

Cognitive Reappraisal Script

0:00

We will begin the reappraisal task in a few seconds. Please make sure you have your worksheet in front of you and a pen or a pencil to use. Find a comfortable position, settle into your seat, and take a moment to clear your mind so that you can concentrate on the task.

Try to recall an experience from the past two years that was difficult or stressful for you and continues to upset you when you think about it. It could be a major event that upset you considerably or it could be a minor event that upset you recently. Examples would include a stressful exam, a lower-than-expected grade, a disagreement with your roommate, a difficult conversation with a boyfriend or girlfriend, arguing with a parent, or troubling news from a family member. It could be an experience you used before while doing this task, if that experience is still upsetting you. Otherwise, please think of a different experience.

2:00

Take the next couple of minutes to imagine the experience, as it happened, as vividly as you can. Envision the events exactly as they happened. Picture every little detail of what happened, who was present {10 seconds}, where it took place {10 seconds}, and how it unfolded {10 seconds}. Think of the worst moment in the experience and how it occurred. {10 seconds}

4:00

Write a brief description of the experience you selected in the first section of the worksheet. One sentence would be sufficient.

5:00

Now turn your attention to the second section of the worksheet. Here we are interested in your *feelings* during the experience. Write a description of how you were feeling at the time. Limit your description to the one word or phrase that *best* describes that feeling. Examples would include: sad, angry, anxious, heartbroken, frustrated, irritated, disappointed, depressed, grief-stricken, and guilty.

6:00

Now please rate the intensity of the feeling you listed on a scale from 0 to 100. 0 means you did not have that feeling at all during the experience and 100 means you had that feeling more intensely than ever before in your life.

6:30

Now please rate the *current* intensity of your feeling about the experience on a scale from 0 to 100. 0 means you do not have that feeling at all and 100 means you have that feeling more intensely than ever before in your life. The rating should be of the same feeling you rated in the last step.

7:00

Now turn your attention to the third section of the worksheet. Here we are interested in your thoughts *during* the experience. Write some of the thoughts you had *at the time* in the space provided. You will have 3 and a half minutes for this part of the reappraisal task. Please write for the entire length of time if you are able to. If you have trouble with this task, ask yourself, *How did I look at this experience? {10 seconds} What did it mean to me? {10 seconds} What did it mean about me? {10 seconds} What implications did I think it had for my future?* You may also think back to the one word that describes your feeling of the experience.

9:30

You have one minute left for this part of the task. If you have finished writing, use the next minute to review the thoughts you had during the experience.

10:30

Now finish writing, if you haven't already. {5 seconds} Turn your attention to the fourth section of the worksheet. Now we would like you to try to think about the experience in a *different, less upsetting* way. We are going to help you to do this by providing some instructions.

Think of someone you know well, a specific person who has a much different personality than your own, and tends to react to things much differently than you do. Think of someone who would think in a way where he or she would react to the situation less negatively. It could be a family member, a friend, a romantic partner, or anyone else you know well. Please write the name of the person and your relationship to that person in 4.A. and B. {10 seconds}. How do you think that person would view the same experience if they went through it? {10 seconds}. Write some of the thoughts that person would be likely to have, that are different from your own, in the space provided. You have five minutes for this part of the reappraisal task. Please write for the entire time if possible.

15:00

You have one minute left for this part of the task. If you have finished writing, use the next minute to review the thoughts you attributed to the other person.

16:00

Now finish writing, if you haven't already. {5 seconds} Before moving to the next section of the worksheet, we would like you to make two ratings.

First, how reasonable does the other person's view of the experience seem to you? Use a scale from 0 to 100, where 0 means his or her view seems completely unreasonable and 100 means his or her view seems completely reasonable.

16:30

Second, how do you feel about the experience now after considering this point-of-view? Use a scale from 0 to 100, where 0 means you have no bad feeling at all and 100 means you have that feeling more intensely than ever before in your life.

17:00

We would again like you to try to think about the experience in a *different, less upsetting* way, and we are going to help you to do this by providing some instructions.

Imagine that instead of feeling upset in the situation, you had very little emotional reaction at all. {10 seconds}. How might you see the situation that would lead you to feel neutral about it? {10 seconds}. Write some of the thoughts you would have to think, in order to be unaffected by the experience, in the space provided. You have five minutes for this part of the reappraisal task. Please write for the entire time if possible.

21:30

You have one minute left for this part of the task. If you have finished writing, use the next minute to review the thoughts you would have to think in order to be unaffected by the experience.

22:30

Now finish writing, if you haven't already. {5 seconds} Before moving to the next section of the worksheet, we would like you to make two ratings.

First, how reasonable does this view of the experience seem to you? Use a scale from 0 to 100, where 0 means the view seems completely unreasonable and 100 means the view seems completely reasonable.

23:00

Second, how do you feel about the experience *now* after considering this point-of-view? Use a scale from 0 to 100, where 0 means you have no bad feeling at all and 100 means you have that feeling more intensely than ever before in your life.

23:30

Now finish writing, if you haven't already. {5 seconds} We would again like you to try to think about the experience in a *different, less upsetting* way, and we are going to help you to do this by providing some instructions.

Imagine your life a full year from now. Imagine that it has been a very good year. You have been enjoying yourself and accomplishing your goals. {10 seconds}. How might you look at the experience *differently*, a full year from now? {10 seconds}. Write some of the thoughts you might have about the experience, a year from now, in the space provided. You have five minutes for this part of the reappraisal task. Please write for the entire time if possible.

28:00

You have one minute left for this part of the task. If you have finished writing, use the next minute to review the thoughts you might have about the experience, a full year later.

29:00

Now finish writing, if you haven't already. {5 seconds} To complete the worksheet, we would like you to make two ratings.

First, how reasonable does this view of the experience seem to you? Use a scale from 0 to 100, where 0 means the view seems completely unreasonable and 100 means the view seems completely reasonable.

29:30

Second, how do you feel about the experience after considering this point-of-view? Use a scale from 0 to 100, where 0 means you have no bad feeling at all and 100 means you have that feeling more intensely than ever before in your life.

30:00

This concludes the task. Thank you for your attention.