

Cognitive Therapy Worksheet Example: *Breakup with Boyfriend*

Event or Situation: *Breakup with boyfriend. He was my first and only real love. This is/was a very special relationship. After a year and 7 months, he wants to "move on." He won't give me any real reasons why. We hang out occasionally and still have sex sometimes- it's very weird.*

Unhealthy Negative Feelings: *Depression, Anger (rage at times), Confusion, Jealous, I feel guilty after we have sex*

Unhealthy Behaviors: *I stay in a lot, I've been missing classes, I sometimes do things to make him mad or jealous, I find myself getting really drunk when I go out drinking, I'm wearing my friends out by complaining about this so much lately*

Pessimistic, Irrational, or Distorted Beliefs

We must get back together because he was the perfect guy for me. If we don't get back together, I may never find true love.
[absolute demands, all or nothing thinking]

If he doesn't want me after knowing me for 19 months, nobody will ever want to stay with me in the long run. I'm not marriage material.
[over-generalizing, predicting the future]

I can't stand being away from him. Missing him is really unbearable. We have to at least stay friends. [awfulizing, can't-stand-it's]

It's so unfair for him to not tell me why he wants to move on. I can't get over this until I get some sort of closure from him.
[denial/avoiding, blaming, fallacy of fairness]

Disputation or Challenge

Actually, there is no reason we must get back together. In reality, he had some flaws like all people. I can't predict the future. I determine my capacity to love other men, not him.

I'm assuming he's breaking up because of flaws with me, but I don't really know why. It's true that I'm not perfect, but nobody is. His opinions and actions don't represent all men.

I will not die or explode if I don't see him. Many people who split up don't remain friends.

Nothing in life has to be fair (especially love). He has a right to not tell me his reasons. He may not even know why. I determine my closure process, not him.

Optimistic, Rational, or Realistic Beliefs

He is a very special person and I'll always have a place in my heart for him, but there are many other men that could be wonderful for me. There may even be someone better for me.

The truth is that I really don't want to get married right now, but some day if I do, I'll eventually find a guy who wants the same with me.

It's hard, but it's really not awful. Trying to stay friends is making it more difficult. I'm better off channeling my energy elsewhere.

I can't control others. I will respect his right to privacy. Focusing on this is keeping me stuck in the same spot. It's hard, but I'm going to accept not knowing and move on. This happened for a reason that I don't understand.

Healthy Negative Feelings: *Disappointment, Sense of Loss, Sense of Relief, Frustration about not knowing why the relationship ended*

New Constructive Behaviors: *Stop having sex with ex-boyfriend and maybe even not see him for a while to re-establish different type of relationship with him, Open self and begin to flirt with other guys, Stay busy with other aspects of life (school, new dance class), Limit alcohol use, Write in journal*

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