

# Exercise

Professional Version | US English

# Pie Charts



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## Description

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Pie charts are a helpful cognitive restructuring tool in cognitive behavioral therapy. They are particularly useful for working with problems where a patient has an inflated sense of responsibility. They can help to 'even-out' biased ways of thinking by graphically presenting the client's weighted opinions about contributing factors to a given event.

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## Instructions

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To use a pie chart to address a sense of inflated responsibility:

1. Help a client to identify a belief in a domain in which their sense of responsibility appears distorted. Typically, this will be regarding responsibility for an event. Try to express the belief in the form "I am responsible for ...".
2. Ask the client to rate the degree of conviction with which they hold that belief.
3. Have the client make a list of all the possible causes for the event, however unlikely the ideas may initially seem.
4. Starting with items that are not about the client's actions, have the client assign 'slices' of the pie chart to each item – with the size of the slice corresponding to how responsible that factor is for causing the undesired outcome.
5. Ask the client to re-rate the degree of conviction with which they hold the original belief.

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## References

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Greenberger, D., Padesky, C. A. (1995). *Mind over mood*. Guilford.

## Responsibility Pie Chart

1. Identify the area in which the patient's sense of responsibility seems distorted.

*I am responsible for his death because I chose where we would go on holiday.*

2. Rate the strength of the belief.

*99%*

3. Have the patient make a list of all the possible causes for the item however unlikely the ideas may initially seem.

*I chose where we went on holiday.*

*The equipment was faulty and not set up properly.*

*The weather wasn't good that day.*

*He had an underlying medical conditions that we hadn't known about.*

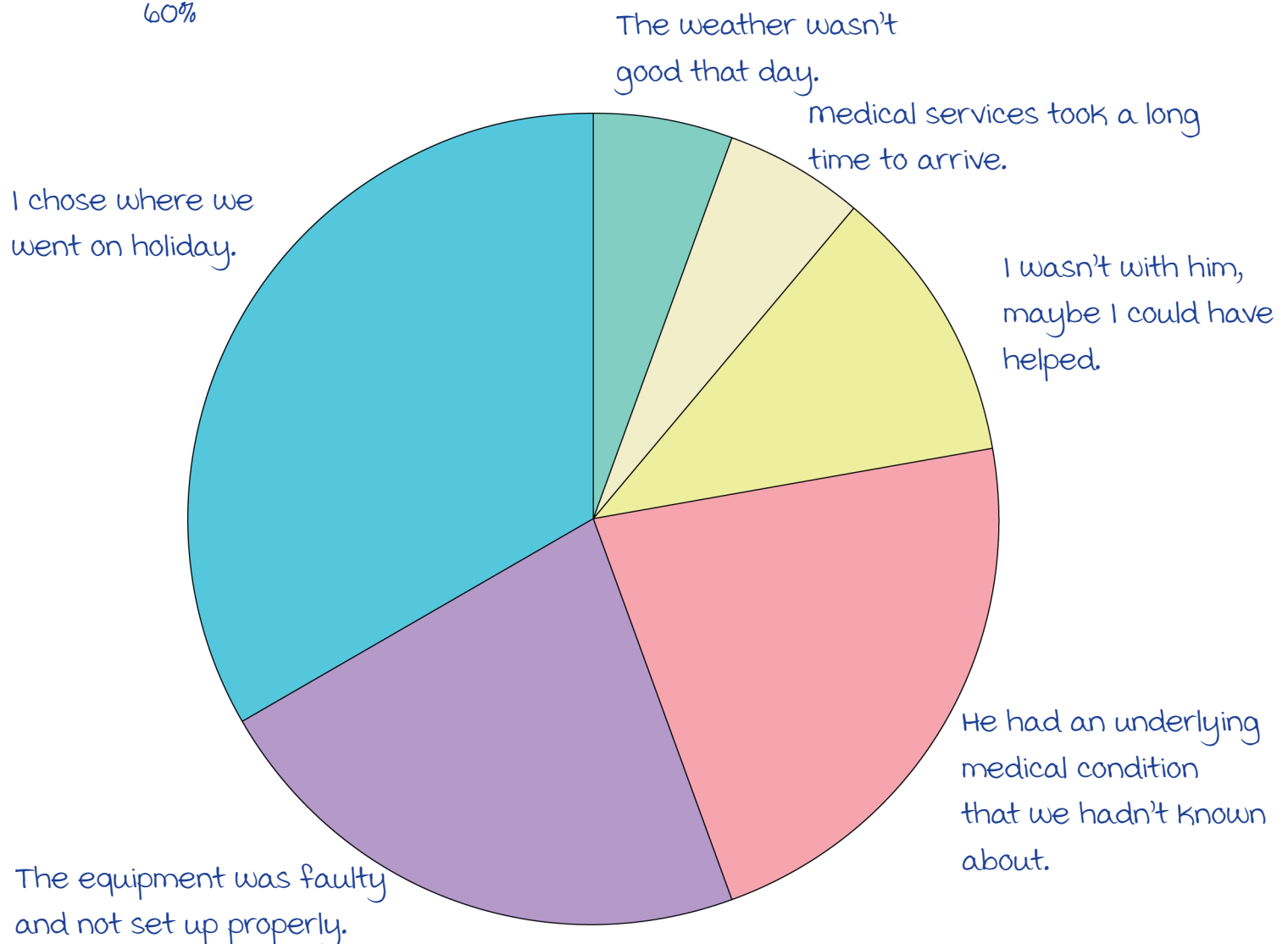
*medical services took a long time to arrive.*

