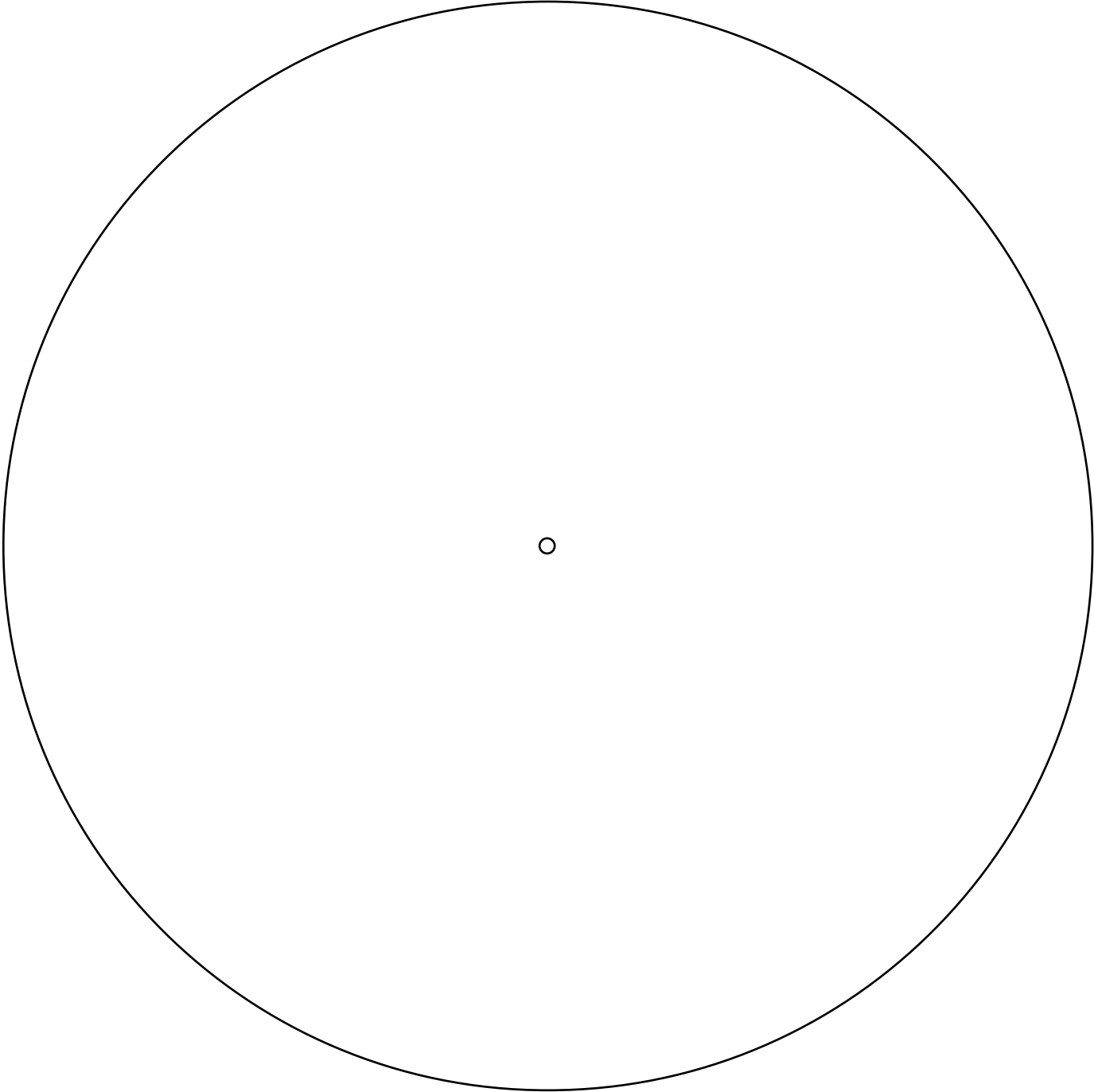


**Pie Chart**



## Responsibility Pie Chart

1. Identify the area in which the patient's sense of 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 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*

