

Helping Clients Overcome Depression

Lisa Firestone, Ph.D.

Welcome!

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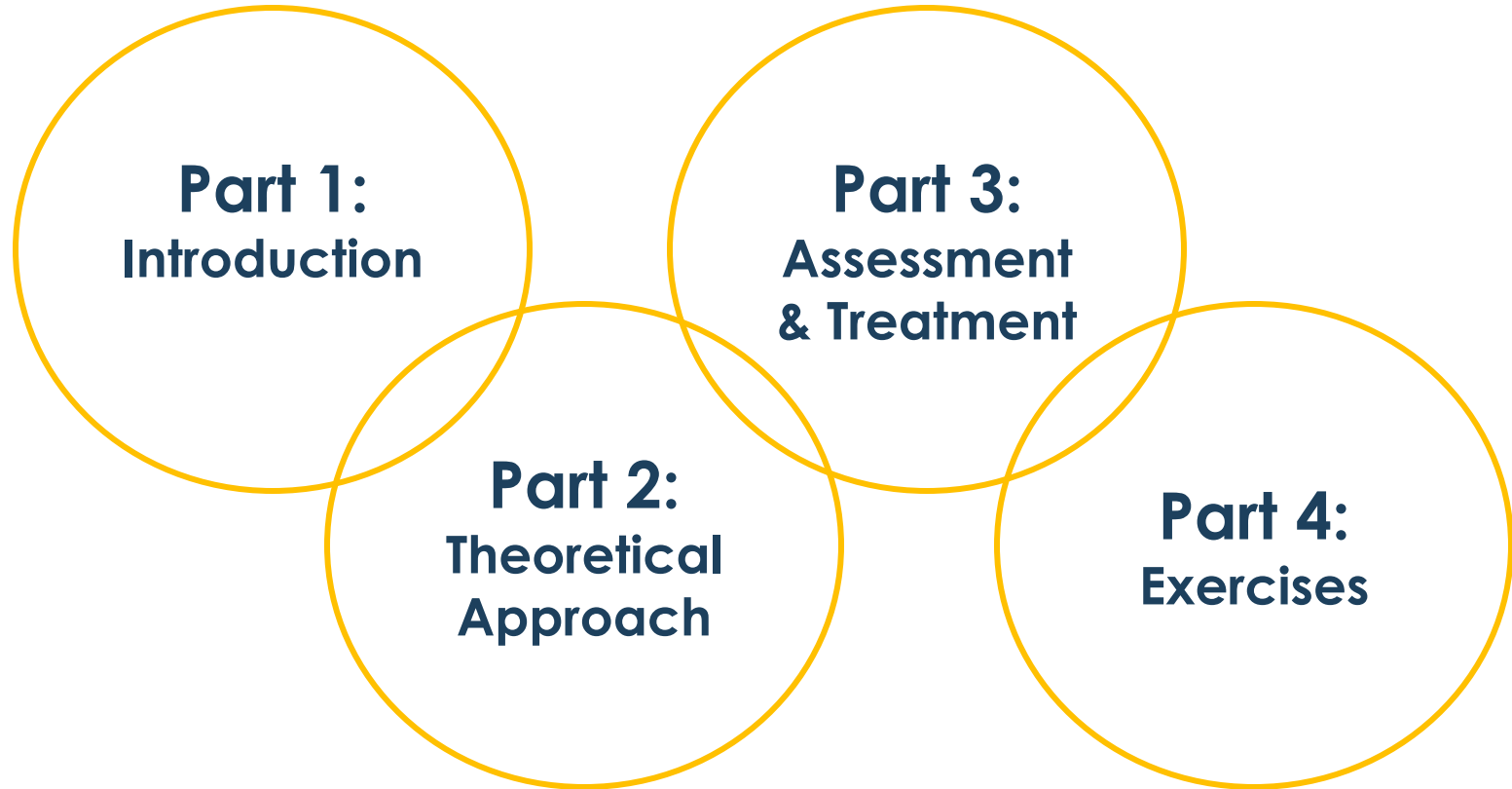
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Four Parts to This Webinar:



Part 1: Introduction

Worldwide, 350 million people (5 percent of the world population) suffer from depression



The United States has the third highest rate of depression in the world.

Facts About Depression

- Depression is the most common mental health disorder in America.
- An estimated 1 in 10 U.S. adults report depression.
- Depression rates are rising. By the year 2020, it will be the second most common health problem in the world.
- Negative self-concept has been found to be associated with depression in toddlers.

Facts About Depression Treatment

- Of the roughly 15.6 million Americans who have major depression, only 21 percent receive minimally adequate care. (Study Published by APA)
- Based on study published by APA, researchers concluded that when therapists can help guide patients through treatment, using specific psychotherapeutic strategies, as many as 50 to 80 percent will respond within 8 to 16 weeks of treatment without drugs and without the associated medical risks. (Study Published by APA)

Facts About Depression Treatment

- In a study in which 681 patients with chronic forms of major depression were treated with antidepressants alone or psychotherapy alone, those with a history of early childhood trauma (loss of parents at an early age, physical or sexual abuse, or neglect), responded better to psychotherapy alone than to antidepressant monotherapy. Moreover, the combination of psychotherapy and pharmacotherapy was only marginally superior to psychotherapy alone among the childhood abuse cohort. (Study Published by APA)

Effects of Psychological Treatment of Adult Depression

Limited, but promising evidence of comparable effects of psychotherapies and pharmacotherapies on brain activity

Source: [P. Cuijpers](#), [C. Gentili](#) - Research in Psychotherapy: ..., 2017 - [researchinpsychotherapy.org](#)

“Depression is the most unpleasant thing I have ever experienced. . . It is that absence of being able to envisage that you will ever be cheerful again. The absence of hope. That very deadened feeling, which is so very different from feeling sad. Sad hurts but it's a healthy feeling. It is a necessary thing to feel. Depression is very different... Depression isn't just being a bit sad. It's feeling nothing. It's not wanting to be alive anymore.”

- J.K. Rowling, Author

“When you're depressed, it's as though this committee has taken over your mind, leaving you one depressing thought after the other. Part of the depression is as though you're punishing yourself for something... Your sense of self, your appreciation for yourself, your respect for yourself, disappears completely. It certainly isn't that your mind goes blank. On the contrary, when you're depressed, your mind beats you to death with thoughts. It never stops.”

- Rod Steiger, Actor

Two Kinds of Depression

DSMV

Major Depressive Disorder

- Can be a single episode or recurrent
- More severe symptoms

Dysthymia

- Less severe but persistent and pervasive
- Symptoms are similar but less intense

Signs and Symptoms of Depression

- Persistent sad, anxious or "empty" feelings
- Feelings of hopelessness, pessimism, or helplessness
- Feelings of guilt or worthlessness
- Irritability or anger
- Restlessness
- Loss of interest in once pleasurable activities or hobbies, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Changes in sleep pattern (insomnia, early-morning wakefulness or excessive sleeping)
- Appetite changes – overeating, appetite loss, weight loss
- Thoughts of death, suicide, suicide attempts
- Aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- Withdrawal from friends and family
- Noticeably physically agitated or slowed down

How does psychotherapy help people recover from depression?

