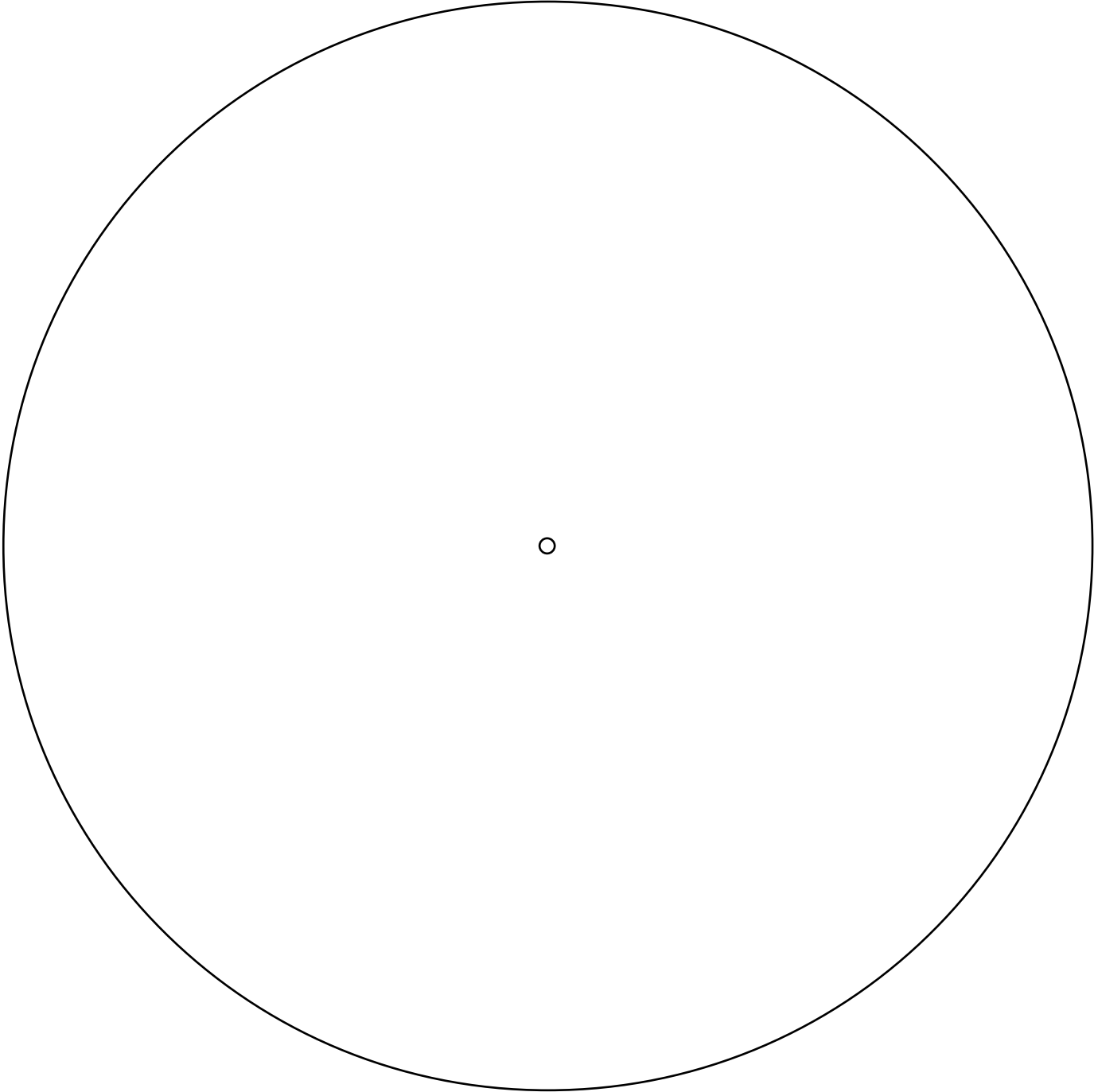


Pie Chart



Responsibility Pie Chart

1. Identify the area in which the patient's responsibility seems distorted

I am responsible for his death because I chose where we would go on holiday

2. Rate the strength of the belief

99%

3. Have the patient make a list of all the possible causes for the item, however unlikely that the ideas may initially seem

