








ACTION

Copy/print onto overhead transparency or use as data file for projection during class discussion.

When an event (A) happens, it is our thoughts and interpretations (B) of the event, and not the event itself, that lead us to experience certain emotions and feelings (C), and to act or react in particular ways (D).

ANTECEDENTS Event/Situation	BELIEFS Thoughts	CONSEQUENCES Feelings	DO Actions
A ▶	B ▶	C ▶	D
<p>At a party, David sees a group of happy teenagers.</p> 	<p>They look like fun, but probably don't want to meet anyone new.</p> 	<p>DOUBTFUL ISOLATED DISAPPOINTED</p> 	<p>David goes to stand by the window alone.</p> 
<p>At a party, David sees a group of happy teenagers.</p> 	<p>They look like fun. It's a party, so I should just go up and introduce myself.</p> 	<p>HOPEFUL SLIGHTLY APPREHENSIVE A LITTLE EXCITED</p> 	<p>David introduces himself to the strangers and spends some time chatting with them.</p> 