

AUTHENTIC CONNECTIONS

MOVING ON FROM PAST HURTS CBT WORKSHEET

Vulnerability is usually rooted in the past. It may be a perceived flaw, a painful experience, a continual sense of loss, or other reminder of events in our lives that were less than ideal. It is helpful to examine the thoughts that we have about these issues to mediate the feelings that we carry around as part of our foundational life story. By mediating these themes that impact our lives daily, we can neutralize them. In doing so, the negative effects that they have on us and our lives is greatly diminished. Sounds good, right? Let's start with an **example**:

Cause of vulnerability	How It Shows Up	Automatic Thoughts	Talk Back!	Different Approach
<i>Adoption</i>	<i>Sad around kids and families</i>	<i>My mother didn't want me.</i>	<i>I don't know why my mother didn't keep me. I'm assuming the worst.</i>	<i>Don't make up sad stories with no basis in reality. Assume the best.</i>
	<i>Uncomfortable at baby showers</i>	<i>It is unfair that I didn't have a normal life.</i>	<i>My life was pretty satisfying. I want the best for my friend.</i>	<i>Life is not fair and normal is not reality. I may be a lot better off.</i>



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