

Session 4: Examining the Index Event

Practice Assignment:

Please choose one Stuck Point each day, and then answer the questions on the Challenging Questions Worksheet (Handout 7.2) with regard to this Stuck Point. Please work on Stuck Points related directly to the trauma first (e.g., “It is my fault,” “I could have prevented it,” or “If I had done X, it would not have happened”). Your therapist will give you extra copies of the Challenging Questions Worksheets, so you can work on multiple Stuck Points. Completed examples of this worksheet are provided as Handouts 7.2a and 7.2b, and a Guide to the Challenging Questions Worksheet (Handout 7.3) is also available.

Session 4 Handouts:

7.1: Levels of Responsibility Handout

7.2: Challenging Questions Worksheet (six copies included)

7.2(A-B): Examples of completed Challenging Questions Worksheets

7.3: Guide for the Challenging Questions Worksheet