








## 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 doesn't get picked for the school volleyball team.</p> 	<p>Volleyball is everything! My life is over.</p> 	<p>DEVASTATED SAD DEFLATED</p> 	<p>Joanne resolves never to play volleyball again.</p> 
<p>Joanne doesn't get picked for the school volleyball team.</p> 	<p>That's so disappointing – there must be reasons I wasn't chosen.</p> 	<p>A BIT SAD DETERMINED OKAY</p> 	<p>Joanne joins a social volleyball team to improve her skills.</p> 