



## Therapy Unit 6: Changing Beliefs

### Worksheet 6.5. Information about therapy unit 6

Studies show that people with psychosis sometimes tend to cling to opinions even when there are conclusive counter-arguments.

**This can lead to interpersonal problems and prevents realistic views on situations.**

Exchanging with other people can help to learn about different points of view and have a more comprehensive understanding of a situation.

Collect as much information as possible and consider other opinions before making up your mind.

Use the yellow card in your everyday life to check possible misconceptions.

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

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

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