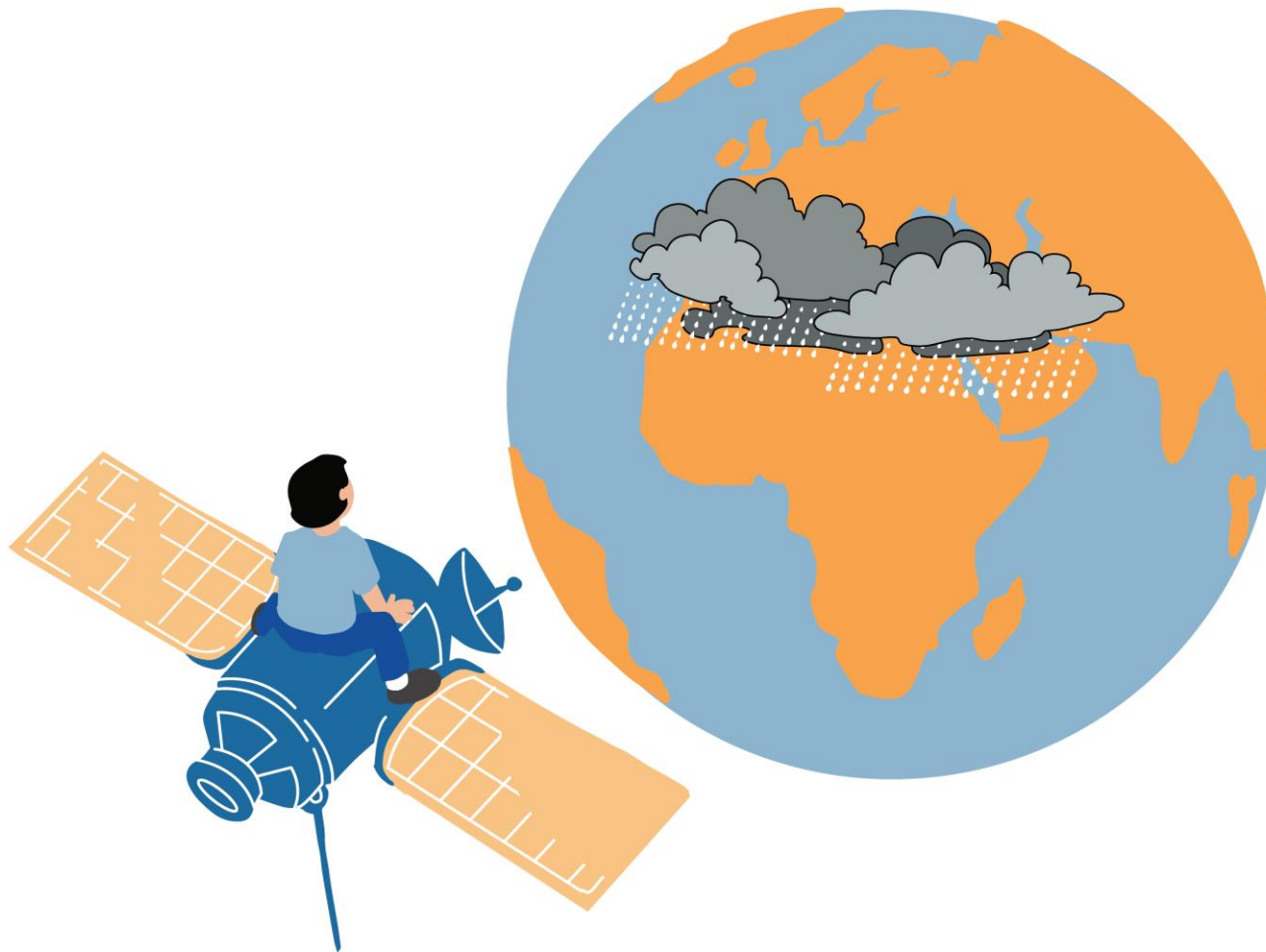




# Metacognitive Training for Depression

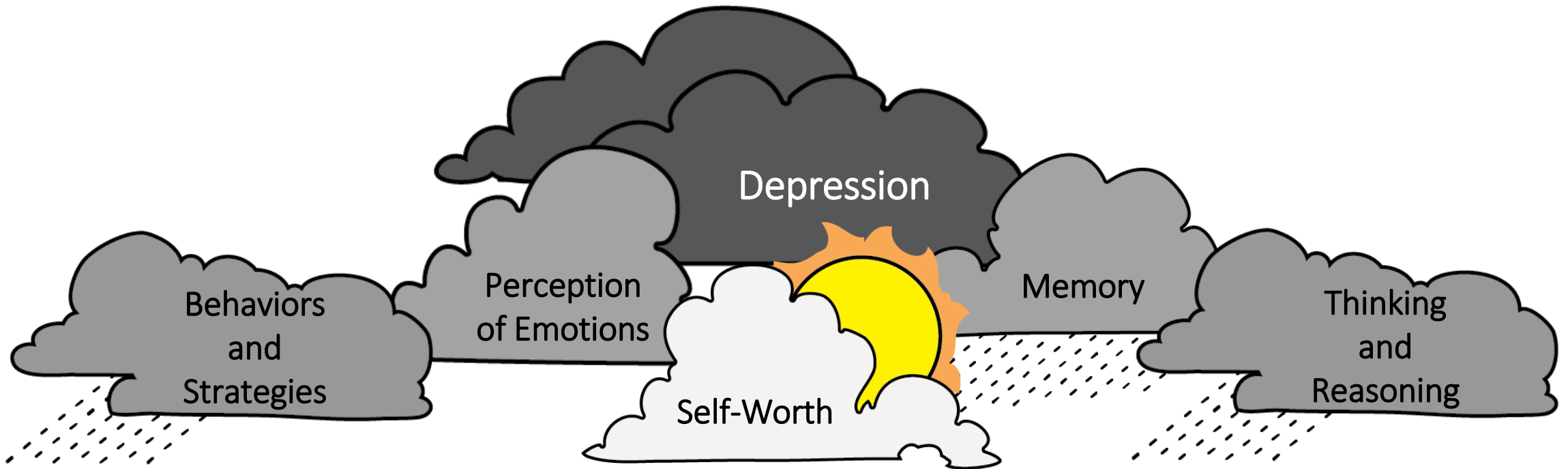


# D-MCT: Satellite Position





# Today's Topic





## Previous session

- What did you do for follow-up?
- Do you have any questions or success stories?



Training session

# D-MCT 4 – Self-Worth



# Self-Worth: What is it?





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- The *value* that a person attaches to *themselves*.





# Self-Worth: What is it?

- The *value* that a person attaches to *themselves*.
- Self-worth is subjective.







# Self-Worth: What is it?

- The *value* that a person attaches to *themselves*.
- Self-worth is subjective.
- It does not have anything to do with how others experience you.





# What characterises people with high self-esteem?

- Voice: ???
- Gestures: ???
- Posture: ???





# Outwardly observable

- Voice: clear, well-articulated, appropriate volume
- Gestures: eye contact, use of gestures to emphasize main points
- Posture: upright, facing others, relaxed





# Outwardly observable

- Voice: clear, well-articulated, appropriate volume
- Gestures: eye contact, use of gestures to emphasize main points
- Posture: upright, facing others, relaxed



Confident behavior can be practiced! “Fake it ‘til you make it” (Venus Williams)



## Body exercise

Now, please stand up and assume an upright posture. Lift your chest. Put your shoulders back and keep your head straight. Remain in this position for a few seconds.





## Body exercise

Now, please stand up and assume an upright posture. Lift your chest. Put your shoulders back and keep your head straight. Remain in this position for a few seconds.

What do you perceive? What changes do you notice?





# Not directly observable





## Not directly observable

- Confident in one's own ability.







## Not directly observable

- Confident in one's own ability.
- Accepting of one's errors or failures (without devaluing oneself as a whole).





