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Essay Questions

## **CHAPTER TEN**

1.

Cognitive Behavioral Therapy is the application of behavioral and cognitive interventions to address an undesirable psychological problem. The goal is through changing the way you think, it positively will impact mood, outlook, and productivity. I think a major concept in CBT is addressing irrational beliefs or musts about yourself. These beliefs can become your identity but they are faulty. The goal is to alter these thoughts to truth statements which will bring relief. This is very coinciding with the Biblical perspective because there are so many lies which we believe about ourselves which go against what God says about us. When we believe the irrational beliefs or lies about ourselves then we are succumbing to self-defeat. It is when we know the truths God speaks over us in which we experience freedom. In CBT, the component of humanity differs from that of the Bible. Like other behavioral perspectives, CBT places humanity on actions and emotions which can be influenced through intervention. This is not the same as through Scripture. Our heart is the core of our humanity in Scripture, but it is our habits through CBT.

5.

There are three irrational beliefs given which ultimately lead to self-defeat: (1) “I must do well and be loved and approved by others,” (2) “Other people must treat me fairly, kindly, and well,” and (3) “The world and my living conditions must be comfortable, gratifying, and just, providing me with all that I want in life.” Musts or irrational beliefs such as these keep us emotionally disturbed and make it difficult to maintain good psychological health. One of the irrational beliefs I grew up with is that my worth is determined by my success in the things that I do. A strategy I could use to explore this belief is the A-B-C framework. This framework is set up in a way where A through C encompass the different aspects of the event, from the event itself to the emotional reaction which comes from it. ‘D’ is what would actually help me to challenge and change my irrational belief. In this portion of the framework it is focused on disputing the irrational belief. I would detect, debate, and discriminate against my must. With this framework I would be able to replace the irrational belief of my worth coming from achievements into a healthier philosophy. If it is from a Christian perspective, my worth comes from who God says I am, and there is nothing I can do that would take this away.

8.

In order for therapy to be effective a big emphasis is placed on the client’s ability to change the patterns of thinking and emoting which they contracted in the past. In this form of therapy there needs to be a lack of transference as it can be counterproductive. The client could build a dependence on the therapist for approval. Homework is major in REBT and cognitive therapy, as clients are encouraged to work outside of the therapy sessions. When they do this they can become efficient at shutting down irrational thinking and disturbances. The homework

assignments are given through collaboration between the client and the therapist. With the assignment of homework, it is the client's duty to make sure they complete the assignments. The client reviews and rates their progress, and discuss future direction.

10.

Cognitive methods are important because they can bring forth lasting emotional and behavioral changes since it alters the way of thinking. One method used in this type of therapy is changing one's language. When clients speak negatively in the absolutes their language patterns reflect helplessness. By switching their language patterns to preferences they will begin to think and behave differently which will change the way they feel. This is like faking it till you make it. The client does changes their thinking and actions until their feels mirror what they're doing. Emotive techniques are used to provide a cathartic experience and to help change some of their thoughts, behaviors and actions. An emotive technique used can be humor. A reason given for why emotional disturbances occur is because individuals take themselves too seriously. Humor can be used to show the absurdity of certain thoughts and to not take themselves so seriously. Behavior techniques used in REBT are pretty standard to other methods of therapy and allow the client to practice and experience what they practiced. In-vivo desensitization or live exposure is used so clients can do new and challenging things. Through their actions they can incorporate new rational beliefs.

## **CHAPTER ELEVEN**

25.

A major component in reality/choice therapy is personal responsibility of the client and this is affirmed in the Bible. Within the Bible, every command is met with the choice to either

obey or disobey. We must make a choice to live like Christ or to succumb to the worldly temptations. This can be connected to reality and choice therapy. Every person has a choice and make their choices in order to satisfy needs or to ease pain. Another key in reality therapy is the lack of a satisfying relationship as the cause of underlying problems. This can be tied to a lack of a relationship with God. From the Biblical perspective, an unsatisfying relationship with God leads to many underlying problems in all aspects of life. When you follow God it gives you the desires of your heart. Those who lack a relationship experience struggle in prioritizing their needs.

31.

Glasser's view on mental illness is limited to those conditions which result from brain damage. These include diseases such as: Alzheimer's, epilepsy, brain infections, and head trauma. Since these conditions are due to brain abnormalities, they should be treated by neurologists. In terms of mental health, or mental illness not due to brain damage, it is inaccurate. He believes they lack personal responsibility and are passive. These mental health ideas such as depression, anxiety, having a headache and more should be expressed through the form of a verb. They should be seen more as total behaviors instead of mental illnesses.

Behaviors involving pain, are the best option at the moment even if it is ineffective.

33.

It is important for clients to make an evaluation of their own behavior because they are the ones which ultimately will make a change. They have to be the ones to decided a change would be advantageous and that will result in the most effective change. From the beginning of therapy the therapist may take a more hands-on role to direct the client in what behaviors may

not be effective, but the goal is for clients to be able to evaluate themselves on their own. If they are able to develop this skill then they will have more success outside of therapy. This practice of self-evaluation allows the clients to have more sense of control in their lives since they feel like they have a choice in their behaviors. The therapist is there to be more of a mentor and assist the client in the changes they want to make. Client responsibility is a major aspect of reality therapy and through self-evaluation, the client can take on more responsibility in their therapeutic process.

35.

Group therapy can be beneficial in reality therapy as a way for clients to satisfy their needs through interpersonal relationships within the group. The group leader is in charge of keeping everyone on task and accountable. If someone tries to make excuses for their current behavior, the group leader redirects the conversation to the present and what they're doing. The members are supposed to focus on the present and if it is getting them what they want. The group can be used by members to explore different courses of behavior. The leader is there to facilitate, but the members take lead and evaluate their own behavior. They can come up with their homework assignments and decide the behavior they want to change. In group therapy, the members and the leader can give feedback to each other and help each other to be realistic in their plans.