- Pinpoint the life problems that contribute to their depression and help them understand which aspects of those problems they may be able to solve or improve.
- Identify negative or distorted thinking patterns that contribute to feelings of hopelessness and helplessness that accompany depression.
- Explore other learned thoughts and behaviors that create problems and contribute to depression.
- Help people regain a sense of control and pleasure in life.

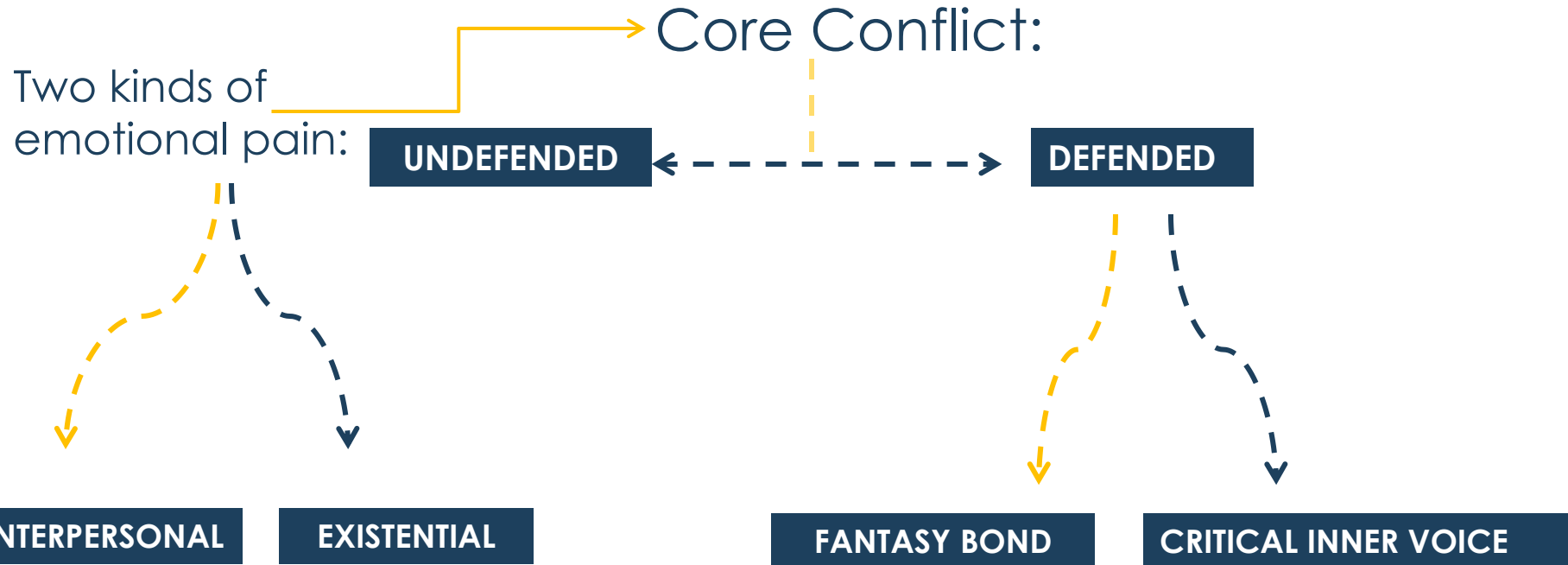
Part 2:

Theoretical Approach

Separation Theory

Robert W. Firestone, Ph.D.

Integrates psychoanalytic and existential systems of thought



Our Theory

Each person is divided:

- One part wants to live and is goal-directed and life-affirming.
- One part is self-critical, self-hating and even self-destructive.
- The nature and degree of this division varies for each person.

Real Self
Positive

Anti-Self
Critical

Division of the Mind

Parental Ambivalence

Parents both love and hate themselves and extend both reactions to their productions, i.e., their children.

Parental Nurturance

Parental Rejection, Neglect Hostility

Self-System

Parental Nurturance

Unique make-up of the individual (genetic predisposition and temperament); harmonious identification and incorporation of parent's positive attitudes and traits and parents positive behaviors: attunement, affection, control, nurturance; and the effect of other nurturing experience and education on the maturing self-system resulting in a sense of self and a greater degree of differentiation from parents and early caretakers.

Personal Attitudes/Goals/Conscience

Goals

Needs, wants, search for meaning in life

Behavior

Ethical behavior toward self and others

Moral Principles

Realistic, Positive Attitudes Towards Self

Realistic evaluation of talents, abilities, etc. with generally positive/compassionate attitude towards self and others.

Goal-directed Behavior

Acting with Integrity

Anti-Self System

- Unique vulnerability: genetic predisposition and temperament
- Destructive parental behavior: misattunement, lack of affection, rejection, neglect, hostility, over-permissiveness
- Other Factors: accidents, illnesses, traumatic separation, death anxiety

The Fantasy Bond (core defense) is a self-parenting process made up of two elements: the helpless, needy child, and the self-punishing, self-nurturing parent. Either aspect may be extended to relationships. The degree of defense is proportional to the amount of damage sustained while growing up.

Anti-Self System

Self-Punishing Voice Process

Voice Process

1. Critical thoughts toward self
2. Micro-suicidal injunctions
3. Suicidal injunctions – suicidal ideation

Behaviors

Verbal self-attacks – a generally negative attitude toward self and others predisposing alienation

Addictive patterns. Self-punitive thoughts after indulging

Actions that jeopardize, such as carelessness with one's body, physical attacks on the self, and actual suicide

Anti-Self System

Self-Soothing Voice Process

Voice Process

1. Self-soothing attitudes
2. Aggrandizing thoughts toward self
3. Suspicious paranoid thoughts towards others
4. Micro-suicidal injunctions
5. Overtly violent thoughts

Behaviors

Self-limiting or self-protective lifestyles, Inwardness

Verbal build up toward self

Alienation from others, destructive behavior towards others

Addictive patterns. Thoughts luring the person into indulging

Aggressive actions, actual violence

Recent research demonstrated that lack of parental nurturing is a risk factor for depression recurrence in young children. Fifty-one percent of the 74 children diagnosed with depression in preschool (ages 3-5) were later depressed in school (ages 9-12). Later depression symptoms were associated with non-supportive parental behavior. *(Report from APA Monitor)*

Parental Rejection

Recollections of parental rejections are significantly associated with depression, self-criticism and suicidality.

Source: Rui C. Campos, Avi Besser, and Sidney J. Blatt. (2013) Recollections of Parental Rejection, Self-Criticism and Depression in Suicidality. Archives of Suicide Research, 17:58–74.

Critical Inner Voice and Depression

FEIFFER

by JULES FEIFFER

I AM A CRITIC.



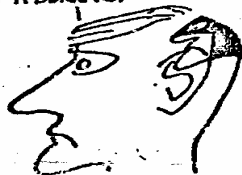
I AM NOT A BOOK, ART,
THEATRE, FILM, MUSIC
OR DANCE CRITIC.



I AM A
BERNARD
CRITIC.



A RESIDENT CRITIC WORKING
INSIDE THE HEAD OF A BERNARD.



