



## Therapy Unit 5: Decision Making

### Worksheet 5.1a How jumping to conclusions promotes misinterpretations, e.g. during psychosis – own examples

<b>Event</b>  (e.g.: "I heard footsteps right behind me that became faster and faster, but I did not dare to turn around")	<b>Interpretation during psychosis</b>  (e.g.: "The CIA has found me, they will restrain and arrest me at this very moment")	<b>Other explanations</b>  (e.g.: "Somebody wanted to catch the bus; I could have imagined it")