



Therapy Unit 5: Decision Making

Worksheet 5.6. Information about therapy unit 5

Many (but not all) people with psychosis tend to jump to conclusions and to form extreme opinions, without having collected sufficient information.

Hasty decisions often lead to mistakes and only “half the truth” is perceived.

Before making important decisions, consider many pieces of information and exchange opinions with people you trust. Try to think of alternative explanations. *Everyone makes mistakes!*

Use the *yellow card*, when you feel offended or insulted, to consider alternative explanations as well.

Avoidance = Actively avoiding situations, people, or places that are perceived as threatening (e.g. public transport).

Safety behaviours = Action you carry out in order to prevent feared events from happening (e.g. wearing lucky charms, wearing sunglasses to not be recognised etc.)

Avoidance and safety behaviours reduce fear only for the *short-term* and promote it in the *long run*!

What aspects of the therapy unit do I find particularly useful/helpful?

When and in what specific situation do I want to apply/practice what I learned during the coming week?

What remained unclear? What do I want to ask in the next session?