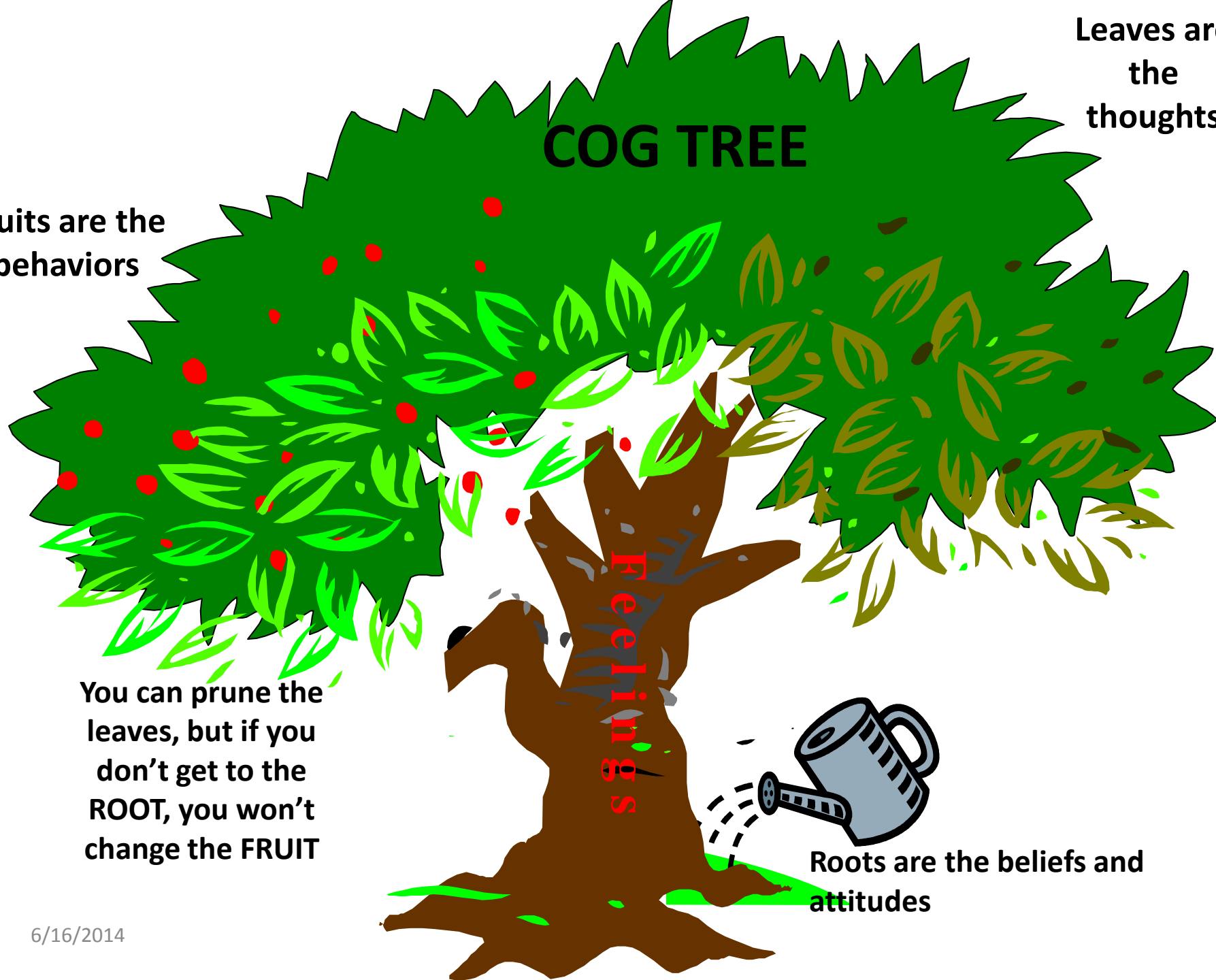


Leaves are  
the  
thoughts

# COG TREE

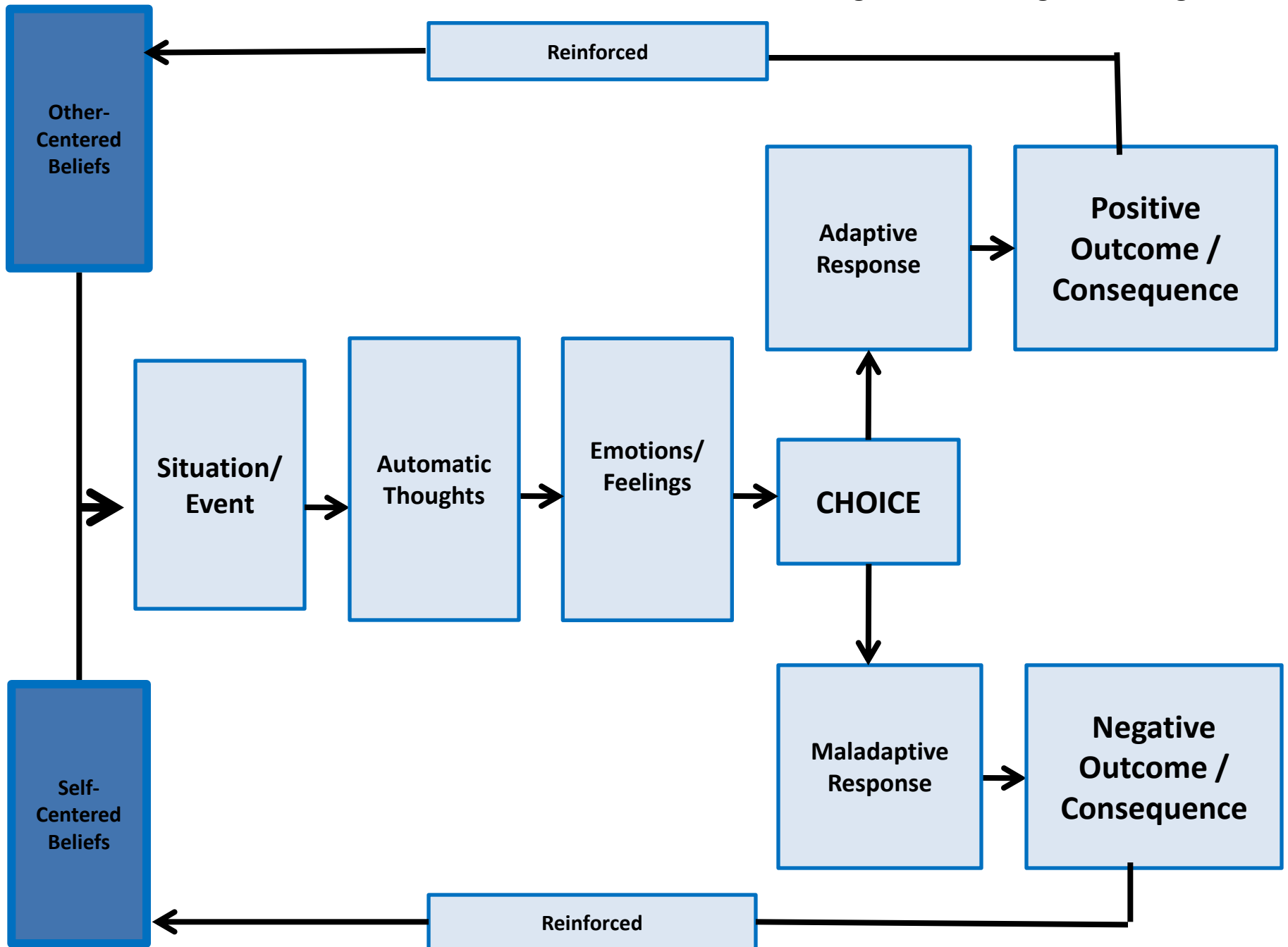
Fruits are the  
behaviors



You can prune the  
leaves, but if you  
don't get to the  
ROOT, you won't  
change the FRUIT

Roots are the beliefs and  
attitudes

# Process of Cognitive Learning and Change



# Big Five Self-Centered Beliefs

- Nobody tells me what to do / No one disrespects me
- People should do things the way I do / People should be more like me
- The world revolves around me / It's all about me
- Poor Me (Victim Stance)
- I have to be perfect / I'm not good enough