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- Confident in one's own ability.
- Accepting of one's errors or failures (without devaluing oneself as a whole).
- Introspective, ready to learn (even from errors or failures).





## Not directly observable

- Confident in one's own ability.
- Accepting of one's errors or failures (without devaluing oneself as a whole).
- Introspective, ready to learn (even from errors or failures).
- Positive attitude towards oneself, for example, praising oneself for a success.





# Sources of self-worth





# Sources of self-worth

- Self-worth is not constant. It can vary across different activities.





# Sources of self-worth

adapted from Potreck-Rose & Jacob, 2003

- Self-worth is not constant. It can vary across different activities.
- The crucial point for our self-worth is whether we pay attention to only our weaknesses (“empty shelves”) or also our strengths and abilities (“full shelves”).





## People with low self-worth...

- tend to pay attention only to the empty shelves, where they view themselves as a “failure.”



Failure!



## People with low self-worth...

- tend to pay attention only to the empty shelves, where they view themselves as a “failure.”
- tend to make *global* appraisals of their self-worth (“I am worthless”).



Failure!





## People with low self-worth...

- tend to pay attention only to the empty shelves, where they view themselves as a “failure.”
- tend to make *global* appraisals of their self-worth (“I am worthless”).
- do not differentiate between a whole person and a behavior (something unsuccessful = failure).



Failure!



# Nothing held back...

*A good listener; remember birthdays; happily support others; honest ...*

*Currently out of work; failed an exam ...*

*Satisfied with my hair and have beautiful skin, but I think I'm too short ...*

Relationships

Work

Sports

Free Time

Appearance

Hobbies

*Can't catch a ball; can't throw very far; a good dancer and have fun doing it ...*

*Good at decorating my apartment; enjoy cooking for others ...*

*A reliable choir member; have a good sense of rhythm ...*





# Nothing held back...

<i>A good listener; remember birthdays; happily support others; honest ...</i>	Relationships	<i>Can't catch a ball; can't throw very far; a good dancer and have fun doing it ...</i>
<i>Currently out of work; failed an exam ...</i>	Work	<i>Good at decorating my apartment; enjoy cooking for others ...</i>
<i>Satisfied with my hair and have beautiful skin, but I think I'm too short ...</i>	Appearance	<i>A reliable choir member; have a good sense of rhythm ...</i>
	Hobbies	

What areas could you give more attention to? What “lost strengths” might you find?



Remembering your strengths “How do I find lost treasures?”



# Remembering your strengths “How do I find lost treasures?”

An assumption that might get in the way: “Self-praise is prideful!”



# Remembering your strengths “How do I find lost treasures?”

## 1. Consider your strengths:

*What have I been successful at? What have I received compliments for? What do others like about me? Where have I already succeeded?*

*Example: I'm good at crafts ...*



# Remembering your strengths “How do I find lost treasures?”

## 1. Consider your strengths:

*What have I been successful at? What have I received compliments for? What do others like about me? Where have I already succeeded?*

*Example: I'm good at crafts ...*

## 2. Imagine a concrete situation:

*When and where? What did I specifically do, or who gave me affirmation?*

*Example: Yesterday I successfully helped a friend to renovate her flat ...*



# Remembering your strengths “How do I find lost treasures?”

## 1. Consider your strengths:

*What have I been successful at? What have I received compliments for? What do others like about me? Where have I already succeeded?*

*Example: I'm good at crafts ...*

## 2. Imagine a concrete situation:

*When and where? What did I specifically do, or who gave me affirmation?*

*Example: Yesterday I successfully helped a friend to renovate her flat ...*

## 3. Write it down!

*Regularly add to your list. In bad times, review it.*

*Example: Write about times when things are going well or you have received a compliment.*





# Comparing yourself with others



# Comparing yourself with others

Do you often compare yourself with others?

If so, who do you compare yourself with?

How do you fare in these comparisons?



# Comparing yourself with others

Quickly and without even noticing it, we compare ourselves with others. This is normal.

With whom and in what areas we compare ourselves may influence our self-worth:

- If, in comparing yourself, you always come up short because the “ideal” is unattainable or the comparison is unfair, then your self-worth suffers.





