



Worksheet on Module 3 (Changing beliefs)



1. Case study John: Real persecution or psychosis?

Example: Persecution	Possible Consequences
John is convinced that he is being persecuted	
Alternative explanation: John identifies his ideas as an expression of psychosis	



2. Case study 2: Enlightenment or psychosis?

Example: Enlightenment	Possible Consequences
Simon is convinced that he is the next religious leader	
Alternative explanation: Simon identifies his ideas as an expression of psychosis	

3. What speaks for and against your ideas/assumptions?

Idea/Assumption: _____

Pros (What speaks for it?)	Cons (What speaks against it?)
Conviction: _____ %	_____ %



4. How can you check upon your assumptions?



5. What are possible consequences of mistakenly clinging to an idea or rejecting it?

	Possible consequences
You mistakenly cling to an idea	
You reject an idea	