## HANDOUT 7.4 Practice Assignment after Session 5 of CPT+A

Please choose one Stuck Point each day, and then answer the questions on the Challenging Questions Worksheet (Handout 7.2) with regard to this Stuck Point. Please work on Stuck Points related directly to the trauma first (e.g., "It is my fault," "I could have prevented it," or "If I had done X, it would not have happened"). Your therapist will give you extra copies of the Challenging Questions Worksheets, so you can work on multiple Stuck Points. Completed examples of this worksheet are provided as Handouts 7.2a and 7.2b, and a Guide to the Challenging Questions Worksheet (Handout 7.3) is also available.

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1. What is the eviden  For:	ce for and against this Stuck Point?	
Against:		
2. Is your Stuck Point	t a habit or based on facts?	
3. In what ways is you	ur Stuck Point not including all of the information	?
		(continued)

4.	Does your Stuck Point include all-or-none terms?
5.	Does the Stuck Point include words or phrases that are extreme or exaggerated (such as "always," "forever," "never," "need," "should," "must," "can't," and "every time")?
6.	In what way is your Stuck Point focused on just one piece of the story?
7.	Where did this Stuck Point come from? Is this a dependable source of information on this Stuck Point?
8.	How is your Stuck Point confusing something that is possible with something that is likely?
9.	In what ways is your Stuck Point based on feelings rather than facts?
0.	In what ways is this Stuck Point focused on unrelated parts of the story?

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