

Working with Trauma

How to Develop Safe Empathic Practice Understanding Compassion Fatigue, Vicarious Trauma and Burnout

Beliefs – Validity of Cognition

Out of 100%, how true would you say these statements are for you;

Belief	True %
I have to be perfect	
I have to do everything perfectly	
It's all down to me	
Nobody else can do this	
If I care enough I will be able to fix this/him/her	
I am responsible for keeping everyone safe	
I am the best person for the job	
I don't deserve to make time for me	
I am only worthwhile whilst I am helping other people	
I can't stop until this is fixed	
I should take on more	
If I don't do it, nobody else will	
The authorities won't fix it so I have to	
My own needs are not important	
I'm not good enough	
Nobody understands what I have to do	
Everything will fall apart if I stop/have a break	