









ACTION

Copy/print onto overhead transparency. Project on screen during 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>David asks a girl he likes to a party, but she says she is too busy this week.</p>  | <p>She must think I'm boring or ugly.</p>  | <p>DESPONDENT UNHAPPY</p>  | <p>David stays at home and mopes.</p>  |
| <p>David asks a girl he likes to a party, but she says she is too busy this week.</p>  | <p>Well, maybe she is busy. I'll ask her out another time.</p>  | <p>PHILOSOPHICAL NEUTRAL HOPEFUL</p>  | <p>David goes to the party anyway with a friend.</p>  |