



Following the Self-Help CBT Programme:

1. Read through the Introduction first. (Each page in the course has a link to the following page or module at the bottom of the page. There is also a navigation map for each module in the right hand sidebar.)
2. Work through Module 1 making sure you take the 3 main quizzes at the start that measure your Locus of Control, Self-Esteem and Social Anxiety.
3. Add your quiz scores to the beliefs profile template which you can download in the "Online Workbook". This workbook is accessed via links throughout the course and can also be opened using the link in the main menu at the top of the page.
4. At the end of each module (up to Module 7) there is a short End of Module Quiz which is designed to test your understanding of the module material. This is for you to gauge your own progress.
5. Work through each module 1 to 10 in the same systematic way.
6. Modules 8,9 & 10 do not include end of module quizzes because they are focused on using and consolidating the knowledge you have gained in the previous 7 modules.
7. In Module 10 you re-do the 3 main quizzes you first did in Module 1. These quizzes will show you how much you have shifted your core beliefs, which, as pointed out in the course, are directly related to your ability to cope with or overcome your particular mental health challenges.