










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, Joanne has a drink spilled on her new dress.</p> 	<p>This is awful! Everyone will think I'm an idiot!</p> 	<p>EMBARRASSED ANGRY ANNOYED</p> 	<p>Joanne sneaks out of the party and goes home.</p> 
<p>At a party, Joanne has a drink spilled on her new dress.</p> 	<p>My good dress! Still, accidents happen.</p> 	<p>SLIGHTLY EMBARRASSED A BIT ANNOYED PHILOSOPHICAL</p> 	<p>Joanne cleans it as best she can and makes it a funny story to tell others at the party.</p> 