

UNIT 8 (CH.12):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. What is your “Patronus”?
2. Think about a struggle that you are experiencing, or have experienced, where a Patronus would have come in handy.
3. The next time you’re faced with a challenge, how can you use your Patronus to help you through it?

Key Learning Points/Did I Cover?

- The idea of a Patronus/ultimate Stress Buster
- The need to:
 - have many Stress Busters
 - have a strategy for using them in a sequence if some of them fail
 - to practice using them in advance of a crisis
- CBT Core Principle #6 – It is often important to do things even if they don’t immediately result in benefits**