

UNIT 4 (CH.6):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. How does Professor Trelawney demonstrate distorted thinking?
2. How does Professor McGonagall demonstrate rational thinking?
3. Who is another person who demonstrates rational thinking in this chapter?
4. What positive thing does Harry do as a result of the support he receives from the rational thinkers in this chapter?
5. Can you think of examples where you or people you know have made a fortune telling error like Harry and his classmates?
6. Do you have a “Grim” (*a distorted thought you are prone to make*)? Explain.
7. Who is a good person for Harry to check in with when he has a worrying thought? Why is this person(s) good for Harry? Be specific.
8. Who are good people for you to check in with when you have a worrying thought? What makes this person(s) a good resource?

Key Learning Points/Did I Cover?

- What is a cognitive distortion/thinking error
- Examples of common thinking errors
- The importance of using evidence to help us understand our thoughts and how Professor McGonagall and Hermione help Harry think more rationally
- CBT Core Principle #2 – Thoughts are just ideas. Just because you think something, doesn’t necessarily mean it’s true**
- CBT Core Principle #3 – It’s not the situation that matters, it’s how you think about it**