



(1) TiP 1.1. Drill: Strengthening the motivation to deal with stress.

Consider which factors motivate you most to work as an emergency psychologist. (For each factor, mark its severity on a scale from 1 to 10):

- A. Readiness to help other people,
- B. Variety of problems in the work of an emergency psychologist,
- C. Experiencing strong emotions
- D. Volatility of events
- E. People's curiosity
- F. Cooperation with people

Questions:

Is your motivation more based on:

- I. Being curious about people and ready to help? (A, E, F)
- II. Experiencing various events and strong emotions? (B, C, D)