



Therapy Unit 4: Attributional Style

Worksheet 4.7. Information about therapy unit 4

Attribution = inferring causes for the occurrence of a situation

Many people have one-sided explanations for the occurrence of events. For example, only blaming others instead of oneself (Saying: "Eyes see everything – except themselves!").

This attributional style may lead to interpersonal problems (e.g. conflicts).

However, during depressive episodes many people tend to blame themselves for failures.

Usually, several factors are *simultaneously* involved in the occurrence of an event!

Always think about 3 possibilities that could be involved:

→ own person, other people and circumstances

What aspects of the therapy unit Attributional Style 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?