



Therapy Unit 7: Empathizing

Worksheet 7.6. Information about therapy unit 7

Studies show that many people with psychiatric concerns (e.g. psychosis)...

- ...difficulties detecting and evaluating other people's facial expressions
- ...difficulties taking other people's perspectives and deducing their motives from their ongoing behavior.

Stress/strains, emotions (fear, sadness, etc.), as well as sleeplessness, drugs or coffee can lead to a distorted perception of situations.

The facial expressions/actions of others can't always be interpreted with certainty.

Collect as much additional information as possible when interpreting social situations or other people's behavior.

If someone's behavior confuses or bothers you, consider a range of different explanations for his or her actions.

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

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?