
Cognitive Processing in an Imperfect World

Breakout 1:

"How can my parents say they love me if they don't accept my sexuality? That doesn't make sense."	
Validate	
Alternative Thought	
Exploring Questions to Elicit Alternative Thoughts :	

Breakout 2:

"I know this isn't my adoptive home and that they don't want to keep me."	
Validate	
Alternative Thought	
Exploring Questions:	

Breakout 3:

"How am I supposed to be chill when my siblings are still living with my abusive mom?"	
Validate	
Alternative Thought	
Exploring Questions:	

Breakout 4:

"I keep having to deal with being name-called at school and if i try to stand up for myself I'm the one who gets in trouble."	
Validate	
Alternative Thought	
Exploring Questions:	

Breakout 5:

I can't even get pulled over without possibly being deported.	
Validate	
Alternative Thought	
Exploring Questions:	

Breakout 6:

"I don't even know if the teen who hurt me got investigated or in trouble. I still see him in the neighborhood riding his bike and playing basketball."	
Validate	
Alternative Thought	
Exploring Questions:	