



Therapy Unit 2: Introduction to the Metacognitive Therapy Program

Worksheet 2.1. Problems: Please mark which of the following problems you are experiencing at the moment and how much they bother you. You can also mark how much you used to be bothered by a symptom/problem in the past.

Symptom/Problem	Degree of despair (0-100%)	
	now	formerly
<input type="checkbox"/> hearing voices or having other sensations (e.g. smells) that are not perceived by other people		
<input type="checkbox"/> feelings of being persecuted		
<input type="checkbox"/> dejectedness/depression		
<input type="checkbox"/> feelings of having special abilities		
<input type="checkbox"/> feelings of being chosen for some special task		
<input type="checkbox"/> feelings of being transparent (others can read my mind)		
<input type="checkbox"/> fear that others could have control over me and/or my thoughts		
<input type="checkbox"/> exhaustion/sluggishness		
<input type="checkbox"/> weak concentration or memory problems		
<input type="checkbox"/> constantly losing track of thoughts (thoughts are too fast or disrupted)		
<input type="checkbox"/> reduced interest in social situations		
<input type="checkbox"/> active social withdrawal (e.g. due to fears/anxiety)		
<input type="checkbox"/> suicidal thoughts and/or plans		
<input type="checkbox"/> reduced ability to work		
<input type="checkbox"/> problems with living/housing		
<input type="checkbox"/> financial problems		
<input type="checkbox"/> feelings of guilt		
<input type="checkbox"/> nervousness, tension		
<input type="checkbox"/> health concerns		
<input type="checkbox"/> aggression/violent temper/loss of control		
<input type="checkbox"/> conflicts within your family or relationship		
<input type="checkbox"/>		
<input type="checkbox"/>		



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Worksheet 2.2. Goals: Which goals would you like to achieve during the therapy?

Goal	How could you see that the goal has been achieved?
1.	
2.	
3.	
4.	
5.	



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Worksheet 2.3. Information about the Metacognitive Therapy Program

What is metacognition?

Meta = about
Cognition = thinking } = "thinking about thinking"

In the MCT+ cognitive errors are discussed that may contribute to the development of psychosis. Here you will get to know different strategies to identify and "defuse" these mind traps in order to prevent the reoccurrence of psychotic episodes.

The yellow and the red card

You can use the yellow card in situations in which you feel (for example) threatened or insulted. The red card is an emergency card with phone numbers of people and institutions you can turn to in the event of a crisis. You can carry both cards with you, for example in your wallet or pocket.

What aspects of the therapy unit Introduction to the MCT+ 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?