



## Therapy Unit 8: Memory and Overconfidence

### Worksheet 8.2. Information about Therapy Unit 8

Many (but not all!) people with psychosis have memory deficits. Symptoms like rumination or hearing voices can intensify those.

Studies show that many people with psychosis feel confident that false memories are true.

At the same time, many people with psychosis are less certain whether their memories are true when it comes to things that actually happened.

**The ability to differentiate between actual and false memories can be impaired. This can lead to misinterpretations.**

- ➔ **If you cannot remember something vividly, consider the possibility that you are wrong.**
- ➔ **If you are not certain about a memory, ask other involved people how they remember the situation.**
- ➔ **Use memory aids (calendar in your phone, post-its, notebook etc.) if you tend to forget about things.**

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

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

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