

Welcome to the second session! How are you today?

I'm good!

I'm glad to hear that. In today's session, you will be asked to do at least one thought record but unlike in the first session, there will not be any scenarios given. Instead, you should pick a recent situation from your own life that caused you to feel a strong, negative emotion. After the first thought record, you may do as many additional ones as you would like. To give you some room to do more thought records if you would like, you will be reimbursed for 20 minutes for both the task and the short questionnaire that follows. The questionnaire should take at most 5 minutes.

Let's start with your first personal thought record!

Yes!

Your turn to describe a recent situation from your life that caused you to feel a strong, negative emotion!

Please describe the situation briefly in one or two sentences (if it helps, try to answer 'what happened when and where and who was involved?').

gained 5 kg during the holidays

State the emotion that you felt in this situation in one or two words. How did the situation make you feel?

scared

How intensely were you experiencing this emotion? Please indicate this with a number on a scale from 0 (a trace) to 100 (as intense as possible).

Which of the following three emotions corresponds best with the emotion that you wrote down above?

afraid

Which (automatic) thought might have caused you to feel this way in this situation? (automatic thoughts are statements in sentence form, NOT interjections or questions)

I'm worried that I won't be able to lose the weight again

Alright, let's take your automatic thought and move along the downward arrow.

Sure!

And what would be the worst that could happen if the thought 'I'm worried that I won't be able to lose the weight again' were true? What would it mean to you? What does it say about you?

I'm already stuck with extra weight from my pregnancy and it will just keep adding up

Do you think you can answer what the worst that could happen would be if the thought 'I'm already stuck with extra weight from my pregnancy and it will just keep adding up' were true? If so, you can click on 'continue.' Select 'stop' if you feel that your response would be a bit ridiculous or if you feel like you would only be repeating yourself.

continue

And what would be the worst that could happen if the thought 'I'm already stuck with extra weight from my pregnancy and it will just keep adding up' were true? What would it mean to you? What does it say about you?

eventually I will be obese and that's a risk factor for all sorts of other illnesses

Do you think you can answer what the worst that could happen would be if the thought 'eventually I will be obese and that's a risk factor for all sorts of other illnesses' were true? If so, you can click on 'continue.' Select 'stop' if you feel that your response would be a bit ridiculous or if you feel like you would only be repeating yourself.

continue

And what would be the worst that could happen if the thought 'eventually I will be obese and that's a risk factor for all sorts of other illnesses' were true? What would it mean to you? What does it say about you?

I might contract some illness and be disabled or die early

Do you think you can answer what the worst that could happen would be if the thought 'I might contract some illness and be disabled or die early' were true? If so, you can click on 'continue.' Select 'stop' if you feel that your response would be a bit ridiculous or if you feel like you would only be repeating yourself.

continue

And what would be the worst that could happen if the thought 'I might contract some illness and be disabled or die early' were true? What would it mean to you? What does it say about you?

I won't be able to take care of my family if I'm ill or disabled or dead

Do you think you can answer what the worst that could happen would be if the thought 'I won't be able to take care of my family if I'm ill or disabled or dead' were true? If so, you can click on 'continue.' Select 'stop' if you feel that your response would be a bit ridiculous or if you feel like you would only be repeating yourself.

continue

And what would be the worst that could happen if the thought 'I won't be able to take care of my family if I'm ill or disabled or dead' were true? What would it mean to you? What does it say about you?

I might not see my children grow up or might not be able to be there for them

Do you think you can answer what the worst that could happen would be if the thought 'I might not see my children grow up or might not be able to be there for them' were true?' If so, you can click on 'continue.' Select 'stop' if you feel that your response would be a bit ridiculous or if you feel like you would only be repeating yourself.

continue

And what would be the worst that could happen if the thought 'I might not see my children grow up or might not be able to be there for them' were true? What would it mean to you? What does it say about you?

I'll fail my family as a mother and spouse

Do you think you can answer what the worst that could happen would be if the thought 'I'll fail my family as a mother and spouse' were true?' If so, you can click on 'continue.' Select 'stop' if you feel that your response would be a bit ridiculous or if you feel like you would only be repeating yourself.

stop

Going back to the situation that you described initially, what did you do when it happened? (If you didn't do anything, that's fine too, just state 'nothing'.)

