE CORE BELIEF(S)

I'm a failure/loser/incompetent/not good enough (helpless); I'm not worth talking to (unlikeable; something wrong with me).

MALADAPTIVE INTERMEDIATE BELIEFS: ASSUMPTIONS/ATTITUDES/RULES

If I avoid difficult tasks, I'll be okay; if I don't, I'll fail (because I'm a failure).
If I avoid social interactions, I'll be okay; if I don't, I'll be rejected (because I'm unlikeable).

MALADAPTIVE COPING STRATEGIES

Avoids difficult tasks
Avoids social situations

SITUATION #1
Thinking about a job interview

AUTOMATIC THOUGHT(S)
I might screw it up.

MEANING OF A.T.
I'm a failure. I'm a loser.

EMOTION
Anxiety

BEHAVIOR
Avoids preparing for interview

SITUATION #2
Thinking about being fired

AUTOMATIC THOUGHT(S)
If I were good at the job, maybe I wouldn't have gotten fired.

MEANING OF A.T.
I'm incompetent. I'm a failure. I'm not good enough.

EMOTION
Sadness

BEHAVIOR
Avoids looking for a new job

SITUATION #3
Jared didn't text back.

AUTOMATIC THOUGHT(S)
He's just not interested.

MEANING OF A.T.
I'm not worth talking to.

EMOTION
Sadness

BEHAVIOR
Avoids contacting Jared again