

Topic 1: \$100

Drawing incorrect conclusions about a situation based on a single piece of information.

Example: “A friend acts differently than I’m used to, therefore he must be an imposter.”

Answer

Topic 1: \$100

Jumping To Conclusions

Return to Main

Topic 1: \$200

Rejecting experiences by insisting they don't count.

Example: “ I have 4 friends that like me, and I remember a teacher that liked me, and all of the therapists here say I have a lot of strengths and like me, but I was told all my life that I’m a bad person so that must be the truth, and all those other people must be wrong.”

Answer

Topic 1: \$200

**Discounting the
Positives**

Return to Main

Topic 1: \$300

Thinking about the ABSOLUTE worst thing that could ever possibly happen. Is it possible? Yes. Is it likely? NO.

Example: “I just got a call that was a wrong number. It’s probably someone who was checking to see if I’m home, so they can come and rob my house and take everything I own, and leave me with nothing, not even food, and I will die here alone and hungry.”

Answer

Topic 1: \$300

Catastrophizing

Return to Main

Topic 1: \$400

When something happens that is new and or unfamiliar and you try to make sense of it by creating a story around it, even though it is not proven.

Example: “I feel pain in my head and that means someone is trying to steal my thoughts.” What are some other reasons why someone might feel pain in their head?

Answer

Topic 1: \$400

Magical Thinking / Mis-Attribution

Return to Main

Topic 1: \$500

You assume that your negative emotions actually reflect the way things really are.

Example: “Because I FEEL like I’m being punished, I probably AM being punished.”

(Just because you believe something doesn’t make it true- just because you believe you are not as smart as other people, does not make that true.)

Answer

Topic 1: \$500

Emotional Reasoning

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Topic 2: \$100

**Instead of trying to convince
yourself or others that your fears
are real or unreal, pretend they
are real, and make sensible plans
to manage them.**

Answer

Topic 2: \$100

**“Act As If” Disputing
Method**

Return to Main

Topic 2: \$200

The voices are threatening to kill me. I'm going to make sure the people I care about know I love them, and make sure my finances are in order in case they kill me.

Example of “Act As If”?

[Answer](#)

Topic 2: \$200

This IS an example for the “Act As If” method.

[Return to Main](#)

Topic 2: \$300

**My keys are not where I left them.
Someone must have moved them
in order to torment me. I should
become very upset and agitated,
and call the police who I know
won't believe me.**

“Act As If” example?

Answer

Topic 2: \$300

**This IS NOT an example for the “Act As If”
method.**

**Why call the police if they won’t believe you?
You could do something else more practical.**

**You could get a “key hanger” by the door where
you could hang your keys.**

**You could get an RFID sticker to track your
keys, phone, and other items from a computer
or phone if someone moves them in order to
torture you.**

Return to Main

Topic 2: \$400

I believe that my thoughts can harm others, and that I have sexually abused others because I touched their hand or saw them naked.

I will volunteer at a domestic violence shelter, or a homeless shelter, as a way of using my sense of guilt and remorse to help people victimized by sexual violence.

“Act As If” example?

Answer

Topic 2: \$400

This IS an example of “Act As If”.

Instead of wasting energy agonizing about the truth of the belief, use the energy to do something practical and positive, “as if” it were true.

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Topic 2: \$500

The voices tell me that “I am the Devil”.

What if the Devil decided to do good and help God? If I am the Devil, then I will choose to be good and help others. I will practice my faith and pray for others.

Is this an “act as if” example?

Answer

Topic 2: \$500

This IS an example of “act as if”.

Instead of anguishing about being the Devil, pretend that you are, and then do something amazingly positive.

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Topic 3: \$100

This is an unexpected or unusual benefit you might experience from believing something that is not true or is very unpleasant.

For example, believing that other people are trying to harm you while driving could have the unexpected benefit of helping you drive more carefully.

Answer

Topic 3: \$100

Pro

Return to Main

Topic 3: \$200

Believing that others are stealing my things can help me pay more attention to where I put them. It can help make up for any memory problems I might be having.

Is this a Pro or a Con?

Answer

Topic 3: \$200

Pro

Return to Main

Topic 3: \$300

I believe that other people are intentionally torturing me by doing things behind my back.

This causes me to become very upset and focused on trying to “prove” this is happening. I feel angry and frightened. I worry that other people think I’m crazy.

Is this a Pro or a Con?

Answer

Topic 3: \$300

Con

Return to Main

Topic 3: \$400

I believe that my thoughts can harm others. I had a sexual thought about someone, and it feels like I violated them.

These kinds of thoughts could mean that I am a caring, ethical person who cares about my effect on others. This belief might help me to remember to express compassion and care toward others.

Pro or Con?

Answer

Topic 3: \$400

Pro

[Return to Main](#)

Topic 3: \$500

**The voices are telling me that they
will kill me.**

**This belief can help me to accept the
reality of my own death, and choose
not to take each day for granted. It
can help me feel grateful for each day
and for the people I love.**

Pro or Con?

Answer

Topic 3: \$500

Pro

Return to Main

Topic 4: \$100

This disputing method works by asking several people who you trust if your belief is true or not. You accept the answers given by the most people.

