



Therapy Unit 5: Decision Making

Worksheet 5.1b What are possible consequences of different styles of decision making? – own examples

Event

(Example: "I heard footsteps behind me that became faster and faster")

Hasty explanations
(in the example: "The CIA
will arrest me")

Possible consequences
(in the example: strong
fear)

Other explanations
(in the example: "Somebody
wanted to catch the bus")

Possible consequences
(in the example: relief)