



Therapy Unit 4: Attributional Style

Worksheet 4.1 How biased (one-sided) attributions promote misinterpretations, e.g. during psychosis – own examples

Event (e.g. the car does not start)	Explanation during psychosis (e.g. "in films cars spiked with explosive devices also never start...")	Other explanations (e.g. "my car is old and I haven't driven it for a long time"; frost)