HE WAKES UP I TELL HIM,
"YOU'RE LATE." AT THE OF-
FICE I TELL HIM, "YOU'RE
BEHIND." AT DINNER PARTIES
I TELL HIM,
"YOU'RE
BORING."



WHEN HE FALLS IN
LOVE I TELL HIM,
"YOU'RE NOT GOOD
ENOUGH."



ON OCCASION HE CAN'T
TAKE ANY MORE RE-
VIEWS AND ORDERS
ME OUT OF HIS HEAD.



SO I RIP OFF MY
MASK AND SAY,
"IS THAT THE WAY TO
TALK TO YOUR
MOTHER?"



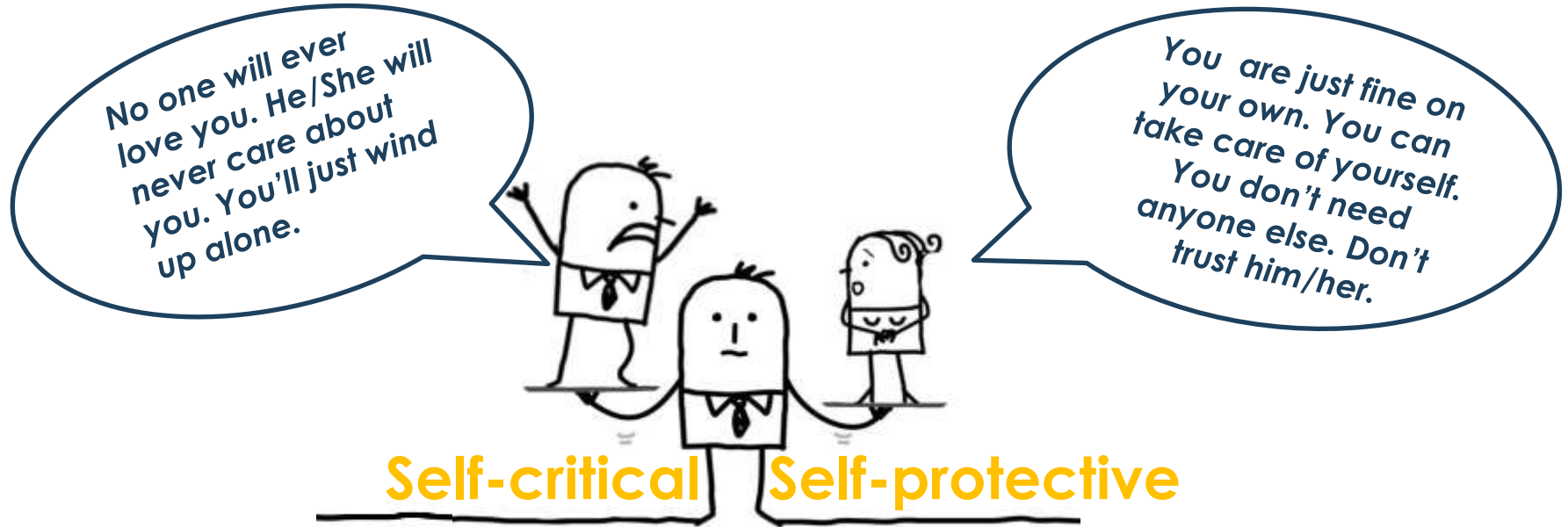
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What is the Critical Inner Voice?

- The critical inner voice is a well-integrated pattern of destructive thoughts toward ourselves and others.
- The nagging “voices” that make up this internalized dialogue are at the root of much of our self-destructive and maladaptive behavior.
- The critical inner voice is not an auditory hallucination; it is experienced as thoughts within your head.
- This stream of destructive thoughts forms an anti-self that discourages individuals from acting in their best interest.

Critical Inner Voice



How does the critical inner voice affect us?

- The critical inner voice is an internal enemy that can affect every aspect of our lives, including our self-esteem and confidence, our personal and intimate relationships and our performance and accomplishments at school and work.
- These negative thoughts affect us by undermining our positive feelings about ourselves and others and fostering self-criticism, inwardness, distrust, self-denial, addictions and a retreat from goal-directed activities.

Self-criticism and Depression

- Self-criticism internalized growing up and the negative ways one compares themselves to others contributes to depression
- Depressed individuals showed a fear of being compassionate toward themselves and feelings of being unimportant to others

Source: Joeng, J. R., & Turner, S. L. (2015, March 23). Mediators Between Self-Criticism and Depression: Fear of Compassion, Self-Compassion, and Importance to Others. *Journal of Counseling Psychology*. Advance online publication. <http://dx.doi.org/10.1037/cou0000071>

Common Voices in Depression

- You just don't belong anywhere.
- You're a horrible person!
- Your life is so boring and empty.
- Don't ever get too happy because the ax is bound to fall.
- Nobody really likes you. You're unlovable.
- You deserve all the bad things that are happening to you.
- Don't show anybody how bad you feel.
- Who do you think you are anyway? You're nothing!
- You don't deserve anything.

Rumination

- A 2013 study of more than 30,000 people showed that harping on negative life events (particularly through rumination and self-blame) can be the prime predictor of some of today's most common mental health problems like anxiety and depression.
- Limit the time you allow yourself to think about negative thoughts or worries.

Anger often underlies depression.

- Going inward and turning anger on oneself contributes to the severity of depression.

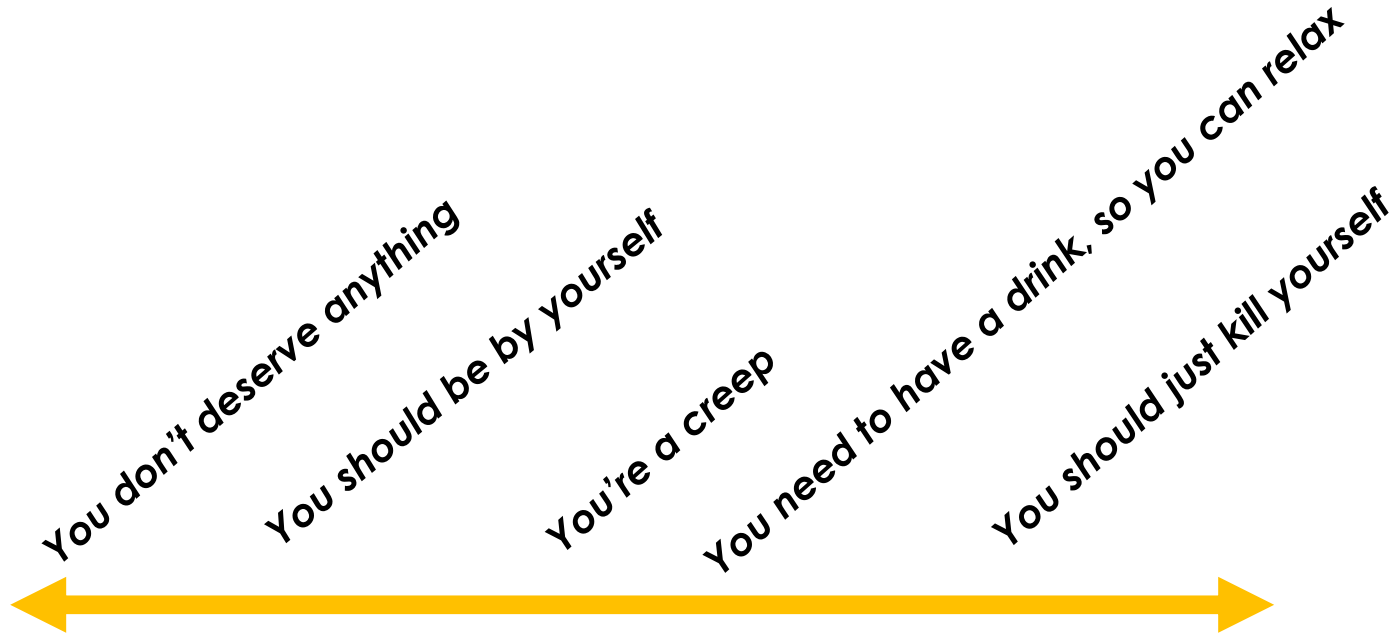
Source: Rudy Abi-Habib, Patrick Luyten, The role of Dependency and Self-Criticism in the relationship between anger and depression, In Personality and Individual Differences, Volume 55, Issue 8, 2013, Pages 921-925, ISSN 0191-8869

