



Therapy Unit 7: Empathizing

Worksheet 7.1 How problems recognizing emotions promote misinterpretations, e.g. during psychosis – personal examples

Event (e.g.: "A man kept staring at me on the bus")	Interpretation during psychosis (e.g.: "He is after me and wants to do me harm")	Alternative explanations (e.g.: "The man was possibly under the influence of something, or just impolitely curious. My frightened behavior could have drawn his attention to me as well.")