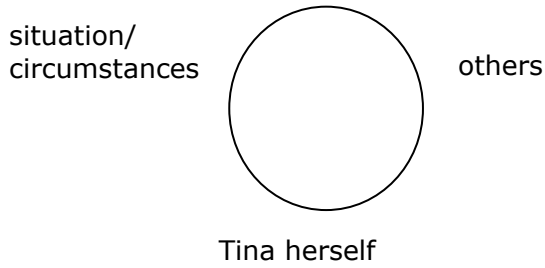




Worksheets on Module 1 (Attributional style)

Example: Threatening shadows: Please rate the contribution of each potential cause for the event?



What would be a well-balanced interpretation, taking several causes into account?



How biased (one-sided) attributions promote misinterpretations during psychosis.

Event	Explanation during psychosis	Alternative explanations



Negative event last week (stress, argument, grief, disappointment...)

What happened?

What did you ascribe as the cause of the event at that time?

What consequences followed from your explanation?

What are other possible explanations for the event?

Oneself? _____

Others? _____

Situation/circumstances _____

What are possible consequences of one-sided explanations?

Regarding oneself?

Regarding others?

Regarding circumstances or situations?



Positive event last week (compliment, acquaintance, invitation...)

What happened?

What did you ascribe as the cause of the event at that time?

What consequences followed from your explanation?

What are possible alternative explanations?

Oneself? _____

Other people? _____

Situation/circumstances? _____

What are possible consequences of one-sided explanations?

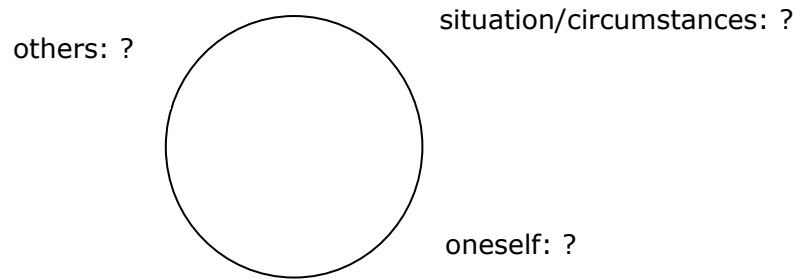
Regarding oneself?

Regarding others?

Regarding situations or circumstances?

Attribution: Circumstances, others, and me!

Your own ideas:



Voices: Circumstances, others, and me!

You hear a voice without seeing an external source. What proportion would you attribute to each possible source?

