

# Cognitive Processing Themes Activity

In the envelope, you will find challenging thoughts/beliefs held by youth and caregivers we've seen for TF-CBT.

For each thought:

1. Decide which common thematic area is being demonstrated in the thought.
2. Brainstorm possible processing questions or creative techniques that could be used in session to challenge or correct these problematic beliefs.

## 5 Common Areas Affected by Trauma

Theme	Self	Others
SAFETY	My capacity to protect myself from harm and have some control over events.	The safety/dangerousness of other people and my expectations about their intent to cause harm, injury or loss.
TRUST	How well I can trust or rely on my perceptions and judgments.	How much I can rely on others and on the promises they make.
POWER/CONTROL	How well I can solve problems and meet challenges. My capacity for self-growth.	How much I can control future outcomes in interpersonal relationships or how much power I have in relation to others.
ESTEEM	My self-worth.	How much I value other people and view them realistically.
INTIMACY	My ability to soothe and calm myself. My ability to be alone without feeling lonely or empty.	How much I long intimacy, connection and closeness. My capacity to be intimately connected with others.

My 14-year-old nephew should be locked up forever for molesting my 6-year-old son.  
He's a pedophile.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

If my daughter hadn't gone with those kids like I told her not to do, she wouldn't have gotten hurt.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

I'm afraid that my child is going to grow up to do the same thing that happened to him.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

I don't think my daughter will ever be the same. She's going to have to be in counseling for the rest of her life.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

When my foster child cuddles up to me on the couch or wants a hug, I wonder if she's trying to be sexual with me. I feel safest avoiding physical contact with her.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

I thought I protected my kids from the fighting. Knowing now what they saw and heard, I hate myself for not leaving the relationship sooner.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

I went through worse when I was a kid and am just fine. My kid just needs to stop thinking about what happened and get over it.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

Mom must not love me since she chose her boyfriend over me. If she loved me, she'd believe that he abused me and she'd leave him.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

I was such an idiot for going with my friends that night. None of this would have happened if I hadn't snuck out of the house.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

I don't want to get close to anyone because they'll just stab you in the back.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

(Child whose mother knew but failed to protect child from repeated sexual abuse by an older sibling)

**Mom didn't do anything wrong.**

<b>Theme</b>	
--------------	--

**Processing Ideas:**

- 1.
- 2.
- 3.

(Foster youth with oppositional behavior)

**What does it matter how I act? DHS is never going to let me go home.**

<b>Theme</b>	
--------------	--

**Processing Ideas:**

- 1.
- 2.
- 3.

(Youth with victimization history who has been sexting multiple people)

I don't know why I send the pictures. I just do it.

Theme

Processing Ideas:

- 1.
- 2.
- 3.

(Foster-to-Adopt Parent)

What if I'm not the right parent for this child? I don't know if I'm doing or saying the right things to help them get through this.

Theme

Processing Ideas:

- 1.
- 2.
- 3.



(14yo. female who was extensively molested by a 24yo. Male)  
Everyone says he abused me, but he was my  
boyfriend and I loved him.

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

COGNITION:

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.

COGNITION:

Theme	
-------	--

Processing Ideas:

- 1.
- 2.
- 3.