



Toolkit 1 Learning Unit 3

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

Post intervention

Developed by
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L.U. 3 – Risk awareness and responsibility



1. Emotional absorption of the perceived stressful situation

- Question: Do you feel that you are emotionally engaged in a stressful situation?
- Activity 1: Magic bubble



2. Exhaustion of compassion for emotional interest and attitude of trying to help

- Question: Is there a risk that I have exhausted my source of compassion as a result of my mentally demanding job?
- Activity 2: Working with your schema modes



3. Disruption of cognitive schemas.

- Questions: Is there a risk that my rational perspective and schemas have been changed by the impact of difficult life events?
- Activity 3: Your schemas diary



4. Uncertainty of the sense of ability to take care of and protect oneself and others

- Question: Has a past negative experience contributed to the risk of insecurity to take care of oneself and others?
- Activity 4: Agreement with your schema modes



5. Counterfactual thinking

- Question: Do you transfer negative emotions from previous negative experiences to current situations?
- Activity 5: Analyse your thinking

1. Emotional absorption of the perceived stressful situation

1. Do you feel that you are emotionally engaged in a stressful situation?

No

Yes

Go to next question

Exhaustion of
compassion for
emotional interest

Click here
Activity 1

Magic Bubble

2. Exhaustion of compassion for emotional interest and attitude of trying to help



3. 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?

No

Yes

Go to the next
Question

**Uncertainty of the sense
of ability to take care of
and protect**

Click here
Activity 3

Your schemas diary

4. Uncertainty of the sense of ability to take care of and protect oneself and others

4 . Has a past negative experience contributed to the risk of insecurity to take care of oneself and others?

No

Go to the next question

Counterfactual thinking

Yes

Click here
Activity 4

**Agreement with your
schema modes**

5. Counterfactual thinking

5. Do you transfer negative emotions from previous negative experiences to current situations?

No

You have finished
Unit 3

Yes

Click here
Activity 5

**Analyse your
thinking**

Thanks

You have finished

Keep going to
another Unit

if you need