

# BELIEFS ABOUT DISTRESS

## HATE THIS FEELING

Intolerance for feeling distress. Comparing self to past - 'I didn't used to be like this'.  
Consequence: denial of distress.



## TAKE IT AWAY

A desire to be rescued, saved or looked after.  
Consequence: resentment towards others, low self-efficacy.



## LOSE CONTROL

Worries that distress will lead to losing control of self, control of life or future.  
Consequence: disempowerment.



## I'LL GO CRAZY

Worries around 'breakdown'. May be informed by outdated understanding of mental health.  
Consequence: hypervigilance.



## IT'S BAD TO FEEL

Judging oneself harshly for feeling distress. Assuming others will do same.  
Consequence: shame.



## IT'S UNBEARABLE

Feeling overwhelmed, feeling unable to cope and not knowing where to begin to make things better.  
Consequence: self-criticism.



## WRONG TO FEEL THIS

External factors which mean it is wrong to feel distress i.e. 'men don't cry', or 'I have a house, job and family, I have nothing to feel bad about'.  
Consequence: invalidation.



## I CAN'T STAND THIS

May lead to beliefs around consequences of distress such as 'this will make me physically ill'.  
Consequence:



## STOP THIS

Belief that distress has to be stopped or repressed. It has to be prevented at all costs.  
May lead to emotions leaking out in other ways i.e. short fuse.



## I CAN'T COPE

Feeling distress means that I can't cope. May develop into global beliefs about capabilities.  
Consequence: disempowerment.



## I'M WEAK

Belief about resilience or perceived lack of. Recognise distress but attribute cause all to self, what I've done or not done.  
Consequence: feeling vulnerable.



## LAST FOREVER

Hopelessness that there will be no reprieve. Belief things will not ever change, it's impossible.  
Consequence: pessimism, hopelessness.

