

#### 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.

**HANDOUT 7.2**  
**Challenging Questions Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

Below is a list of questions to be used in helping you challenge your Stuck Points or problematic beliefs. Not all questions will be appropriate for the belief you choose to challenge. Answer as many questions as you can for the belief you have chosen to challenge below.

**Belief:**

1. What is the evidence for and against this Stuck Point?

**For:**

**Against:**

2. Is your Stuck Point a habit or based on facts?

3. In what ways is your Stuck Point not including all of the information?

*(continued)*



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