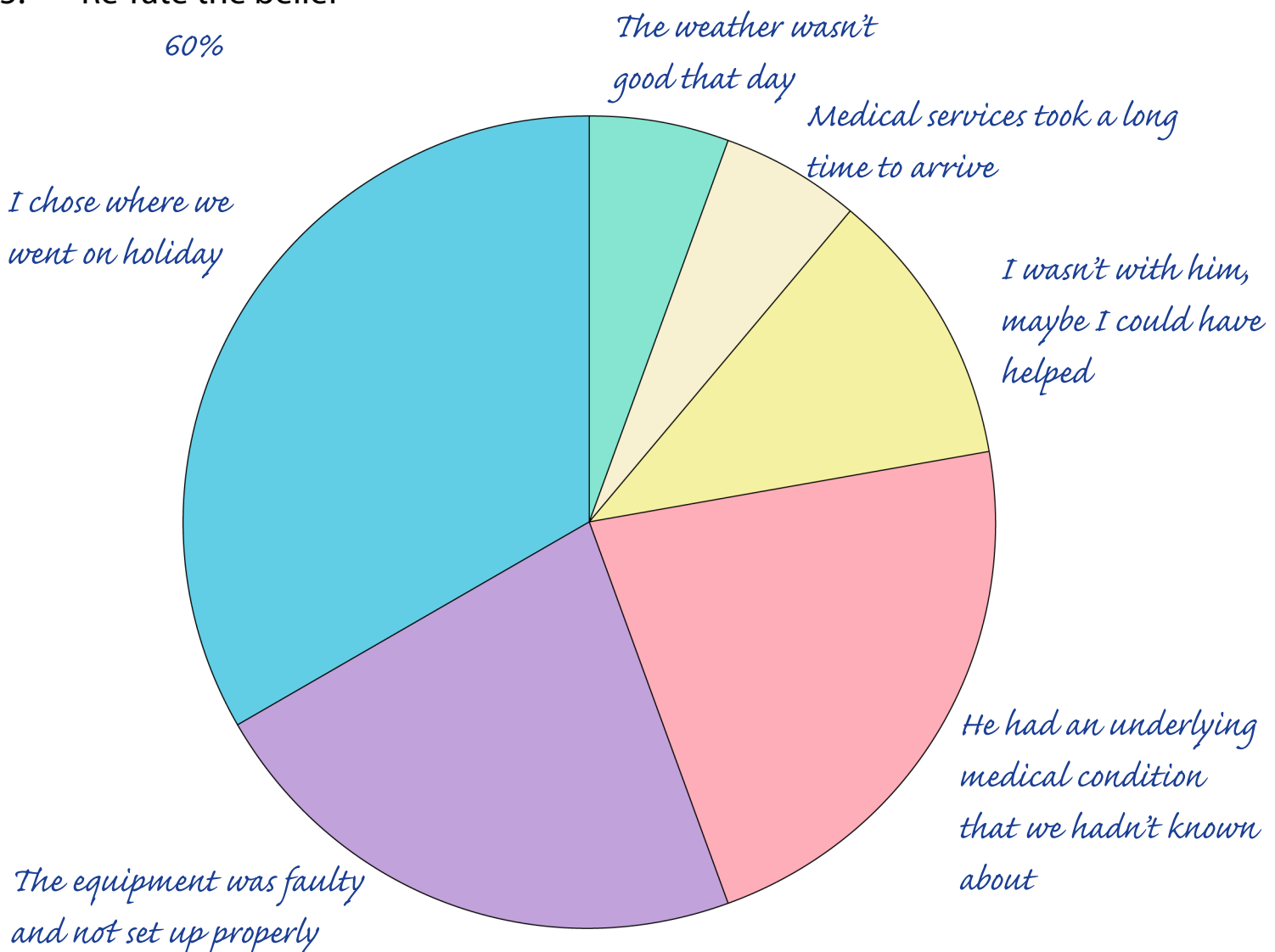
*Medical services took a long time to arrive*

*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 the 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%*

