

UNIT 3 (CH.5):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. What is your “Dementor”?
2. Can you think back to a time in your life when you or someone close to you was in distress? How did you/they react?
3. If you had a friend who started to feel this way, what would you tell them to do?
4. What are some barriers that might stop you from taking your own advice (from #3), and what are some ways to overcome them?
5. Harry can’t turn to his parents, or his aunt and uncle, but he has found Professor Lupin. Are there examples of Professor Lupin(s) in your life? If you can’t think of any, how might you find one?

Key Learning Points/Did I Cover?

- What depression looks like, feels like and how it can manifest
- J.K. Rowling’s story of depression and how she put her own experience into the book
- That depression can cause unrealistic negative thoughts about yourself, the world around you, and the future and that it can lead to counterproductive behaviours like withdrawal and avoidance
- Harry’s reluctance to share his feelings as something that may delay his efforts to feel better
- CBT Core Principle #1 – Knowing your stressors and symptoms is an important first step to overcoming distress**