Anger and Depression

- Self-blame, rumination, catastrophizing and reduced positive reappraisal were among the most valuable predictors of negative emotions, including anger and depression.
- Studies suggest that anger suppression, but not anger expression, is associated with mood, i.e. depression and anxiety.
- You can recognize and accept your anger in a healthy way that releases the emotion without allowing it to fester or be turned into an attack on yourself.

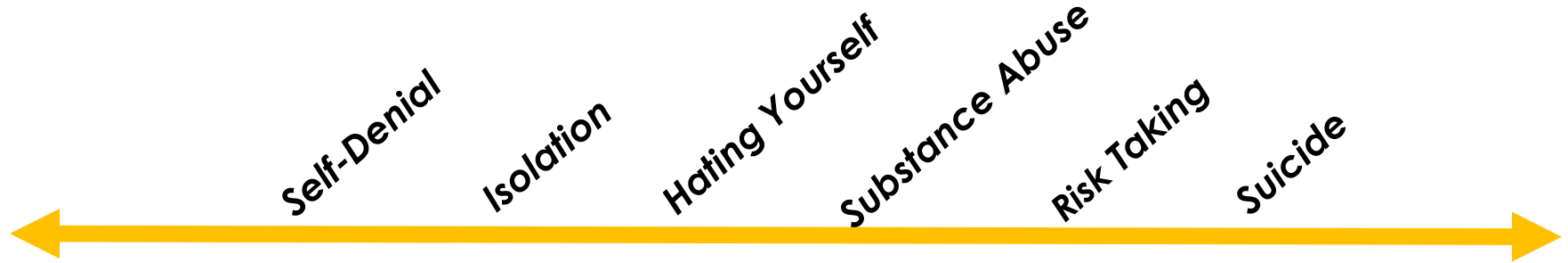
Continuum of Self-Destructive Thoughts

Negative thoughts exist on a continuum, from mild self-critical thoughts to extreme self-hatred to thoughts about suicide



Continuum of Self-Destructive Behavior

Self-destructive behaviors exist on a continuum from self-denial to substance abuse to actual suicide.



Our Approach to Self-Destructive Behavior

There is a relationship between these two continuums. How a person is thinking is predictive of how he or she is likely to behave.





I could not sleep, although tired. And lay feeling my nerves shaved to pain and the groaning inner voice: oh, you can't teach, can't do anything. Can't write, can't think...I have a good self, that loves skies, hills, ideas, tasty meals, bright colors. My demon would murder this self by demanding that it be a paragon, and saying it should run away if it is anything less.

- Sylvia Plath, Poet

Self-criticism, Insecure Attachment, and Suicide

- Insecure attachment is associated with suicidal behavior.
- Self-criticism mediates the link between insecure attachment (anxiety and avoidance) and suicide-related behaviors.

Sources: Falgares Giorgio, Marchetti Daniela. (2017) Attachment Styles and Suicide-Related Behaviors in Adolescence: The Mediating Role of Self-Criticism and Dependency. *Frontiers in Psychiatry* 8 , pages 36.

Li S, Galynker Il, Briggs J, Duffy M. (2017) Attachment style and suicide behaviors in high risk psychiatric inpatients following hospital discharge: The mediating role of entrapment. *Psychiatry Res*

Part 3:

Assessment &

Treatment

Helping Your Clients Identify Their Critical Inner Voice

Help Clients:

1. Recognize the positive or negative events that trigger their Critical Inner Voice.
2. Recognize the specific outside criticisms that support their Critical Inner Voice.
3. Become aware of times they may be projecting their self-attacks onto other people.
4. Notice changes in their mood.

Assessment Instruments

- Firestone Assessment of Self-Destructive Thoughts (FAST)
- Firestone Assessment of Suicidal Intent (FASI)
- Firestone Assessment of Violent Thoughts
- Firestone Assessment of Violent Thoughts – Adolescents

Based on Separation Theory developed by Robert W. Firestone, PhD. and represents a broadly based coherent system of concepts and hypothesis that integrates psychoanalytic and existential systems of thought. The theoretical approach focuses on **internal negative thought processes**. These thoughts (i.e. “voices”) actually direct behavior and, thus, are likely to predict how an individual will behave.



Uses for Our Measures

- Risk Assessment
- Treatment Planning
- Targeting Intervention
- Outcome Evaluation

