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 condition 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%