

Fundamentals of Cognitive Behavioral Therapy

1. Situations **do not cause** emotional reactions
2. **There are no universal rules** of human behavior
3. **You are always making the best decision** at the time given the circumstances
4. Whatever you are experiencing in the moment, **you will get through** that experience (efficacy core belief)
5. **Your personal faulty assumptions may block your ability to challenge clients** faulty assumptions
6. It is critical to **examine your own belief systems**
7. **Cognitive therapy is fundamentally a philosophy of life** that includes:
 - a. What we want/prefer is healthy
 - b. There are no universal rules of how to "be" in life
 - c. Our being is always okay (core belief of okayness); Our doing may be judged. Our being simply "is." We may be evaluated on our doing, but our doing does not make us good or bad. We fundamentally are of value "being."
 - d. Our beliefs are learned and run on autopilot in our unconscious operating system
 - e. Our behavior is a result of our operating system
 - f. Fear is the primal motivator
 - g. Virtually all distressing emotion is a result of negative thinking and specifically a negative core belief.
8. **Reality testing is limited** (in many cases must reach 100% for effectiveness)
9. **Beliefs, desires, and facts are distinct types of thinking**
 - a. Beliefs can be flawed
 - b. Desires cannot be flawed
 - c. Facts may or may not be in "error"

All three of the above can change over time.