

Name: _____ Date: _____ Event no.: _____

10. What Other Risks Do You Take?

1. Each of the following activities or situations involves some risk of harm or death. Tick the 'yes' box to the right of each activity that you have done, or would happily do if you had the opportunity or need.

Go out unaccompanied at night	<input type="radio"/> Yes
Fly in an aeroplane	<input type="radio"/> Yes
Drive a motor vehicle	<input type="radio"/> Yes
Snow ski	<input type="radio"/> Yes
Swim in the ocean	<input type="radio"/> Yes
Engage in sexual activity	<input type="radio"/> Yes
Go on a ride at a fun-fair	<input type="radio"/> Yes
Ride a surf board	<input type="radio"/> Yes
Get in a cab or taxi	<input type="radio"/> Yes

2. Look at the risky behaviours that you have ticked. What would your life be like if you didn't do these things? What would you lose in life? How would your life be different?

3. Now look at your causal thought. Is it stopping you from doing any everyday activities? What do you lose because of the causal thought? How is your life different because of the causal thought?

4. How would your life be different if you gave up the causal thought? What nice things could you do? How would your life be better?

5. Very few things in life are 100% safe. Like everyone, you regularly do many risky things. (You have ticked some of these things above). Given the impact on your life of the causal thought (see questions 3 and 4), is it worth giving up the thought? Is it worth the risk?

6. What have you learned by reviewing the risks you take in other situations? Has it changed the way you think about the causal thought?

7. Complete the rest of worksheet 6. Getting Extra Evidence about a Causal Thought, and use this information to help you complete worksheet 13. Reappraising a Causal Thought.