

Flow Chart Worksheet

Questions

1. After creating the flow chart, did you see relationships among sections that you did not see before?
2. What were the easiest relationships to depict? What were the most difficult? Why were they easy or hard to depict?
3. Look at the flow chart you created and think back to one of the W/CBT programs you experienced and bookmarked in Chapter Six. Is there a relationship between the sections of the W/CBT you liked best and the flow chart? Were there places in the W/CBT in which you felt disoriented? Does the flow chart provide any clues about why you felt this way?