PLANNING FOR AREAS TO WORK ON

Problems with motivation (Chapter 5)
Problems with connection (Chapter 6)
Distressing voices and visions (Chapter 7)
Threat beliefs (Chapter 8)
Beliefs of exceptionality (Chapter 9)
Anger (Chapter 10)
Communication disturbance (Chapter 11)
Haunting memories (Chapter 12)
Suicidal thoughts (Chapter 13)

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