

UNIT 5 (CH.7):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. Is it true that anyone, even someone as scatterbrained and anxious as Neville can learn to manage his or her worries?
2. Think back to your own “boggart(s)” – if you were Harry Potter, how would you face it?
3. Can you find something funny about your own “Grim”?
4. Is Harry right that Lupin thinks he can’t manage? If not, what mistake could Harry be making?

Key Learning Points/Did I Cover?

- The concept of “avoidance” and why people do it when they feel anxious or sad
- CBT Core Principle #4 – Avoidance seems like it helps, but it actually makes the problem worse (you can’t overcome your fears if you don’t face them)**
- Strategies that help when facing fears including getting help, practicing, and using humour
- Asking students whether Harry’s worries at the end of the chapter are realistic or a cognitive distortion (don’t spoil the answer – let them find out in the next chapter)