I enrolled in an aquazumba class and reactivated my hello fresh membership

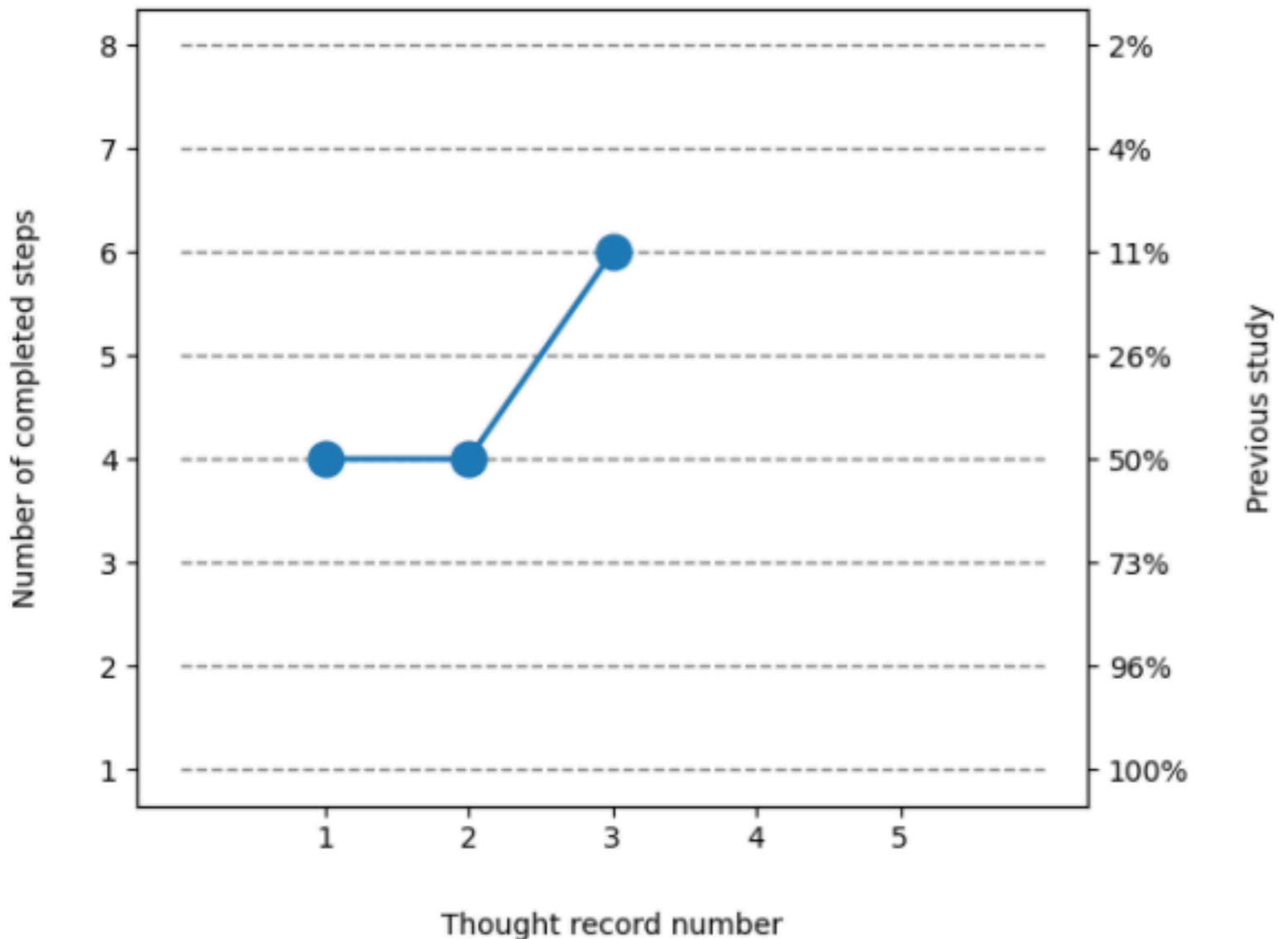
I enrolled in an aquazumba class and reactivated my hello fresh membership

Well done! This concludes the thought record! It may take a little bit of time for me to process everything that you wrote.

I'll wait.

Thank you for completing this thought record! As you complete more thought records, you might be able to recognize recurring patterns in your responses. You completed 6 downward arrow steps! To give an indication, approximately 11% of the completed thought records had the same number or fewer completed steps in a previous study.

The image below shows the number of steps you have completed in this thought record together with those of your previous thought records. Additional thought records you complete will be added as you finish them. On the right y-axis you can see for every step on the left y-axis the percentage of thought records in a previous study that had at least as many steps.



After all you've written about your thoughts, my calculations determined that the most active core beliefs in the thought record were the Attachment, Competence, and Health core beliefs.

I've again added to your core belief plot what I was able to make of your responses. The blue dots show the result of those calculations for the current thought record, the orange dots for all the thought records you completed combined, including those of the first session and the current one. The position of the orange dots reflects the average activity while their size reflects the total activity.



That's all I have in terms of feedback.

Ok, thanks!

Would you like to know the definition of any of the core beliefs?

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Ok, thanks!

Would you like to know the definition of any of the core beliefs?

Health core belief

A health or medical concerns core belief pertains to our physical or mental health. It may be something along the lines of 1. a belief/fear that you are/might become physically or mentally ill 2. a belief/fear that you are experiencing side effects of medication 3. a fear of disability or physical pain 4. a belief/fear related to your weight 5. a belief/fear related to your sanity

Shall we start with the next thought record? The more thought records you complete the more likely it is that you will be able to uncover patterns in your responses.

Let's go!

I want to see more core belief explanations.

I do not want to do any additional thought records.

Use one of the buttons to answer.

That's all I have in terms of feedback.

Ok, thanks!

Would you like to know the definition of any of the core beliefs?

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A health or medical concerns core belief pertains to our physical or mental health. It may be something along the lines of 1. a belief/fear that you are/might become physically or mentally ill 2. a belief/fear that you are experiencing side effects of medication 3. a fear of disability or physical pain 4. a belief/fear related to your weight 5. a belief/fear related to your sanity

Shall we start with the next thought record? The more thought records you complete the more likely it is that you will be able to uncover patterns in your responses.

I want to see more core belief explanations.

Which other core belief would you like to know more about?

Attachment core belief

Competence core belief

Global self-evaluation core belief

Health core belief

Power core belief

Meta-cognition core belief

Other people core belief

Hopelessness core belief

Other people's views about self core belief

Thanks, I'm good!

Use one of the buttons to answer.