<table>
<thead>
<tr>
<th>Challenge</th>
<th>Possible Considerations</th>
</tr>
</thead>
</table>
| Difficulty identifying relevant negative automatic thoughts               | - Are you eliciting negative automatic thoughts or images that are high in emotional intensity and believability? Be sure to respond to client’s mood shifts.  
- Shift your focus from intense emotions to intense physiological arousal.  
- Focus on recent events that appear to have the most relevance and associated distress to the client’s daily life. If therapeutically appropriate, ask clients to record their emotions and thoughts “live” as close as possible to the actual event (Table 7.5 is helpful for this).  
- Consider working backward, starting with the client's behaviors and outcomes, which can sometimes stimulate strong emotions.  
- Utilize other approaches beyond guided discovery: guided imagery and role-playing to elicit more intense emotional and/or physiological intensity.  
- Use your CBT case formulation to inform what client problem areas to focus on what questions you use.  
- Ask client to “guess.”  
- Hypothesize a possible thought/possible thought that might be the opposite. |
| Client struggles to understand the difference between emotions and thoughts | - Review with clients the “trick” to quickly know the difference: emotions are a single word; thoughts are a phrase or sentence.  
- Provide example comparisons between thoughts and emotions using the client’s own words.  
- Remember to use Tables 7.3 and 7.4, which focus on negative emotions and associated thoughts and events. |
| Difficulty selecting appropriate Socratic techniques to modify a negative automatic thought | - Remember to always start off with examining the evidence to determine if the negative automatic thought is invalid. Only largely invalid negative automatic thoughts warrant modification.  
- Play out the scenario of modification with a specific technique in your mind and assess possible outcomes.  
- If one technique does not work, simply try another.  
- Sometimes, more than one technique can work (and may be necessary) to modify particular negative automatic thoughts.  
- If available, review previously completed Negative Automatic Thought Records, including possible patterns of cognitive distortions, to assess previously effective modification techniques. |
| Difficulty working with valid negative automatic thoughts. | --Remember not to modify automatic thoughts that are largely valid.  
--Focus on the consequence/utility of the thought.  
--If the valid negative automatic thought has a distorted conclusion or meaning, focus on developing alternative conclusions and problem-focused coping.  
--If the valid negative automatic thought has an accurate conclusion or meaning, focus on acceptance and emotion-focused coping. |