

Three to Resilience Test BEGINNERS3

1. What causes negative thinking? Explain the 12 negative thinking patterns with an example for each.
2. Explain what it means to attribute malicious intent while listing the four intentions and motives for breaching boundaries. What is the tendency of the traumatized person? How does the paranoid person interpret the crossing of the boundaries? Give an example.
3. According to the principles of CBT, complete: There is no event in the world that should ...
Give an explanation to that sentence.
4. Write a chart about an event that caused anxiety, anger or depression.
5. In what cases do you not make a chart about an event and what should you do instead?
6. What are the reasons why the chart fails to make you feel better and what is the solution for each situation?
7. Give 3 explanations for "concern in the heart of a person - *yesichena*". Give 3 explanations for the Hebrew word and how each explanation fits in CBT.
8. What are the 3 types of should/ shouldn't and what is the answer to each of them?
9. What are the two negative thinking patterns that cause the biggest problems? Explain by using the papers of freedom of choice, small snail big snail and the world as a gym.
10. How do you treat a person who has anxiety and high activation triggered by trauma? What is the initial process? Give an example of 3 tools to use.
11. How do you treat a situation where the client looks at the physical sensation and is unable to recall a previous event?
12. Define the concepts: faith and security, the difference between them and how we can control our future?
13. How can each one of us wage an internal against Hamas.

Good Luck!