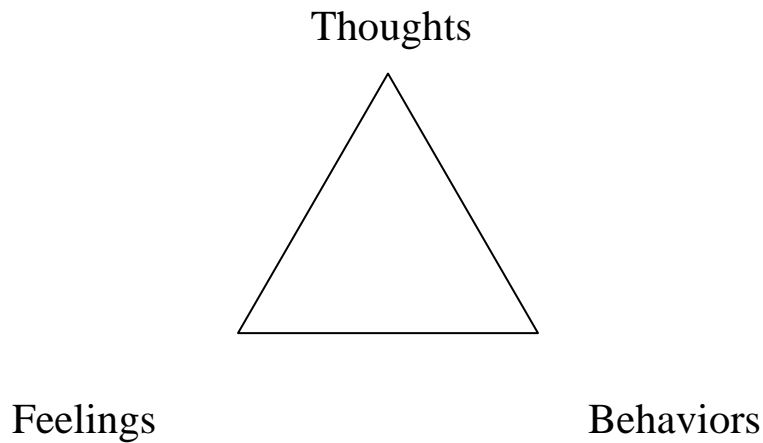


ADDRESSING Identities using a CBT Framework



Please take some time to identify your thoughts, feelings, and behaviors around a specific event that occurred recently in which one or more of your social and cultural identities were salient or especially “in the room.” This event may have taken the form of a microaggression.

Examples:

- My therapist is very nice, but she keeps using the wrong pronouns and terms to refer to me. I didn’t give her feedback during our last session even though I wanted to.
- Last week a security officer at the mall hassled me about something I returned to a store – when I was driving home I kept thinking it was related to my ethnicity and race.
- Last Tuesday, my friend made a comment about how people who live in poor communities just need to work harder. I wonder if she knows that my family has struggled financially.

Thoughts: What was I thinking about during and after the situation?

Feelings: What was I feeling during and after the experience (e.g. anger, sadness, fear/anxiety, joy/happiness, surprise)? What types of physiological reactions did I sense in my body?

Behaviors: What was I doing or not doing (e.g., observable actions)? Did I have any urges to engage in particular behaviors?
