

# Therapy Worksheet for Psychosis

## What is the theory behind this Therapy Worksheet for Psychosis?

Psychosis refers to a condition where one's thoughts and behaviours indicate a loss of contact with reality. It is a primary symptom of schizophrenia. Early identification of psychosis can ensure better recovery. Psychosis is always a symptom and not an entire mental disorder in itself. It can even be a symptom of extreme psychological stress or anxiety after a traumatic event. Cognitive Behavior therapy is proven to be effective in managing psychosis.

## How will the worksheet help?

This worksheet contains important information about psychosis that can be helpful for the general public as well as for clients who may be vulnerable to the condition. It will highlight types and symptoms of psychosis that can be recognized so that help can be provided at the right time.

## How to use the worksheet?

This information handout can be used in mental health awareness campaigns and specifically for clients and family and friends of those clients who may be vulnerable to the condition or seeking help for disorders where psychosis is a possible symptom.

## Therapy Worksheet for Psychosis

- ❖ Psychosis refers to a condition in which a person's thoughts and behaviours indicate a loss of touch with reality.
- ❖ Psychosis is a condition or a symptom, it is NOT a mental illness in itself.
- ❖ Early diagnosis can ensure better recovery.
- ❖ Following are the three types of symptoms that can be recognized in psychosis:

Positive Symptoms	Negative Symptoms	Disorganised symptoms
Positive symptoms refer to the 'addition' of something that is not present in reality	Negative symptoms refer to the removal of thoughts or emotions that are necessary to keep one going	Nothing they say or do makes any sense to anyone around them
<p>a) Hallucinations</p> <ul style="list-style-type: none"> <li>- Visual: seeing things that aren't there</li> <li>- Auditory: hearing things that aren't there</li> <li>- Tactile: feeling things that aren't there</li> <li>- Olfactory: smelling things that aren't there</li> </ul> <p>b) Delusions: very strong false beliefs that have no evidence in reality. Some common types include:</p> <ul style="list-style-type: none"> <li>- Delusions of persecution: someones out to harm them</li> <li>- Delusions of grandiosity: exaggerated sense of self</li> <li>- Nihilistic delusions: a major disaster is about to happen</li> <li>- Delusions of control: someones controlling their mind</li> <li>- Erotomanic delusions: someone is in love with them</li> </ul> <p>c) Distorted perceptions: having a general difficulty in adjusting to their experiences or making sense of things around them for eg heightened sensory experiences</p>	<ul style="list-style-type: none"> <li>- Feeling tired</li> <li>- Losing motivation to do anything</li> <li>- Wanting to isolate from everything</li> <li>- Avoiding social contact</li> <li>- Not motivated to move or eat</li> <li>- Not showing any emotions - expressionless</li> <li>- Losing motivation to do any task</li> <li>- Not willing to speak or speaking very less using monotonous tone</li> <li>- Showing few gestures</li> </ul> <p>Seem 'lost' or 'out of it'</p>	<ul style="list-style-type: none"> <li>- Thoughts and behaviour are disorganised</li> <li>- Thoughts and behaviour do not comply with the situation</li> <li>- Responding in unintelligible speech</li> <li>- Not concentrating on the topic at hand</li> <li>- Inappropriate emotional responses</li> <li>- Inappropriate responses to stimuli in the environment</li> <li>- Being unable to perform simple daily tasks</li> <li>- Cannot organise thoughts to perform goal directed behaviour</li> </ul>

## Reference

[Kreider, V. & Sivec, H. \(2021\). \*Cognitive Behavioral Therapy for Psychosis Handout\*. Northeast Ohio Medical University.](#)

You can find more wellness and mental health worksheets [here](#).