

Session 7: Challenging Beliefs and Introduction of Modules

Practice Assignment:

Use the Challenging Beliefs Worksheets (Handout 8.1) to analyze and confront at least one of your Stuck Points each day. Also, please read over the Safety Issues Module (Handout 8.3) and think about how your prior beliefs were affected by your trauma. If you have safety issues related to yourself or others, complete at least one worksheet to confront those beliefs. Use the remaining sheets for other Stuck Points on your Stuck Point Log (Handout 6.1) or for distressing events that have occurred recently.

Session 7 Handouts:

8.1: Challenging Beliefs Worksheet (6 copies included)

8.3: Safety Issues Module