%K>@HKR1 ! A: LLHG . A"

#=BWHKB E H: K=
! H RKG@AMK GL?>K
1N; F BLLBHG %\NB>BKB>L

' (-' %4#6' 2#+/+) 00-40 ' -1 -6' 23' ' #2/' 2 20513 %#-' 1 *' 2#18 ,+-3 T
" : QB= * 0H; >KM1 *H@G KNGMF R>K ! : L>R* 1MK N= ! : L>R2AHKGMHG NLMG5 *>F D>
(: LHG# 1<ABB=KLMKHF

! !

&6-3+/) -3%2/+) 0–') ' 45&' / 43 $054 38%04*' 2#1-34 #2 ' 2 1404/ 3
/ 1#%,+/) 4*' -1*#$' 4 051 0(2#&5#4 2#+/+) #/ & -%/ 352 T
2AHF : L%. EGM4

#%#- -%20#)) 2 33-0/ 3#/ & 5-452#- / 4 –+)' / % T
+ HGGB>: 2 5 BBB F L + NG - LF : G AF : = E2M>A

Y . K>LB=>GML + >LL: @ ! A: G@ 'L &: K= ; NM; ><>LL: KR #OHEBG@ NK
! HGO>GMBHGM+ >>M ! 2L %K-PMABG: , >P #K T$<. >. 6 $*/:. 6 T
Y ! #- L + >LL: @ . EH==BG@$HKP: K= BG3G<>KM1BG2BF >L T 7=:<6. A (12< T
Y ! : EE?HK ; LMK <M\ 0.4588[illegible]

e &H@K>?. N; BBLABG@T
e , >P &: K; BG@K. N; B: MBHGL T
e GQB>NR " >I K>LLBHG LLH<B NBHG
H: F>KB. +
e 'GM>HG NBHG E LLH<B NBHGH?! H@BBG@>
>A: QBK E2A>K I RT
e . LR<AHEH@R2HHE T

* -$)& ' &$" T
&) (() #(' & &#(T
!! $& $" # ($# %6(! (' & &T

&' #(1M>O>G 1: ?K>G
,)(* &! HNKM6>R* 5 AB4
&$) ($# ($&1M4I A: GB> 1<AP: KM$
&0: <A>E%K>>F : G

" &
7%,5+(' %,6+(551&,$6,10)14 (+$8,14$. $0'
1*0,68(> (4$2,(5 Q@E (8(06+ 8(07(
(9 #14- # A@@@A

777 #$%402)

& AD ' ! " & !" $
% ! " "
"

Copyright © 2025 by the Associa□on for Behavioral and Cogni□ve Therapies.

The author declares no conflicts of interest.

Thomas G. Plante
ORCID: 0000-0001-5314-2991

C%''e(&%dece)%
Thomas G. Plante, Ph.D.,
Department of Psychology,
Santa Clara University,
Santa Clara, CA 95053
tplante@scu.edu

LH-LN ; ME> BG?EN>G<>L H? LH<B>MR, I >>KL, I : K>GML, : G= HMA>KL PAH F : R A : O> LMKHG@ OB>PL HK : @>G= : L ?HK MA>BK < : K>>K I : MAL : G= =><BLBHGL. 2ABL FB@AM BG<EN=> I K : <MB< : E F : MM>KL LN<A : L EBD>ER BG<H F >, I K>LMB@>, HK ?HEEHPBG@ MA> ?HHMLM> I L H? MA>BK ? : F BER F > F ; >KL BG ; NLBG>LL, F >=B<BG>, E : P, : G= LH ?HKMA. 1MN=>GML : K> : LD>= MH : M E> : LM M> F I HK : KBER =>M : <A ?KH F MA>L> BG?EN>G<>L MH A>E I =>M>K FBG> MA>BK HPG =>LBK>L : G= @H : EL.

?H<NL>L HG K>?E><MBG@ HG PA : M I KHOB=>L <HGLHE : MBHG O>KLNL =>LHE : MBHG PA>G <HGLB=>KBG@ O : KBHNL @K : =N : M> MK : BGBG@ : G= < : K>>K H I MBHGL. $HK >Q : F I E>, LMN=>GML FB@AM ?>>E FHK> >G@ : @>= ; R : G= <H F ?HKM : ; E> PBMA <>KM : BG < : K>>K I : MAP : RL MA : G PBMA HMA>KL. $BG : EER,

L I > : DL MH G>QM LM> I L BG =><BLBHG- F : DBG@ PA>K> L I ><B?B< BLLN>L : G= JN>LMBHGL < : G ; > : ==K>LL>= MH =>O>

H??>K>= EGNCEG>KLEBRL>MEG@L EL MA: MMA EK: EERK>L>: K<A HKM4: <AEG@?>EEPLAEL : K> : O EE
: ; E LHMA: MMA> ?EG G<B E<HL

NKWHG , 4N + ! &: PDBGL + 1><NE:K=BL<>KGF>GM IKH<>LLH?BG=KDB=N: E
NGE: KGBG@ G=<HE><NB>K>E: KGBG@
AWML =HBHK@
! NE>G 5 %NE:NB%)>EER " +>GMEA>: EAIBGMA>! - 4'" I:G=>FB:
AWML =HBHK@ JGF>= A<:
$:K,>K +:G>OB:A ' +>NB@>K(1:RHE:# ! AHHLBG@I LR<AHMA>K:IR:L:
<:K>K5 AR=B:P><HLLMA:MKH=
AWML =HBHK@ GE
$>KK:KB 3LBG@<>E;KBB>LBG:;GHKF:EILR<AHEH@R:LM:<ABG@NHELMH=><K>:L>
LMB@F::G=BG<K>:L>A>E:L>>DBG@T
AWML =HBHK@
&BE! # *RLMNI)BG>) %>;KN, + BK<AE>K(.:E>K% 0H;BGLHG(3F +
%K?BG 1 *BLDR#)GHQ1 .BGMH!H>EAH) LIBBG@MH;><HF>: MA>K:IBLM.>K
LHG:ELM>G@AL:G=<A:E>G@LBG:EN>G<>L FHNB)NBHGL:G=>Q><MNBHGLH?NMK<ILR
<AHMA>K:IBLM
AWML =HBHK@
&H?F:G1(+:GLHHK7 ,:MM, 1KBA:K.G* >EES(!:NE>E=2 $K<>=AH?7 *:OBL(
, 1A:KF: + !>E;KB>L_BFI:<MHGA>:EAIK>EM=DGHPE>=@:NBMF>L;>A:O
BHKL:G=LMNLHNMHF>LIK-NMK<HE?HK:LRLMF:NBKK<OB>P F>M:GERLBL:G=F>MK<@K<LLBHG
:GERLBL
AWML =HBHK@ L
&NRGA* 0AH=>L. 5 AR"H.>HE>!AHHL>MH><HF>.LR<AHEH@BLM , :KK
NB>'GJNBER T
):K.SLB 2 1FBA* .K<I:KBG@?HK@K=N:M=E>O>ENKBGBG@BGIK-?>LLBHG EILR
<AHEH@R!HF I:KBLHGL:<K-LL<BGB:E A" <HNGL>BG@A" :G=<BGB:E LR' IKH@KFL
T
AWML =HBHK@
)HNE>K(- Q?H<=3GB>KLBR.K>LL
*:G=KNF 0 # ??