Figure 4.1 Guttman scalogram analysis for the FAST

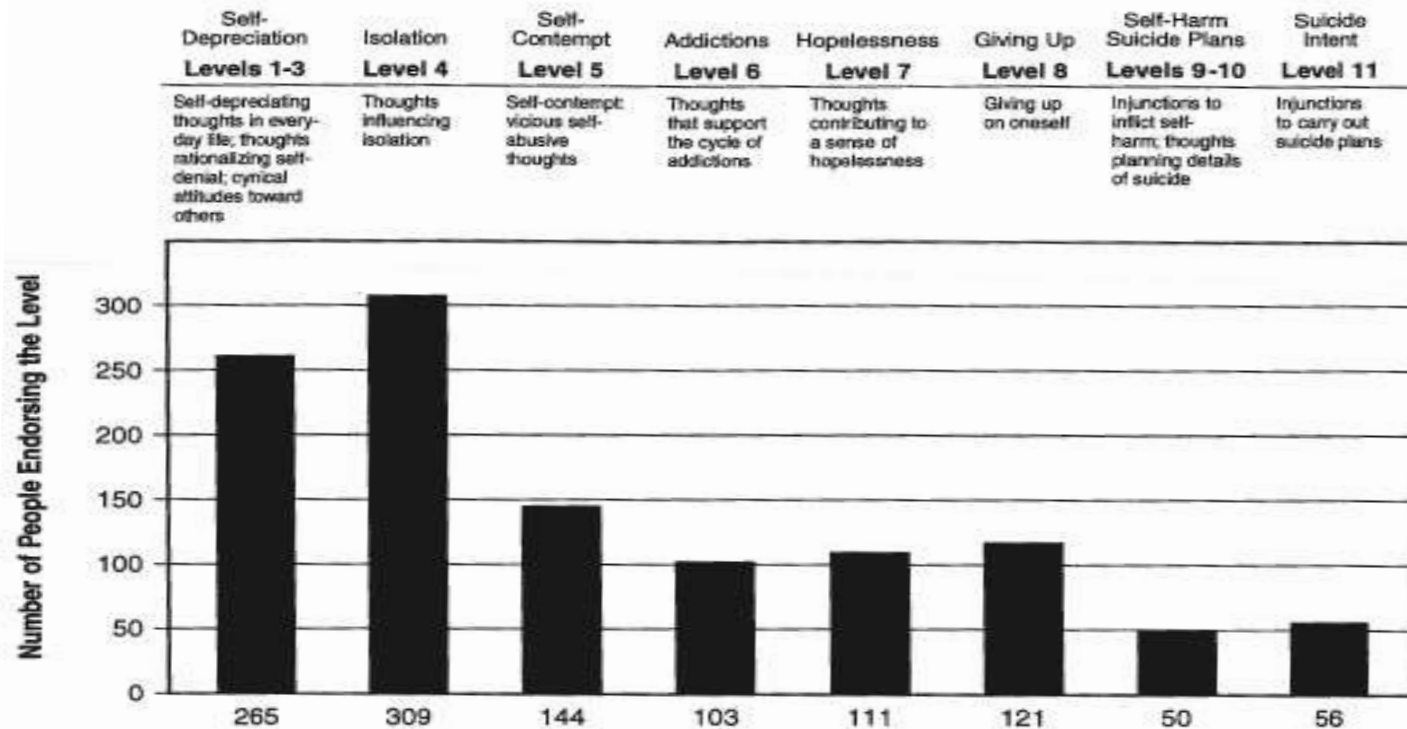


Figure 3. Approximate ROC Curves
for the FVSSDB, SPS, and BHS

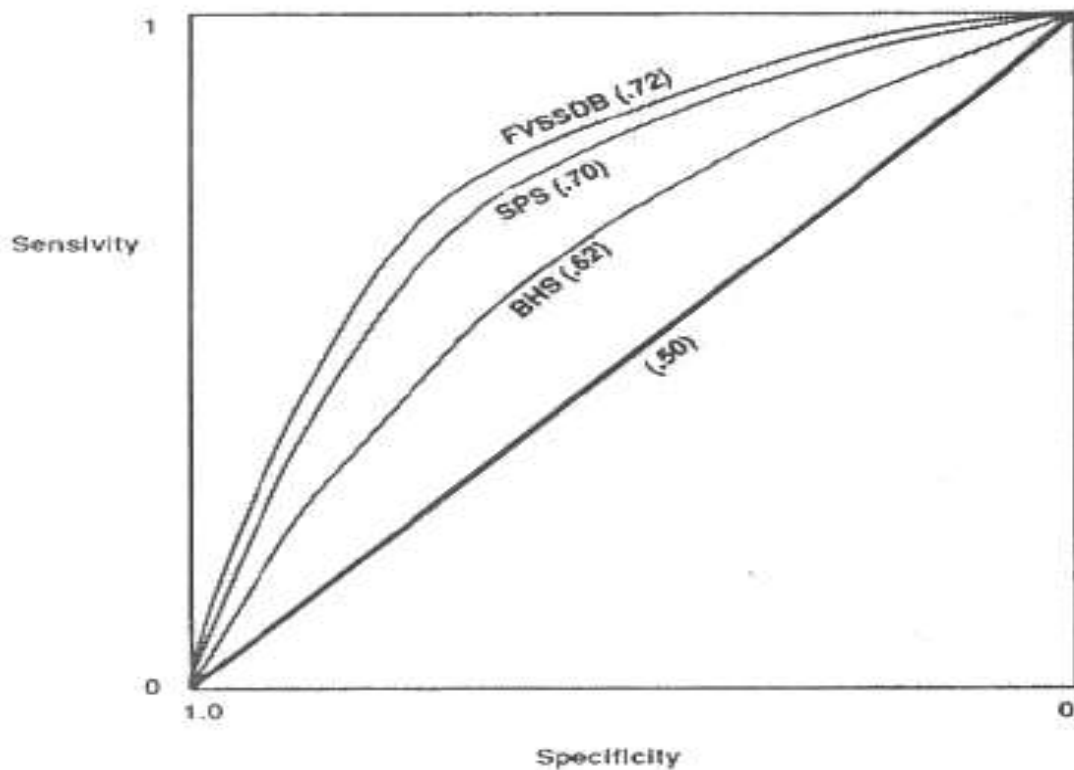
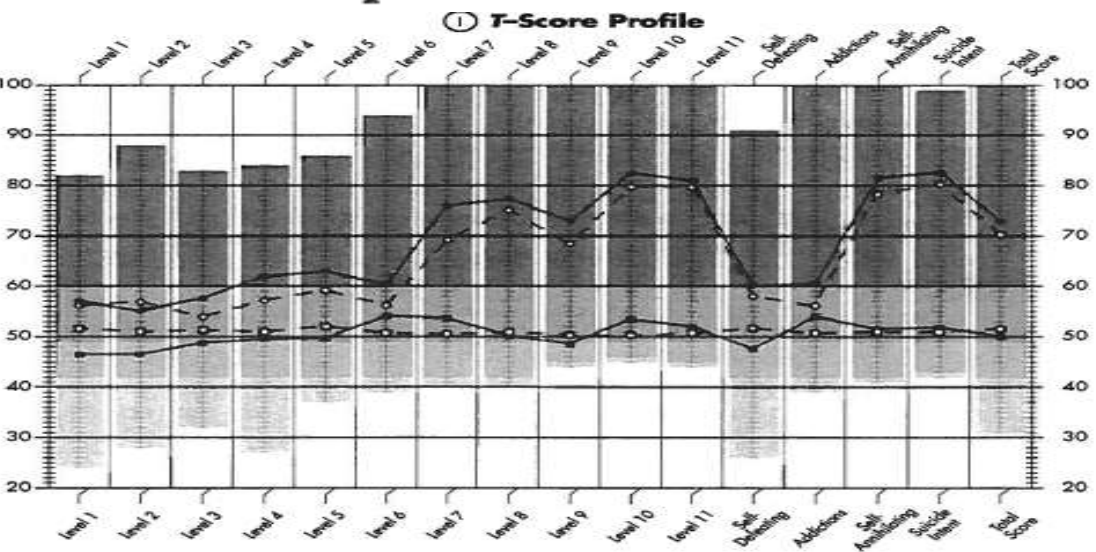


Figure 4.3. Mean T Scores for the Depression Sample: Inpatients and Outpatients—Ideators Versus Nonideators (N = 296)



Nondclinical Range

Most nondclinicals (individuals who have never sought mental health services and who have never made a suicide attempt) score in this range.

Equivalal Range

Some nondclinicals and most clinical outpatients without suicide ideation score in this range.

Elevared Range

Some clinical outpatient suicide nonideators score in this range and most clinical suicide ideators score in this range or above.

