



Toolkit 1 Learning Unit 3

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

Post intervention

Developed by University of Presov, Slovakia







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



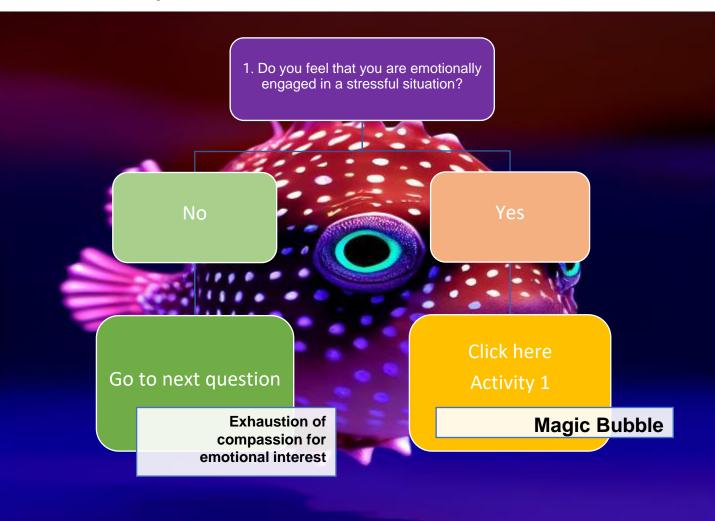
- 4. Uncertainty of the sense of ability to take care of and protect oneself and others
- Question: Has a past negative experience contributed to the risk of insecurity to take care of oneself and others?
- Activity 4: Agreement with your schema modes



- 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





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



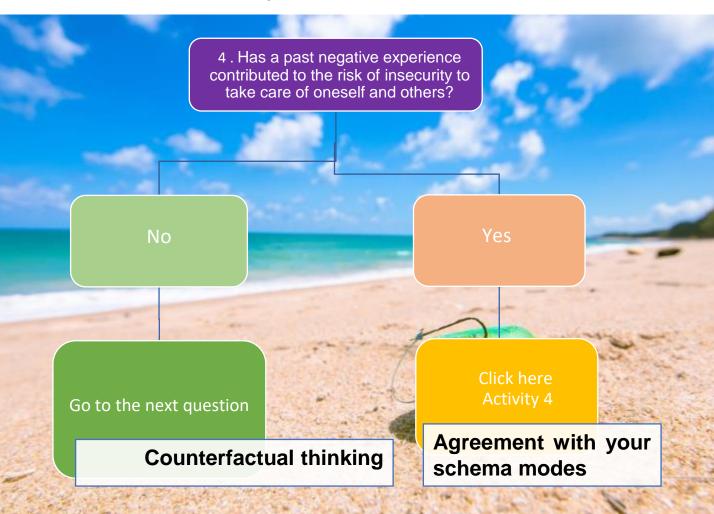


 Disruption of cognitive schemas. It causes changes in beliefs about yourself, about other people, about the world, causality and meaning.





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





5. Counterfactual thinking

