

**DeeDee** is a 36-year-old woman with a history of anxiety and depression, fresh out of a terrible breakup. Her boyfriend of 2.5 years, **Mark**, has decided it's best for them to part ways, citing that he's been emotionally checked-out of the relationship for months.

A stricken DeeDee essentially takes to her bed for the following two weeks. She doesn't go out, hardly eats, and neglects to shower for several days in a row. The dishes pile up in her side of the sink and begin to overflow into her roommate's. An avid runner, she can't muster the energy to look for her trainers underneath the multiple layers of filth accumulated over the living room. Her concerned parents reach out and convince her to return to her hometown for a small holiday.

Before she leaves, a counselor she sees at school suggests keeping a dedicated notebook of **cognitive behavioural therapy (CBT)** exercises. She has been working through some of the topics with the help of a book called **Mind Over Mood**. While skeptical, DeeDee decides to give it a try. Here are some examples of the exercises she tries.

The Vertical Arrow  
Method:  
DeeDee's Breakup

DeeDee starts with a thought. She tries to get to the bottom of that thought. She asks, "If this were true, what would it say or mean about me?" And draws arrows connecting the responses.

My boyfriend broke up with me.



He doesn't love me.



He never loved me.



I'm unlovable.



No one will ever love me.



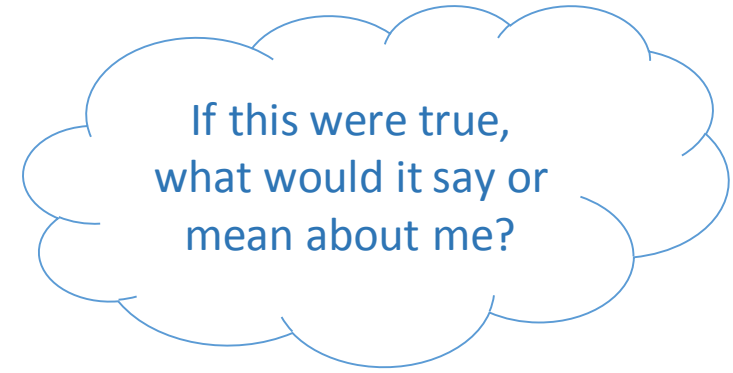
I'll be alone forever.



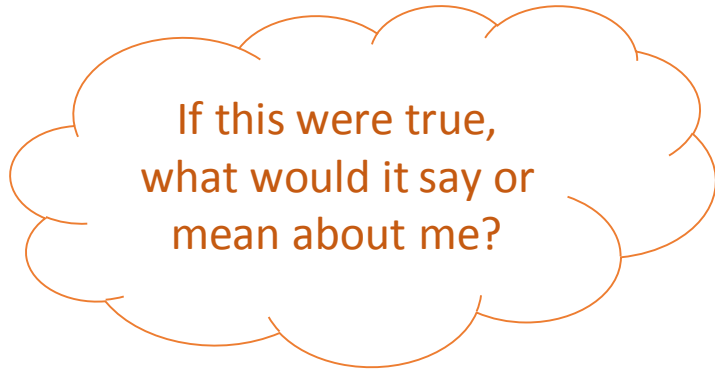
Life is not worth living.



I should die.



The Vertical Arrow  
Method:  
DeeDee's Breakup



DeeDee uses **The Vertical Arrow Method** to get to the bottom of her negative thoughts. She learns that she has a tough time believing she is lovable (what we call a core belief). Next, at each stage of the tree, she attempts to generate a balanced or alternative statement to refute the negative thought.

My boyfriend broke up with me.



He doesn't love me.

He may not love me in that sense anymore, but he still cares about me.



He never loved me.

He loved me for some period of time at least.



I'm unlovable.

I can't say for sure that no one will ever ever ever love me.



No one will ever love me.

I can think of some people who have loved me and still love me.



I'll be alone forever.

I haven't been alone in the past. I can't say for sure that I'll be alone until I die.



Life is not worth living.

What determines if life is worth living anyway? Maybe I should think about that.



I should die.

Should everyone who is alone right now die?

## The Pleasure Prediction Tool: DeeDee's Breakup

Did I really have a completely shitty time doing "self" activities?

DeeDee's crushing emotional pain makes her feel unsafe and unstable when she's on her own. She doesn't believe she can enjoy anything on her own. The **Pleasure Prediction Tool** helps her to evaluate the truth of that premise with hard numbers. In fact, she derived the most increase in pleasure (purple rows) from activities she did by herself!

Date	!	Activity	Who	Predicted Satisfaction (%)	Actual Satisfaction (%)
May 24	*	Started this table	Self	20	80
		Walk	Mom and Dad	60	80
	:)	Watched Dad garden	Dad	20	60
		Stretching	Self	90	90
		Chat with Cathy	Cathy	60	80
		Chat with Sophie	Sophie	60	90
May 25		Studied French	Self	10	50
		Browsed eHarmony	Self	30	50
	*	Listened to podcast in car	Dad	30	100
	*	Worked on CV	Self	30	100
		Hugging Sister	Olivia	50	100
	*	Daily thought record	Self	50	100
		Reading new book	Self	60	80
		Writing a letter to Elle	Self	80	80
May 26	*	Work on list of my values	Self	10	80
	:)	Discussing my ex with Mom	Mom	50	90
	*	Soaking my feet	Self	50	100
	*	Yoga	Mom	50	100
	:)	4-7-8 breathing exercise	Self	50	90