Extremely Elevated Range

Many clinical suicide ideators score in this range for Levels 7-11, the Self-Annihilating and Suicide Intent Composites, and the Total Score.

Inpatients

—●—●—●—

Ideators

—●—●—●—

Nonideators

Outpatients

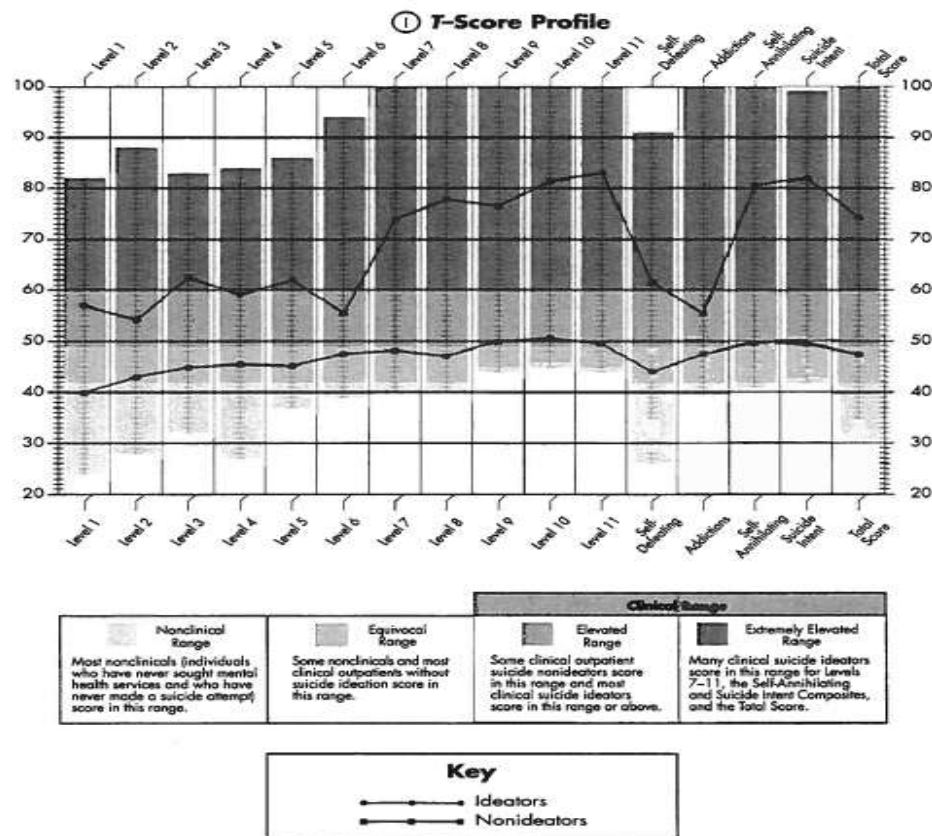
—○—○—○—

Ideators

—○—○—○—

Nonideators

Figure 4.5. Mean *T* Scores for the Bipolar Disorder Sample—Ideators Versus Nonideators (*N* = 68)



Firestone Assessment of Self-Destructive Thoughts

		Never	Rarely	Once in a While	Frequently	Most of the Time
1.	Just stay in the background.	0	1	2	3	4
2.	Get them to leave you alone. You don't need them.	0	1	2	3	4
3.	You'll save money by staying home. Why do you need to go out anyway?	0	1	2	3	4
4.	You better take something so you can relax with those people tonight.	0	1	2	3	4
5.	Don't buy that new outfit. Look at all the money you are saving.	0	1	2	3	4

Therapies for Depression

- [Behavior Therapy/Behavioral Activation](#) NEW (strong research support)
- [Cognitive Therapy](#) NEW (strong research support)
- [Cognitive Behavioral Analysis System of Psychotherapy](#) (strong research support)
- [Interpersonal Therapy](#) NEW (strong research support)
- [Problem-Solving Therapy](#) (strong research support)
- [Self-Management/Self-Control Therapy](#) (strong research support)
- [Acceptance and Commitment Therapy](#) (modest research support)
- [Behavioral Couple Therapy](#) (modest research support)
- [Emotion-Focused Therapy \(Process-Experiential\)](#) NEW (modest research support)
- [Rational Emotive Behavioral Therapy](#) (modest research support)
- [Reminiscence/Life Review Therapy](#) (modest research support)
- [Self-System Therapy](#) (modest research support)
- [Short-Term Psychodynamic Therapy](#) (modest research support)

EFT

- Evidence based treatment
- Aims within an affectively attuned empathic relationship to access and transform habitual maladaptive emotional schematic memories that are seen as the source of the depression
- Adaptive emotions are accessed to transform maladaptive emotions and to organize the person for adaptive responses.

Importance of Emotion and Thought

- “Facilitating Emotional Change: The Moment-by-Moment Process” by L. Greenberg, Rice, and Elliot (1993). Their approach, emotion-focused therapy (EFT), focuses primarily on eliciting emotion by directing the client to amplify his or her self-critical statements.

Importance of Emotion and Thought

- For example, if the client says “you’re worthless” or sneers while criticizing, direct the client to “do this again...,” “do this some more...”; “put some words to this...” This operation will intensify the client’s affective arousal and help access core criticisms.
- “It is only then that they become accessible to new input and change”. Greenberg et al. believe that “Affect is thus a core constituent of the human self and establishes links between self and the environment and organizes self-experience. In a sense, feelings are ultimately the meeting place of mind, body, environment, culture, and behavior.”

“Hot cognitions:”

the core schema or
previously
unconscious beliefs
about self, others
and the world

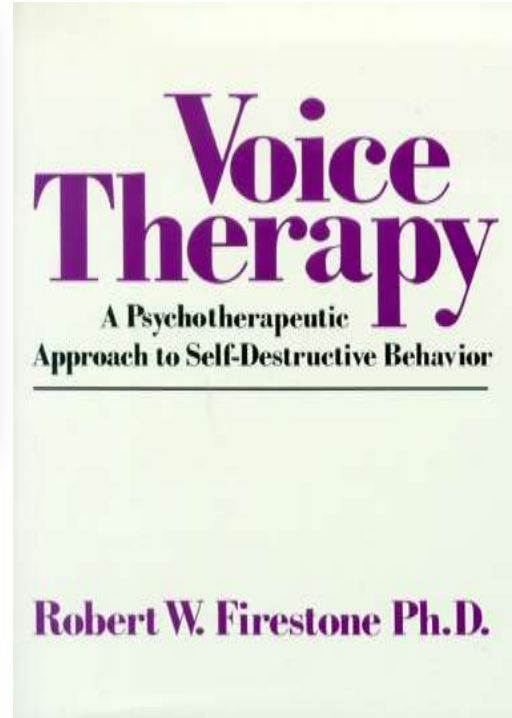
“It is vital to be alert to both verbal and nonverbal cues from the patient, so as to be able to elicit “hot cognitions.” These hot cognitions may be about the patient herself (“I’m such a failure”), the therapist (“He doesn’t understand me”), or the subject under discussion (“It’s not fair that I have so much to do”). Eliciting the hot cognitions are important because they often have critical importance in conceptualization.”

