



Worksheet on Module 8 (Self-Esteem and Mood)

1. Psychosis & self-esteem

During a psychosis, one is subjected to a wide range of different emotions (Please note: multiple examples are possible!)

negative effects of delusion on mood	<u>short-term</u> positive effects of delusion on mood
<input type="checkbox"/> During psychosis: experiencing a feeling of threat and/or fear	<input type="checkbox"/> During psychosis: rush, excitement, "something is happening at last"
<input type="checkbox"/> During psychosis: hearing harassing and insulting voices	<input type="checkbox"/> During psychosis: hearing voices that flatter and affirm you. Feeling less lonely
<input type="checkbox"/> After psychosis: feeling of shame, future may seem shattered (e.g. friends and family have turned their back on you)	<input type="checkbox"/> During delusions (of grandeur): feeling of power, talent, importance (mighty enemies) and being part of destiny.
<input type="checkbox"/> other	<input type="checkbox"/> other



2. Cognitive styles (1) that may promote depression:

personal examples:

event	depressive evaluation	positive/constructive evaluation
exaggerated generalization		
selective perception (fly in the ointment)		
denial of positive feedback, but uncritical acceptance of negative feedback		

3. Cognitive styles (2) that may promote depression:

personal examples:

event	depressive evaluation	positive evaluation
"All-or-Nothing-Thinking"/ Catastrophic thinking		
Suppression of negative thoughts		



Being aware of your strengths

1. Think about your own strengths (What abilities do I have?):
e.g. I am good with computers...

2. Imagine specific situations: *When and where? What precisely have I done?*
e.g. Last week I helped a friend to install a new software program...

3. Name your strengths and write them down! *Read this regularly and try to expand on them. If a crisis occurs, refer back to When in a crisis, go back to these memories (e.g. when you think you are worthless);*
e.g. Write down things that went well, or compliments you received...

5. List of activities

Please mark the activities you enjoy!

<input type="checkbox"/> maintaining personal hygiene (washing, showering, bathing)	<input type="checkbox"/> answering letters	<input type="checkbox"/> sitting on a bench in the park
<input type="checkbox"/> taking a bath	<input type="checkbox"/> baking a cake	<input type="checkbox"/> going to a café
<input type="checkbox"/> maintaining dental care	<input type="checkbox"/> preparing a new or special meal	<input type="checkbox"/> playing table tennis
<input type="checkbox"/> wearing clean clothes	<input type="checkbox"/> gardening	<input type="checkbox"/> bowling
<input type="checkbox"/> styling hair new haircut or washing your hair	<input type="checkbox"/> planting flowers on the balcony	<input type="checkbox"/> inviting friends over
<input type="checkbox"/> putting on make-up	<input type="checkbox"/> decorating the apartment	<input type="checkbox"/> going for a walk with a friend
<input type="checkbox"/> making beds	<input type="checkbox"/> keeping rooms tidy	<input type="checkbox"/> talking with others
<input type="checkbox"/> doing laundry, ironing	<input type="checkbox"/> practicing gymnastics	<input type="checkbox"/> watching TV
<input type="checkbox"/> grocery shopping	<input type="checkbox"/> playing board games	<input type="checkbox"/> listening to music
<input type="checkbox"/> cleaning windows	<input type="checkbox"/> buying a present	<input type="checkbox"/> reading a magazine/newspaper
<input type="checkbox"/> watering flowers	<input type="checkbox"/> buying flowers	<input type="checkbox"/> reading novels or poems
<input type="checkbox"/> playing chess	<input type="checkbox"/> getting a new outfit	<input type="checkbox"/> hiking
<input type="checkbox"/> practicing progressive muscle relaxation	<input type="checkbox"/> experimenting with a new hairstyle	<input type="checkbox"/> visiting friends
<input type="checkbox"/> attending church service	<input type="checkbox"/> watching people	<input type="checkbox"/> playing with pets
<input type="checkbox"/> solving cross words	<input type="checkbox"/> going to the movie theatre	<input type="checkbox"/> walking the dog
<input type="checkbox"/> sleeping in on weekends	<input type="checkbox"/> going to the theatre	<input type="checkbox"/> meeting/ celebrating with family
<input type="checkbox"/> taking a nap	<input type="checkbox"/> going to the ice-cream parlour	<input type="checkbox"/> planning the next vacation
<input type="checkbox"/> doing handcrafts, drawing, painting	<input type="checkbox"/> going to a restaurant	<input type="checkbox"/> laughing
<input type="checkbox"/> having your hair done for you	<input type="checkbox"/> visiting an exhibition/ a museum	<input type="checkbox"/> renewing contacts, meeting old friends
<input type="checkbox"/> answering the telephone	<input type="checkbox"/> going swimming	<input type="checkbox"/> watching the moon and the stars
<input type="checkbox"/> collecting things from nature	<input type="checkbox"/> riding a bicycle	<input type="checkbox"/> being with children/ grandchildren
<input type="checkbox"/> eating well	<input type="checkbox"/> singing in a choir	<input type="checkbox"/> washing a car
<input type="checkbox"/> giving compliments to others	<input type="checkbox"/> learning/refreshing foreign languages	<input type="checkbox"/> massaging someone, getting a massage
<input type="checkbox"/> walking around downtown	<input type="checkbox"/> learning/playing a musical instrument	
<input type="checkbox"/> having a romantic evening with your partner	<input type="checkbox"/> driving a car	
<input type="checkbox"/> travelling via public transport on your own	<input type="checkbox"/> sitting in the sun	