## Examples of unfair comparisons?

- An individual who compares their appearance with the images of celebrities or influencers (which are often retouched with professional image editing)



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- Employees who compare their achievements with the company's founder (who has more work experience, different training, etc.).



## Examples of unfair comparisons?

- An individual who compares their appearance with the images of celebrities or influencers (which are often retouched with professional image editing)
- Employees who compare their achievements with the company's founder (who has more work experience, different training, etc.).
- A individual who does not include all areas of life when they are assessing a seemingly “perfect” person.



# What do these 5 people have in common?

Robbie Williams

Billie Eilish

Jim Carrey

J.K. Rowling

Adele





# What do these 5 people have in common?



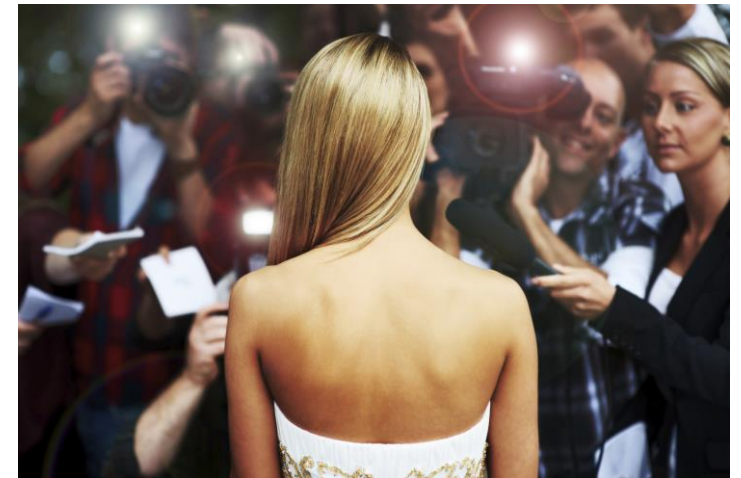
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Are they famous, rich, attractive, and successful?







# What do these 5 people have in common?



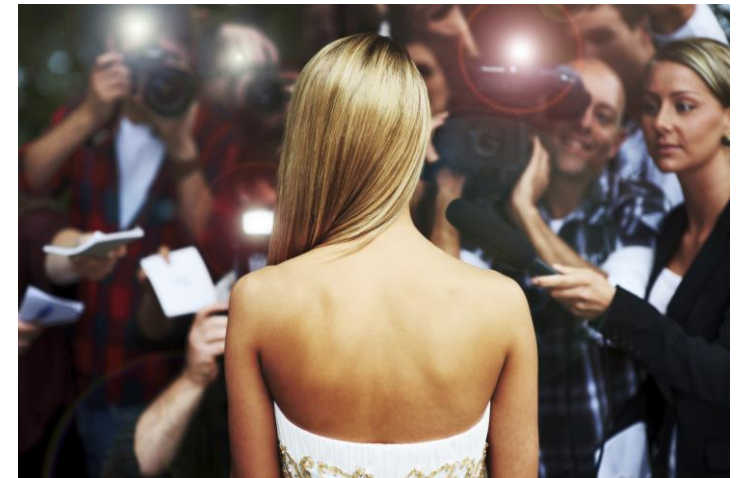
Robbie Williams

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Adele



Are they famous, rich, attractive, and successful?

**BUT:** Every one of these famous people has or had had psychological problems.





## A „perfect life?“

**Robbie Williams** became famous as a member of the band Take That, which he eventually had to leave because of drug use. Later, he began a successful career as a singer. In February 2007, he was admitted to a clinic for **addiction to pills** and **depression**.

**Billie Eilish** is an award-winning American singer-songwriter who addresses her mental problems in her songs. She suffers from depression and talks about **suicidal thoughts, anxiety, and loneliness** in interviews. In the song “bury a friend”, she describes sometimes feeling like her own enemy.