- **Judith S. Beck**

Cognitive Therapy: Basics and Beyond

Voice Therapy

Cognitive/ Affective/ Behavioral Approach



The Therapeutic Process in Voice Therapy

Step I

The person articulates his or her self-attacks in the second person and expresses any feelings that arise.



The Therapeutic Process in Voice Therapy

Step II

- The person discusses reactions to saying their voices.
- The person tries to understand the relationship between these attacks and early life experiences.



The Therapeutic Process in Voice Therapy

Step III

- The person answers back to the voice attacks.
- The person makes a rational statement about how he or she really is.



The Therapeutic Process in Voice Therapy

Step IV

The person develops insight about how the voice attacks are influencing his or her present-day behaviors.



The Therapeutic Process in Voice Therapy

Step V

- The person collaborates with the therapist to plan changes in these behaviors.
- The person is encouraged to not engage in self-destructive behaviors and to increase the positive behaviors these negative thoughts discourage

If you are interested in attending a voice therapy training or in getting training materials please contact jina@glendon.org or visit www.glendon.org.

Self

Anti-Self



Curious

Open

Accepting

Loving



Self-Compassio

Dr. Kristin Neff



Self-compassion is not based on self-evaluation. It is not a way of judging ourselves positively; it is a way of relating to ourselves kindly.

Three Elements of Self-Compassion:

1. **Self-kindness** – Treating ourselves with kindness, as you would treat a friend, versus harsh self-judgment
2. **Common humanity** – How am I the same as others?
3. **Mindfulness** – Being with what is in the present moment

SOURCE: <http://www.self-compassion.org/>

Loving-Kindness Meditation

- Self-criticism predicted poor response to psychological and pharmacological treatments.
- Increased self-compassion reduced depressive symptoms and increased positive emotions

Source: Ben Shahar, Ohad Szsepsenwol, Sigal Zilcha-Mano. (2014) A Wait-List Randomized Controlled Trial of Loving-Kindness Meditation Programme for Self-Criticism. *Clinical Psychology and Psychotherapy*

Mindfulness can help with recurrent depression.

- Mindfulness practices don't change our feelings or thoughts, but they do change our relationship to our feelings and thoughts.
- Mindfulness skills can benefit people struggling with depression by helping them to be better able to regulate and tolerate emotion.

Mindfulness-Based Therapy for Depression

- Mindfulness-Based Cognitive Therapy is an effective and efficient way to prevent relapse/ recurrence in recovered depressed patients with 3 or more previous episodes
- Findings support the use of MBT for anxiety and depression in clinical populations.

Sources: Ma, S. H., & Teasdale, J. D. (2004). Mindfulness-Based Cognitive Therapy for Depression: Replication and Exploration of Differential Relapse Prevention Effects. *Journal of Consulting and Clinical Psychology*, 72(1), 31-40.
Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The Effect of Mindfulness-Based Therapy on Anxiety and Depression: A Meta-Analytic Review. *Journal of Consulting and Clinical Psychology*, 78(2), 169–183.
<http://doi.org/10.1037/a0018555>

Newer Medical Treatments

Ketamine

- Demonstrated a statistically significant improvement over placebo or midazolam in major depressive disorder
- Exhibited a statistically significant improvement over placebo in bipolar depression
- Has shown promise in quickly reducing symptoms in patients with treatment resistant depression and bipolar depression
- May be helpful for patients that have exhausted other therapeutic options

Newer Medical Treatments

Repetitive Transcranial Magnetic Stimulation (rTMS)

- Meta-analyses have shown that high-frequency (HF) rTMS has antidepressant properties when compared with sham rTMS.
- HF-rTMS seems to be associated with clinically relevant antidepressant effects and with a benign tolerability

Source: Berlim, Marcelo & Eynde, Frederique & Tovar-Perdomo, Santiago & Daskalakis, Zafiris. (2013). Response, remission and drop-out rates following high-frequency repetitive transcranial magnetic stimulation (rTMS) for treating major depression: A systematic review and meta-analysis of randomized, double-blind and sham-controlled trials. *Psychological medicine*. 44. 1-15. 10.1017/S0033291713000512.

Physical Activity and Depression

- 2017 study concluded there should be a greater emphasis on physical activity in depression treatment guidelines

Activity and Depression

Research from Penny McCullagh, Ph.D.:

- Exercise was a beneficial antidepressant both immediately and over the long term.
- Although exercise significantly decreased depression across all age categories, the older people were (the ages ranged from eleven to fifty-five), the greater the decrease in depression with exercise.
- The most powerful antidepressant effect occurred with the combination of exercise and psychotherapy.

Part 4:

Exercises

Exercise: Who is the Real You?

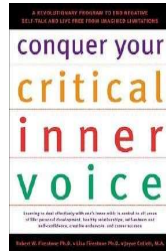


Write down:

- Times when you notice you feel the most yourself.
- Times when you notice yourself following in the footsteps of others (i.e. of parents or other influential figures).
- What are the things that light you up?
- What are the things you do to please or conform to the standards of others?
- Are there areas of your life in which you act either childish or parental?
- At what times do you lose your own point of view?

Think of Your Inner Critic as an External Enemy

All exercises from Conquer Your Critical Inner Voice



- Change “I” statements to “you” statements.
- This will help separate your inner critic from your real point of view.
- Do your self-critical thoughts remind you of a point of view of someone in your past?

Example:

“I don’t feel like I’m an attractive person.”



“You’re not attractive.”



Exercise 1.2:

Your Critical Inner Voice Attacks

Self-critical attacks
as “I” statements

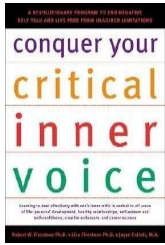
Example:

“I don’t think I’m an
attractive person

Self-critical attacks
as “you” statements

Example:

“You’re not attractive.”



Exercise 1.3:

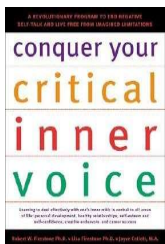
Keeping a Journal: Your Critical Inner Voice/The Real You

My critical inner voice
as “you” statements

Example: “You’re so
stupid.”

The real me
as “I” statements

Example: “Sometimes I struggle
with work, but I catch on quickly
and then usually do a good job.”



Exercise 1.4:

A Plan for Action

Actions dictated by my critical inner voice

Examples:

"Have another piece of cake."

"You should just be on your own."

"You can't trust anyone, so don't get too close."

Actions to take that reflect the real me

Examples:

"I want to eat healthy and take care of myself."

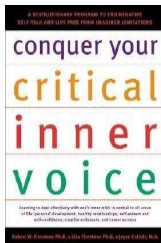
"I don't want to be isolated and will seek out friends"

"I want to stay vulnerable in my close relationships."



