

COGNITIVE BEHAVIORAL THERAPY ROLE-PLAY SCRIPT

A. COGNITIVE RESTRUCTURING

Therapist: (Warmly greeting Cianna) Hi Cianna, it's good to see you again. How have you been since our last session?

Cianna: (Sitting down with a sigh) Hi, thank you. I've been trying some of the strategies we discussed, but I still find myself overwhelmed with anxiety, especially at work.

Therapist: (Nodding empathetically) It's understandable that change takes time. Today, I'd like to introduce a technique called cognitive restructuring to help us address your anxiety. Are you open to trying it?

Cianna: (Curious but willing) Sure, I'm open to trying anything that might help.

Therapist: (Explaining) Great. Cognitive restructuring helps us challenge and change unhelpful thought patterns that contribute to anxiety. Can you share a recent situation at work where you felt particularly anxious?

Cianna: (Reflecting for a moment) Well, yesterday we had a meeting where my boss criticized my report, and immediately I started feeling like I wasn't good enough. I couldn't stop thinking about it all day.

Therapist: (Encouraging) Let's break down that situation. What specific thoughts were going through your mind during and after the meeting?

****Cianna:**** (Thinking) I kept thinking, "I'm such a failure. My boss thinks I'm incompetent. I'll never get this right."

Therapist: (Identifying cognitive distortions) These thoughts reflect common cognitive distortions, like all-or-nothing thinking and labeling. How might you reframe these thoughts more realistically?

Cianna: (Considering) Maybe I could think, "I made a mistake on this report, but it doesn't define my abilities overall. I can learn from this feedback and improve."

Therapist: (Supportive) That's a great reframe. Now, imagine if a friend were in the same situation. What advice would you give them to help them feel better?

Cianna: (Reflecting) I would tell them that everyone makes mistakes and it's important to learn from them instead of being too hard on themselves.

Therapist: (Encouraging self-compassion) Exactly. Now, how does it feel to reframe your thoughts in this way?

Cianna: (Thoughtfully) It feels more balanced, like I'm not putting all the blame on myself and seeing things more realistically.

Beyond Therapy Full Script

RJ Shavelson



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