



## Therapy Unit 5: Decision Making



### Worksheet 5.2 Case study: Bullying/conspiracy?

#### 5.2a What speaks for and against Marina's conviction?

(*"paranoid" by ulisseya*)

Pros (What speaks for it?)	Cons (What speaks against it?)	Do I need more information to make a decision?

#### 5.2b What if...? Convictions and their consequences

<b>Assumption</b> <b>Reality</b>	Marina is being bullied by her colleagues.	Marina is <u>not</u> being bullied by her colleagues.
Marina is being bullied by her colleagues.		
Marina is <u>not</u> being bullied by her colleagues.		