

Date: _____

Activating Event

Belief

Consequence

A

→

B

→

C

“Something happens”

“I tell myself something”

“I feel and do something”

ex: I trip in the street

“Everyone’s laughing at me”

I feel embarrassed and run away

Does it make sense to tell yourself “B” above? _____

What can you tell yourself on such occasions in the future? _____