Answer

Topic 4: \$100

Survey Method

Return to Main

Topic 4: \$200

My friend thinks that someone broke into my house and stole my things.

My therapist, psychiatrist, pastor, son, and daughter tell me they don't think this is true. They only tell me when I ask them directly because they are afraid I will yell at them if they say what they really think.

Does the survey method support my belief that someone broke into my house?

Answer

Topic 4: \$200

No, the survey method does not. More people disagree with the belief than agree with it.

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Topic 4: \$300

I believe that the TV is putting thoughts into my head, only for me.

When I ask a kid at the store if this is true, he laughs at me says, “Yeah, whatever”. I ask someone else, and they seem to smile nervously and walk away. I ask my daughter if this is true, and she doesn’t give me a straight answer. We fight about this topic frequently.

Does the survey method support my belief?

Answer

Topic 4: \$300

No, because you’re not asking people who are trustworthy.

The daughter may be trustworthy, but she may also be tired of arguing with you or frightened of an angry response if she says what she thinks.

Return to Main

Topic 4: \$400

I read online that my medication might have side effects I don't like, and I saw comments posted saying I shouldn't take medication. They say I should use something "natural" like marijuana instead.

My case manager, psychiatrist, case worker, mother, and all the staff at the hospitals where I stay say that I do need medication, and that marijuana might make things worse. My psychiatrist says she'll do her best to help minimize the side effects.

Does the survey method support my belief?

Answer

Topic 4: \$400

No, the survey method doesn't support the belief because the people quoted in support of the belief are not reputable.

Information that you find online may not be true, or entirely true, and the people you see posting comments may have other agendas or not be reputable.

The survey method works by asking trustworthy people you know in real life if your belief is true.

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Topic 4: \$500

The voices tell me that “I am the Devil”. I ask people who care about me and who I trust if this is true, and they all tell me that I am not the Devil.

Is this an example for the survey method?

Answer

Topic 4: \$500

Yes, it is an example of the survey method.

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Topic 5: \$100

**This happens as a result
of a belief, and can be
behavioral or emotional.**

Answer

Topic 5: \$100

C for Consequence

Return to Main

Topic 5: \$200

This is an event that happens to start behaviors or thoughts. It happens in the outside world, and is not a thought, feeling, or belief.

For example, someone cuts you off in traffic, or someone gives you funny look.

Answer

Topic 5: \$200

A for Action

Return to Main

Topic 5: \$300

**You name the thinking
error related to a belief.

For example, you notice
that you are
overgeneralizing.**

Answer

Topic 5: \$300

**D for (cognitive)
Distortion**

Return to Main

Topic 5: \$400

Things that you feel to be true. Others may not believe these things to be true.

For example, “Someone is putting thoughts in my head”, or “That car cut me off on purpose”.

Answer

Topic 5: \$400

B for Beliefs

Return to Main

Topic 5: \$500

You make arguments for and against the belief you feel to be so very true.

For example, someone may be trying to poison me, or I might have a medical condition or side effect from my medication.

Answer

Topic 5: \$500

E for Evidence

Return to Main

Topic 6: \$100

These symptoms of psychosis are named for a lack of functioning. They involve behaviors that are taken away, **or subtracted (-)**, from normal functioning.

These symptoms include a lack of pleasure or interest in activities, no drive or interest in doing things, a lack of interest in contact with other people, an inability to show or express emotion, and limited speech.

Answer

Topic 6: \$100

Negative Symptoms

Return to Main

Topic 6: \$200

**People with these symptoms of psychosis
might speak with the following traits:**

- **Loose associations – where the topic changes quickly without reason**
- **Perseveration – where the same thing is repeated again and gain**
- **Made up words**
- **Rhyming without meaning**
- **Incoherent speech**

Answer

Topic 6: \$200

Disorganized Speech

Return to Main

Topic 6: \$300

These symptoms of psychosis happen when people do things that do not seem to have a purpose or reason.

- Unpredictable or inappropriate emotional responses, e.g. crying or laughing
- Lack of impulse control, e.g. anger, saying inappropriate things
- Bizarre behaviors that seem to lack purpose
- Often bathing, eating, dressing, and care are neglected.

Answer

Topic 6: \$300

Disorganized Behavior

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Topic 6: \$400

This is the name of a specific symptom of psychosis related to negative and disorganized symptoms, *where things seem to get blocked.*

It is an abrupt stop *in the middle of a train of thought*; the individual may or may not be able to continue the idea.

Answer

Topic 6: \$400

Thought Blocking

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Topic 6: \$500

This is a very common symptom of psychosis related to a lack of insight into the fact that one has a mental health disorder and requires treatment.

While most people around the person with psychosis can see that the person has a disorder, due to symptoms that might impair functioning or cause distress, the person with the disorder often does not believe they have a problem or that they require treatment, particularly medication.

Answer

Topic 6: \$500

**Anosognosia
or
Lack of Insight**

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FINAL JEOPARDY

Every Fall, we encourage Journey To Wellness members to consider applying to this program through Contra Costa County. The program trains people who have lived experience with mental illness to tell their story of recovery and to help others. Completing this program qualifies you to interview for a job with the county as a peer support specialist.

Answer

FINAL JEOPARDY

Spirit Program

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