

Session 5: Using the Challenging Questions Worksheet

Practice Assignment:

Your practice assignment is to consider your Stuck Points, as well as some examples of your everyday thinking, and to find ones that fit into each relevant thinking pattern on the Patterns of Problematic Thinking Worksheet (Handout 7.5). Each day, list a Stuck Point or example of everyday thinking under each pattern, and think about ways in which your reactions to the traumatic event may be affected by these habitual patterns. A completed example of this worksheet is provided as Handout 7.5a.

Session 5 Handouts:

7.5: Patterns of Problematic Thinking Worksheet (6 copies included)

7.5A: Example of a completed Patterns of Problematic Thinking Worksheet