Depression and Life Events: Your Critical Inner Voice / The Real You

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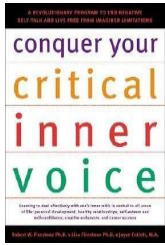


Exercise 7.2

Depression: Your Critical Inner Voices and Your Feelings

My critical inner voices
contributing to depression

How these voices left me
feeling



Exercise 7.3

You and the Continuum of Self-Destructive Thoughts

My critical inner voices

Level 1: *Thoughts that lead to low self-esteem and self-defeating behaviors*

Level 2: *Thoughts that support the cycle of addiction*

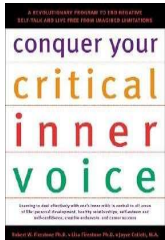
Level 3: *Thoughts that lead to Seriously self-destructive behavior*

Behaviors I engage in

Level 1:

Level 2:

Level 3:



Exercise 7.4

The Firestone Voice Scale for Self-Denying & Giving-Up Thoughts

Circle the frequency with which you experience the following critical inner voices:

0 = Never 1 = Rarely 2 = Once in a While 3 = Frequently 4 = Most of the Time

0 1 2 3 4

You'll save money if you don't take this trip.

0 1 2 3 4

It's too much trouble to go out to dinner. Just stay home.

0 1 2 3 4

You don't deserve happiness. You're such a creep!

0 1 2 3 4

What's so exciting about playing baseball, football, dancing (any activity)? You should just relax and settle down.

0 1 2 3 4

Look at all the work you have to do. You can't afford to take time off.

0 1 2 3 4

You've always had problems with sex. You should just give it up.

0 1 2 3 4

Why bother trying to get a date? If you don't date, you'll have more time to study.

0 1 2 3 4

Just look at how your friends are acting. They're so immature. They think they're having fun, but they're really just making fools of themselves. Don't be like them!

0 1 2 3 4

You shouldn't be out having fun with all the misery in the world.

0 1 2 3 4

You're too old to have romance in your life.

0 1 2 3 4

What's all this passion in your relationship? You should just settle down.

0 1 2 3 4

Nothing matters anymore.

0 1 2 3 4

Why bother even trying?

0 1 2 3 4

Nothing is any fun anymore.

0 1 2 3 4

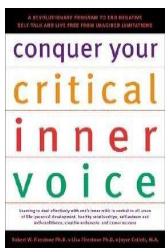
Why bother making friends?

0 1 2 3 4

What's the use? What's the point of anything really?

0 1 2 3 4

Your work doesn't matter anymore. Why bother even trying? Nothing matters anyway.



Exercise 7.5

How Your Critical Inner Voice Rationalizes Self-Denial and Giving-Up / What You Realistically Think

What my critical inner voice says

What I realistically think



Exercise 7.6

The Firestone Voice Scale for Isolation

Circle the frequency with which you experience the following critical inner voices:

0 = Never 1 = Rarely 2 = Once in a While 3 = Frequently 4 = Most of the Time

0 1 2 3 4

Wouldn't it be great to go off by yourself and be able to read or watch TV with no one interrupting?

0 1 2 3 4

It's been so tense at work. You need to go off by yourself.

0 1 2 3 4

Why go out with your friends tonight? You could just stay at home and relax.

0 1 2 3 4

You need to get away so you can think about things.

0 1 2 3 4

It's so irritating to have to be around people all day.

0 1 2 3 4

The only way you can relax is to be by yourself.

0 1 2 3 4

You need more space. More time for yourself.

0 1 2 3 4

These aren't your kind of people. Why don't you go off by yourself?

0 1 2 3 4

It's such a hassle to go to that party. You have to get dressed up and put up a front. Why don't you just stay home?

0 1 2 3 4

You're no fun to be around. You should just stay by yourself.



Exercise 7.7

How Your Critical Inner Voice Influences Isolation/ What You Realistically Think

What my critical inner voice says

What I realistically think



Exercise 7.8

The Firestone Voice Scale for Depression

Circle the frequency with which you experience the following critical inner voices:

0 = Never 1 = Rarely 2 = Once in a While 3 = Frequently 4 = Most of the Time

0 1 2 3 4

You just don't belong anywhere.

0 1 2 3 4

You're a horrible person! You don't deserve anything.

0 1 2 3 4

Just look at yourself in the mirror! You're so ugly. No one can stand you!

0 1 2 3 4

The world is a real mess. Why should you care about anything?

0 1 2 3 4

Your friends really hate you.

0 1 2 3 4

Your life is so boring and empty.

0 1 2 3 4

Don't ever get too happy because the ax is bound to fall.

0 1 2 3 4

You should just smash your hand, you creep! You deserve everything that happens to you.

0 1 2 3 4

Nobody really likes you. You're an unlovable person.

0 1 2 3 4

You deserve all the bad things that are happening to you.

0 1 2 3 4

Don't you see what effect you have on your family? Can't you see how you make them feel?

0 1 2 3 4

You're always stirring up trouble, bothering people. Why can't you just stay away?

0 1 2 3 4

You don't care for anybody. You've never cared for anybody in your whole life!

0 1 2 3 4

Don't show anybody how bad you feel.

0 1 2 3 4

Who do you think you are anyway? You're nothing!

0 1 2 3 4

Who could love you? You have nothing to offer.

0 1 2 3 4

You don't deserve anything.

0 1 2 3 4

Your family would be better off without you. Just stay away, it's the only decent thing to do.



Exercise 7.9

Critical Inner Voices of Depression

Your Critical Inner Voice/ The Real You

What my critical inner voice says

What I realistically think



Exercise 7.10

Plan of Pleasurable Activities

Describe the activities
I plan to engage in

A weekly report of my critical
inner voices about my plan

The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter



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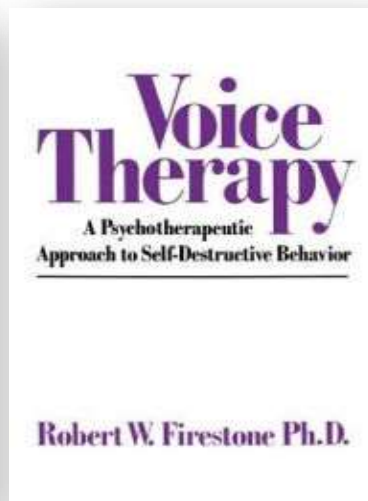
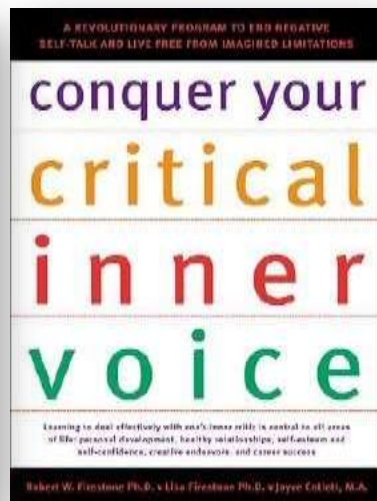
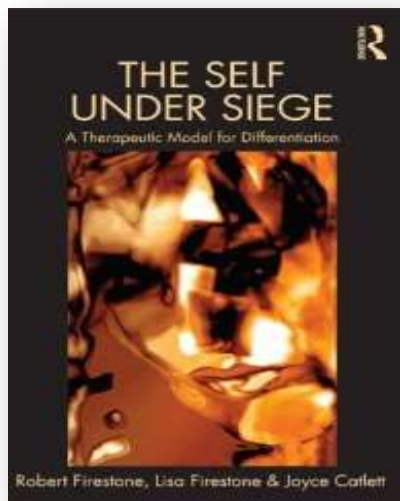
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Thanks!

Any questions?



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