

UNIT 9 (CH.13-16):

GUIDING QUESTIONS & KEY LEARNING POINTS

Guiding Questions

1. Should Harry have expected his distress to disappear immediately?
2. Is what we see here realistic in real life (for someone facing their real-life fears)?
3. What can we learn about resilience from how Harry approaches the situation?
4. Think of someone from your own life (it could be yourself) that you would consider to be a resilient person. How do you know that this person is resilient?
5. Do you think that overcoming challenges makes someone more, or less, resilient? Why?
6. Hermione is usually a very effective student. Why is she struggling so much? What can we learn from that?
7. What cognitive distortions (“thinking errors”) did Harry have earlier in the book that he no longer has in Chapter 16? How was he able to change his thinking?

Key Learning Points/Did I Cover?

- How to put CBT skills into practice
- A review of resilience and how Harry gets there
- CBT Core Principle #7 – Don’t bite off more than you can chew**