

## **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

**Leonard Maltin's**



## **Beyond Therapy Full Script:**

## Decoding **Beyond Therapy Full Script**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Beyond Therapy Full Script**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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