*I wasn't with him, maybe I could have helped.*

4. Once the list is finished, divide the pie chart up into percentages **starting at the bottom of the list.**

5. Re-rate the belief.

*60%*



## Health Anxiety Pie Chart

1. Identify the distorted belief.

*I am dizzy, therefore something is seriously physically wrong with me.*

2. Rate the strength of the belief.

*90%*

3. Have the patient make a list of all the possible causes of the dizziness.

*A tumor*

*Something wrong with my ears*

*I haven't eaten anything today.*

*I stood up too quickly.*

*I haven't drunk enough water.*

*It's hot in this room.*

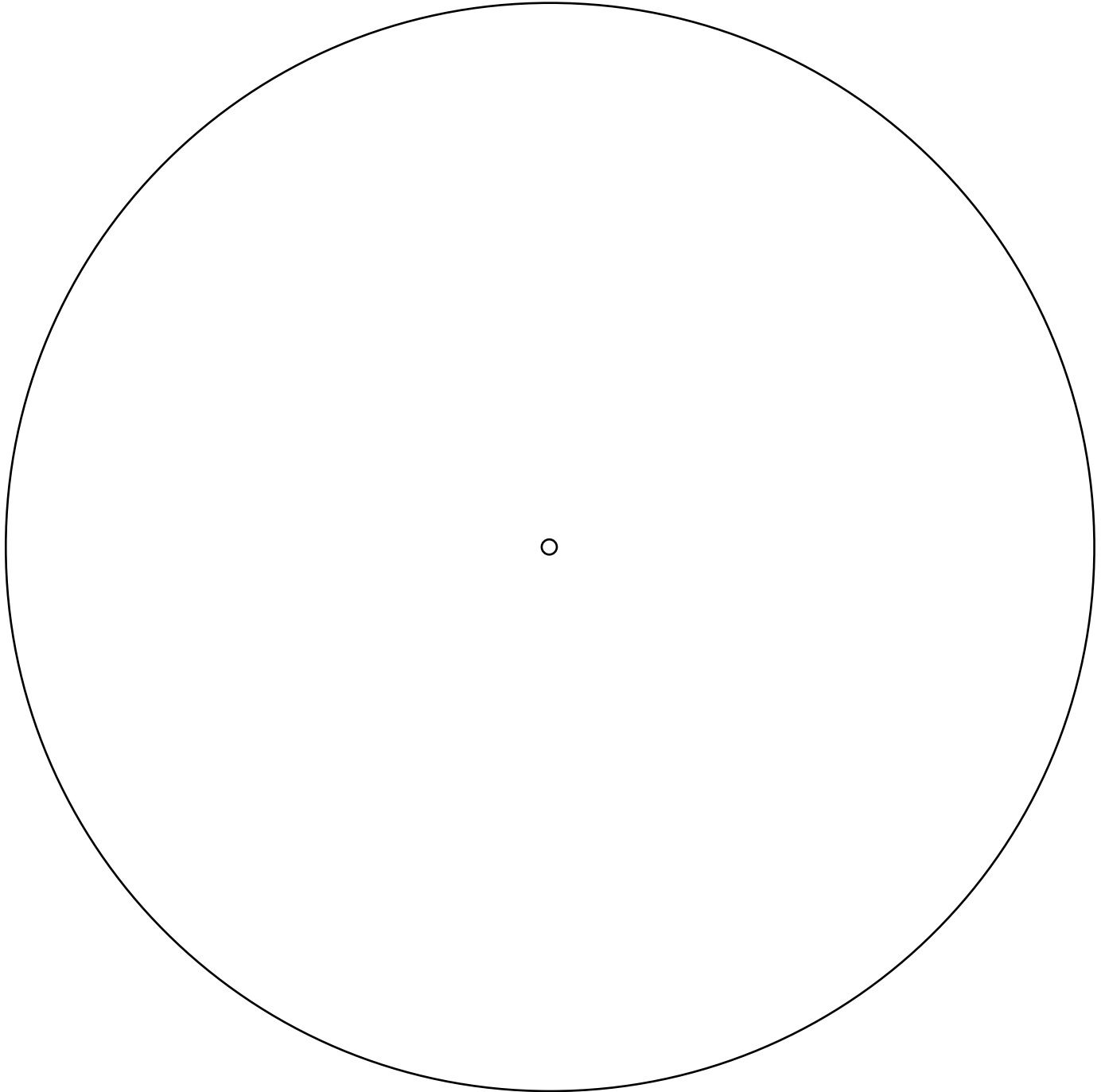
4. Once the list is finished, divide the pie chart up into percentages **starting at the bottom of the list.**

5. Re-rate the belief.

*50%*



# Pie Chart



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