

## **FACE THE FACTS**

<b>Core Beliefs</b>	<b>uncover the dysfunctional past and/or traumatic events</b>
<b>Painful Thinking</b>	<b>identify rationalization and distortion of reality</b>
<b>Rituals</b>	<b>identify specific rituals</b>
<b>Hopelessness</b>	<b>check for life-threatening depression</b>
<b>Loss of Control</b>	<b>face the consequences</b>