

COGNITIVE BEHAVIORAL THERAPY ROLE-PLAY SCRIPT

A. COGNITIVE RESTRUCTURING

Therapist: (Warmly greeting Cianna) Hi Cianna, it's good to see you again. How have you been since our last session?

Cianna: (Sitting down with a sigh) Hi, thank you. I've been trying some of the strategies we discussed, but I still find myself overwhelmed with anxiety, especially at work.

Therapist: (Nodding empathetically) It's understandable that change takes time. Today, I'd like to introduce a technique called cognitive restructuring to help us address your anxiety. Are you open to trying it?

Cianna: (Curious but willing) Sure, I'm open to trying anything that might help.

Therapist: (Explaining) Great. Cognitive restructuring helps us challenge and change unhelpful thought patterns that contribute to anxiety. Can you share a recent situation at work where you felt particularly anxious?

Cianna: (Reflecting for a moment) Well, yesterday we had a meeting where my boss criticized my report, and immediately I started feeling like I wasn't good enough. I couldn't stop thinking about it all day.

Therapist: (Encouraging) Let's break down that situation. What specific thoughts were going through your mind during and after the meeting?

****Cianna:**** (Thinking) I kept thinking, "I'm such a failure. My boss thinks I'm incompetent. I'll never get this right."

Therapist: (Identifying cognitive distortions) These thoughts reflect common cognitive distortions, like all-or-nothing thinking and labeling. How might you reframe these thoughts more realistically?

Cianna: (Considering) Maybe I could think, "I made a mistake on this report, but it doesn't define my abilities overall. I can learn from this feedback and improve."

Therapist: (Supportive) That's a great reframe. Now, imagine if a friend were in the same situation. What advice would you give them to help them feel better?

Cianna: (Reflecting) I would tell them that everyone makes mistakes and it's important to learn from them instead of being too hard on themselves.

Therapist: (Encouraging self-compassion) Exactly. Now, how does it feel to reframe your thoughts in this way?

Cianna: (Thoughtfully) It feels more balanced, like I'm not putting all the blame on myself and seeing things more realistically.

Beyond Therapy Full Script

Camilla Rothe



Beyond Therapy Full Script:

Reviewing **Beyond Therapy Full Script**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Beyond Therapy Full Script**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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