

UNIT 10 (CH.17-20):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. What would have been lost if Harry had killed Sirius (and Lupin) before hearing them out?
2. Why do Harry and his friends eventually choose to listen but Professor Snape refuses?
3. Can you think of a situation where you've seen people "jump the gun"? How does it turn out?
4. If you had met Harry at the beginning of the book and he told you that he thought he was alone, what might you point out to him?

Key Learning Points/Did I Cover?

- Review automatic thoughts
- Review the importance of evidence
- Review **CBT Core Principle #2 – Thoughts are just ideas. Just because you think something, doesn't necessarily mean it's true**
- Introduce the concept of Core Beliefs
- Identify Harry's negative Core Beliefs (that he is inadequate and that he is alone) and discuss how he has managed to change them
- Note that students may consider their own Core Beliefs privately (both positive and negative) but also that Core Beliefs are still evolving in adolescence