








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>Joanne's tertiary entrance score is too low for her preferred Uni.</p> 	<p>I can't get into the Uni I wanted – my life is ruined!</p> 	<p>DEVASTATED PESSIMISTIC ANXIOUS</p> 	<p>Joanne gives up on university and doesn't put in other applications.</p> 
<p>Joanne's tertiary entrance score is too low for her preferred Uni.</p> 	<p>Well, I can't get in straight away. Maybe there is another way?</p> 	<p>DISAPPOINTED HOPEFUL DETERMINED</p> 	<p>Joanne talks to an educational counsellor about her options.</p> 