



## Therapy Unit 11: Living with Psychosis and Relapse Prevention

### Worksheet 11.1. Communicating the disorder – pros and cons

In what situations would it make sense to tell others about your disorder?

In what situations would it be rather unhelpful to tell others about your disorder?

Think of a particular situation/person that has recently made you wonder if/how you should talk about your disorder: \_\_\_\_\_

Pros (What would be helpful about telling the person about the disorder?):

Cons (What would be unhelpful about telling the person about the disorder?):

If you decide to talk about it, what do you want to bear in mind during the conversation?