The comic and actor **Jim Carrey** suffered for many years from **severe depression**. At first, anti-depressant medications helped him to overcome low periods. Today, he has discontinued anti-depressant medications and is successfully using other strategies (such as a balanced diet, psychotherapy) to treat his depression.

**J.K. Rowling** is the successful author of the popular Harry Potter book series. She has struggled with **depression**. She partly processed this in her exciting stories of a young wizard. The soul-snatching Dementors in her books symbolize the pitilessness of depressive thoughts.

World-renowned British singer-songwriter **Adele** suffered from **postpartum depression** after the birth of her son Angelo, as well as **anxiety** after her divorce. She processed these experiences in one of her albums.



# Perfection – too high a standard?





## Perfection – too high a standard?

- “I must not make a mistake.”





## Perfection – too high a standard?

- “I must not make a mistake.”
- Is that true? Can you read the following text?





## Perfection – too high a standard?

- Perfection—too high a standard!
- This text is intended to show you that it is okay to make mistakes. Many of the letters are switched, but you can still understand the message. So, you are allowed to make mistakes. Mistakes do not always change the outcome.





## Perfection – too high a standard?

- Even during repetitive work, a 5% error rate is normal. To err is human!
- Striving for perfection can result in feeling unhappy and anxious.
  - Many concert musicians or competitive athletes, who are expected to be perfect, have developed anxiety disorders due to their fear of failure.





# Tips to improve mood and self-worth

???





## Tips to improve mood and self-worth

- Joy diary: Jot down things every evening that went well. Go through them in your mind.
- Accept compliments and jot them down as briefly as possible so that during difficult times you can go back to them (keep them in reserve!).
- What we put down on paper we often perceive more accurately compared to memories, which during bad moods are not reliably available and may be inaccurate.





## Tips to improve mood and self-worth

- Positive activities: Do things that are good for you, if possible with other people (for example, see a movie, go to a café, or go for a walk).
- Engage in physical activity for at least 20 minutes—not too strenuous—possibly a combination of cardio exercises and strength training.
- Listen to your favorite “feel-good” music!
- Use the COGITO app.



# Learning Points



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- Self-worth is the worth that a person places on themselves.



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- Try to take into account your self-worth in different areas of life (work, free time, relationships, etc.), and do your best to strengthen it!



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- Self-worth is the worth that a person places on themselves.
- Try to take into account your self-worth in different areas of life (work, free time, relationships, etc.), and do your best to strengthen it!
- Look for your forgotten strengths and work toward a balanced self-awareness, such as through keeping a daily joy diary.



## Learning Points

- Self-worth is the worth that a person places on themselves.
- Try to take into account your self-worth in different areas of life (work, free time, relationships, etc.), and do your best to strengthen it!
- Look for your forgotten strengths and work toward a balanced self-awareness, such as through keeping a daily joy diary.
- When you compare yourself with others, try to be fair to yourself! Do not compete against celebrities (or seemingly perfect acquaintances).



## Homework: The Story of a Count ...



... The count became very, very old because he was an enjoyer of life “par excellence.” He never left his house without a handful of beans in his pocket. He did not chew the beans. No, he took them with him so that he could more consciously notice the wonderful times during the day and count them.

For every positive moment that he experienced throughout the day—for example, a friendly chat on the street, a laughing woman, a delicious meal, a shaded place in the midday heat, a glass of good wine—for everything that pleased the senses, he moved a bean from his right jacket pocket to the left. Sometimes he moved two or three beans at one time.

In the evenings, he sat at home and counted the beans in his left jacket pocket. He celebrated these minutes. In this way, he reminded himself of how many pleasant moments he had experienced that day, and this made him happy. And, even the days when he counted only one bean were successful—they were worth living for.

*Unknown*





## Final round

- What was most important for you today?
- Which thought distortion would you like to do an exercise on as homework?

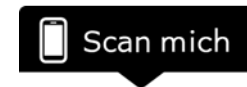


## For trainers:

Please hand out the worksheets. Introduce our app COGITO (download free of charge).



[www.uke.de/mct\\_app](http://www.uke.de/mct_app)





Thank you!

