



Therapy Unit 10: Self-Esteem

Worksheet 10.1. Psychosis and self-esteem

During psychosis, one is subjected to a wide range of different emotions. Please mark the appropriate symptoms (multiple examples are possible).

Negative effects of psychosis on self-esteem (mood)	<u>Short-term</u> positive effects of psychosis on self-esteem (mood)
<ul style="list-style-type: none">○ during psychosis: experiencing threat, fear	<ul style="list-style-type: none">○ during psychosis: rush, excitement, "something is happening at last"
<ul style="list-style-type: none">○ during psychosis: hearing insulting voices; one then feels worthless and offended	<ul style="list-style-type: none">○ during psychosis: hearing flattering and affirming voices; one then feels less lonely sometimes
<ul style="list-style-type: none">○ after psychosis: feeling ashamed; future may seem shattered (e.g. abandoned by friends and family)	<ul style="list-style-type: none">○ during psychosis: feelings of power, talent, importance (powerful enemies) and destiny
<ul style="list-style-type: none">○ other:	<ul style="list-style-type: none">○ other: