



## Therapy Unit 8: Memory and Overconfidence

### Worksheet 8.1. How memory errors promote misinterpretation

– **personal examples** (especially when under stress, we often remember things differently from how they actually took place)

<b>False/distorted memory of an event</b>	<b>Actual situation</b>	<b>Consequences of false memory</b>
(e.g.: The doctor refused to organize me a place in a home for assisted living)	(e.g.: The doctor explained that I should turn to a social worker on this matter)	(e.g.: I felt that I was not taken seriously and treated badly)