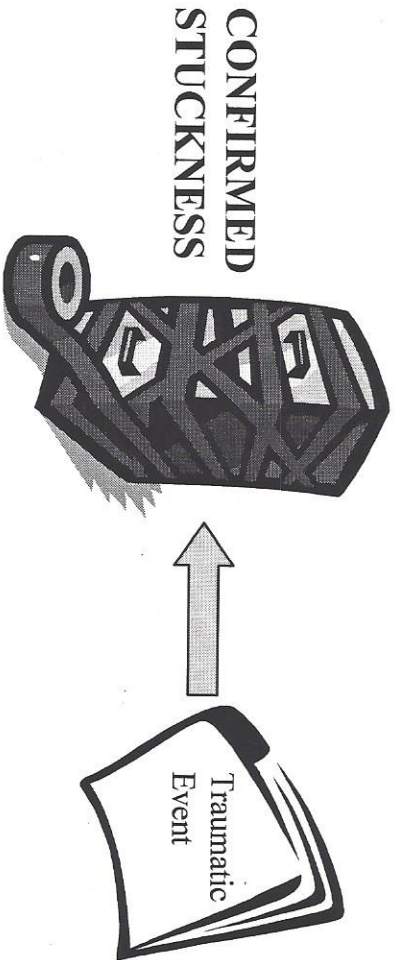


2. **Stuck points may also be formed if you have prior negative beliefs that seem to be confirmed or are reinforced by the event.**



Prior Belief

Authority is not to be trusted.

Harmed During Military Service

I was harmed during my military service, and because of leadership.

Results

- If you see the trauma as further proof that authority (i.e., leadership) is not to be trusted, you believe this even more strongly.
- If you are stuck here, you may have strong emotional reactions that interfere with your ability to have successful relationships with authority. It may feel “safe” for you to assume all authority is untrustworthy, but this belief may keep you distressed, negatively impact your relationships, and possibly lead to legal, work, and social problems.

Goal

- To help you modify your beliefs so they are not so extreme. For example, “Some authority figures can be trusted in *some* ways and to *some* extent.”