

# UNIT 7 (CH.9-11):

## GUIDING QUESTIONS & KEY LEARNING POINTS

### Guiding Questions

1. What does Harry experience when he is exposed to a dementor once again? Explain.
2. What thoughts, feelings and behaviours does Harry experience during these chapters?
3. Harry is reluctant to share his feelings with others. Do you understand why he kept things to himself? Was this the right choice? Explain
4. What does Hagrid say to Harry about the dementors?
5. What might happen to someone if they had to face all their worst experiences all at once like Harry? Explain
6. What does Professor Lupin say to Harry about the dementors? How does this help Harry?
7. Is Harry really back to square one? Explain.
8. Have you ever had a setback? How did you handle it and what did you learn?

### Key Learning Points/Did I Cover?

- The concept of “setbacks” as an expected occurrence
- CBT Core Principle #5 – Growth does not occur in a straight line**
- That depression can cause people to feel embarrassed, fear they will never get better and be reluctant to seek help.
- That these feelings and worries can lead to a vicious cycle preventing people from using the skills already covered in this curriculum to get better (and that students should try to notice if this is happening like Harry does and seek help anyway).