

**Supplemental Material S5.** Sample dyadic aphasia-modified CBT exchange between patient and clinician.

Patient: I'm terrible at this.

Clinician: I hear what you are saying. Let's pause for a moment and talk about this. What went through your mind right before you said that?

Patient: I couldn't say that line in the script and thought, "Here I go again. I can't talk."

Clinician: Okay, let's test that thought out. What makes you think that thought is true?

Patient: Well, I couldn't say that one word correctly. That long word.

Clinician: I see. So what I'm hearing is that you couldn't say one word in the script correctly. Is there any evidence that that thought, "I can't talk," is not completely true?

Patient: Well, I guess I did say most of the other words in the script correctly...

Clinician: That's right. So, while you did have trouble with that one word, there are plenty of other words that you said clearly. I wonder, what would happen if you keep thinking, "I can't talk?"

Patient: I would continue to feel like I'm doing a bad job with my script.

Clinician: And is there something else you could tell yourself that may make you feel better when you have trouble speaking?

Patient: I could say to myself that I am doing the best I can and that most of the time, I can speak so others understand me. But I'm not perfect.

Clinician: I think that sounds like a great alternative thought. Let's write that down on a notecard. That way, if a thought like that pops up again, you can look at that note. It will be a good reminder.