

Toolkit 1 - Learning Unit 3

Post-intervention

Activity 3

Risk awareness and responsibility: Taking ownership of protective measures to address soft skills



Exercise

Disruption of cognitive schemas. It causes changes in beliefs about yourself, about other people, about the world, causality and meaning.

3. Is there a risk that my rational perspective and schemas have been changed by the impact of difficult life events?



YES

Activity 3

1. Read this brief introduction

Brief introduction:

How do we perceive reality?

The process of meaning-making is an individual way of interpreting reality. Our experiences are not direct reflections of reality but its interpretations. The world exists for us mainly through the meanings we give it. (Kant: “We see things not as they are, but as we are.”)



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The process of interpretation leads to the formation of mental – experiential **schemas** (cognitive or mental schemas). **Schemas** = experiential maps. We use schemas/maps to orient ourselves in relation to the world. Schemas give permanence to our being. Experiential schemas shape a person's personality/character.

2. Try to write down your own schema diary. Is there any schema (schemas) that is related to difficult life event(s)?

Schema diary

Schemas (what could this schema be called?):

Trigger (what event was at the beginning of developing a certain schema?):

Emotions (what emotions were related to this trigger and are related to this schema?):

Thoughts (what thoughts were related to this trigger and are related to this schema?):

Current Behaviors (what behaviors were related to this trigger and are related to this schema?):



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Healthy Perspective (what would be a healthy perspective about this situation and about yourself instead of an unhealthy – irrational perspective?):

Realistic Concerns (do you have any realistic concerns related to this schema?):

Overreactions (can you identify any overreactions related to this schema):

Healthy Behaviors (write some healthy behaviors instead of unhealthy behaviors that are related to this schema):

3. If you identify more schemas, make a schema diary for all of them step by step.



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