I chose where we went on holiday

The equipment was faulty and not set up properly

The weather wasn't good that day

He had an underlying medical conditions that we hadn't known about

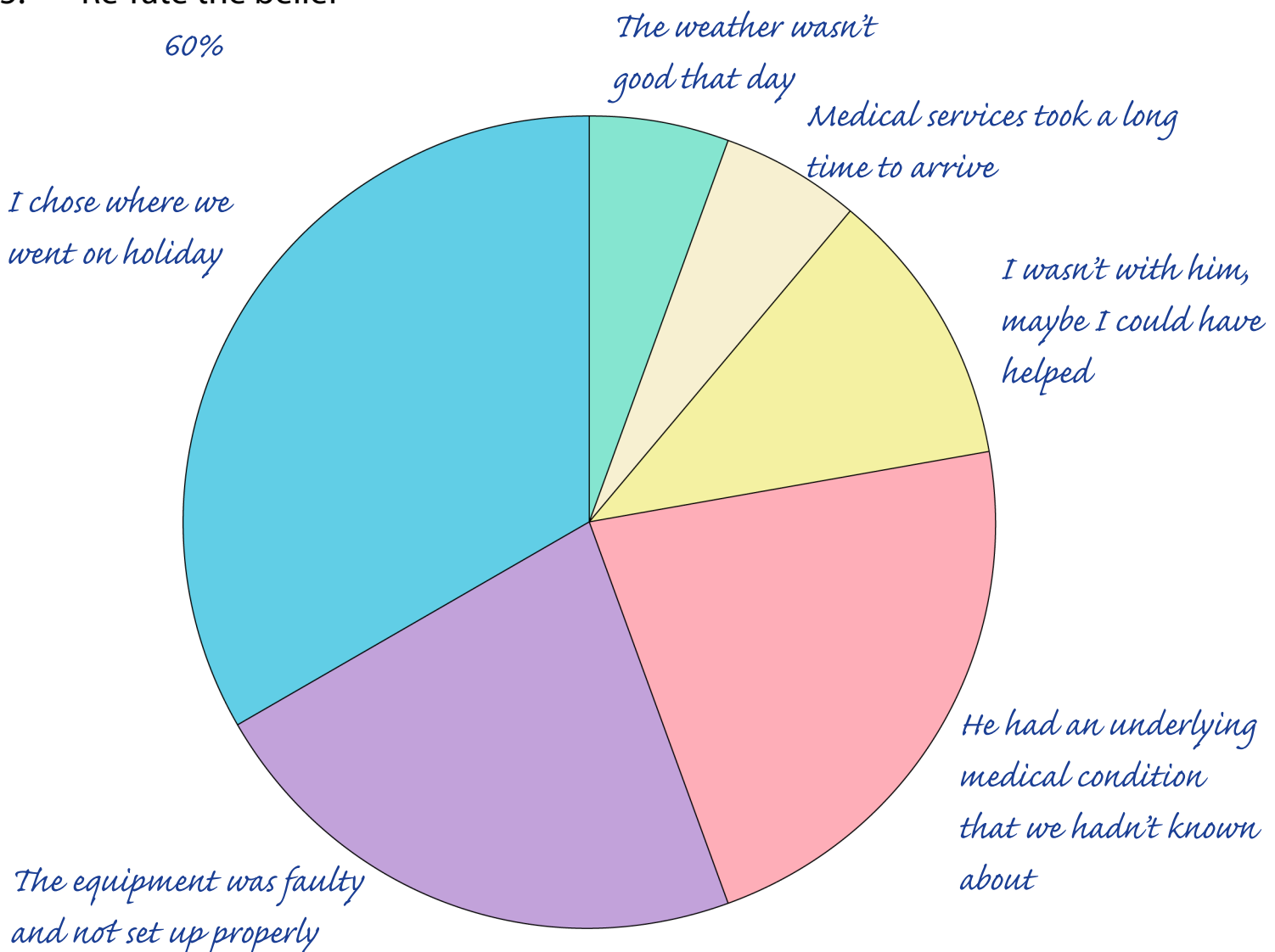
Medical services took a long time to arrive

I wasn't with him, maybe I could have helped

4. One the list is finished divide the pie chart up into percentages **starting at the bottom of the list**

5. Re-rate the belief

60%



Health Anxiety Pie Chart

1. Identify the distorted belief

I am dizzy, therefore something is seriously physically wrong with me

2. Rate the strength of the belief

90%

3. Have the patient make a list of all the possible causes of dizziness

A tumour

Something wrong with my ears

I haven't eaten anything today

I stood up too quickly

I haven't drunk enough water

It's hot in this room

4. One the list is finished divide the pie chart up into percentages **starting at the bottom of the list**

5. Re-rate the belief

50%

