CHARACTER STUDY

Harry feels depressed and fearful of Sirius Black and the dementors but seeks help from Professor Lupin to conquer his fear of dementors (climbs fear hierarchy, uses cognitive restructuring).

Choose a character that exhibits symptoms of depression. Discuss the links between his/her thoughts, feelings and behaviours when he/she is depressed. How does the character change his/her thoughts and behaviour to be more helpful? How does that affect his/her feelings and mood? What problem solving skills does the character use?



CHARACTER STUDY

Hermione is a rational thinker but she also sometimes falls into black and white or rigid thinking which can lead her to feel anxious.

Choose a character that exhibits symptoms of anxiety. Discuss the links between his/her thoughts, feelings and behaviours when he/she is anxious. How does the character change his/her thoughts and behaviour to be more helpful? How does that affect his/her feelings and mood? What problem solving skills does the character use?

