

ANALYZING EMOTIONAL EPISODES

PRELIMINARY PRACTICE WORKSHEET

DIRECTIONS: Take some, preferably simple, situation that you distressed yourself over such as misplacing something, getting behind a slow driver, having something break or fall, being ignored by a waitress or sales person, or having to speak before a group. Try to think in terms of analyzing the episode according to A (what happened?), B (how you thought about it) and C (How you felt and acted).

Do C first because the disturbance you feel is often your first awareness that there is a problem.

C. CONSEQUENCES: HOW DID YOU FEEL AND WHAT DID YOU DO? (HAPPY, SAD, AGGERVATED, FRUSTRATED, NERVOUS)

A. ACTIVATING EVENT: WHAT HAPPENED? (YOUR STORY)

B. THOUGHTS AND EVALUATIONS: WHAT WENT THROUGH YOUR MIND WHEN THIS EVENT HAPPENED? (YOUR THOUGHTS NOW, NOT FEELINGS)

REBT SELF-HELP FORM

A (ACTIVATING EVENT)

Briefly summarize the situation you are disturbed about.

Real, imagined, past or present.

C (CONSEQUENCES)

Unhealthy negative emotions: Anxiety, depression, rage, shame, guilt, hurt, jealousy

Major unhealthy negative emotions:

Major self-defeating behavior:

rB's (RATIONAL BELIEFS)

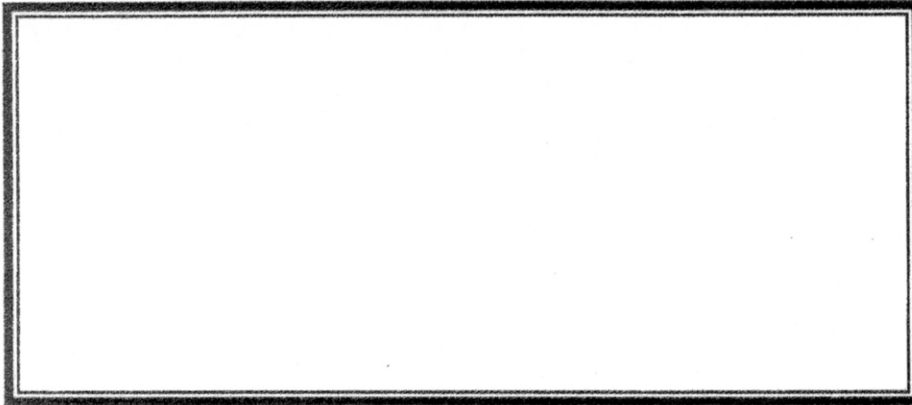
NON-DOGMATIC PREFERENCES
(wants, wishes, desires)

EVALUATING BADNESS (it's bad,
unfortunate)

HIGH FRUSTRATION TOLERANCE (I
don't like it, but I can stand it)

NOT GLOBALLY RATING SELF OR
OTHERS (I and others are fallible
human beings)

iB's (IRRATIONAL BELIEFS)



To identify iB's look for:

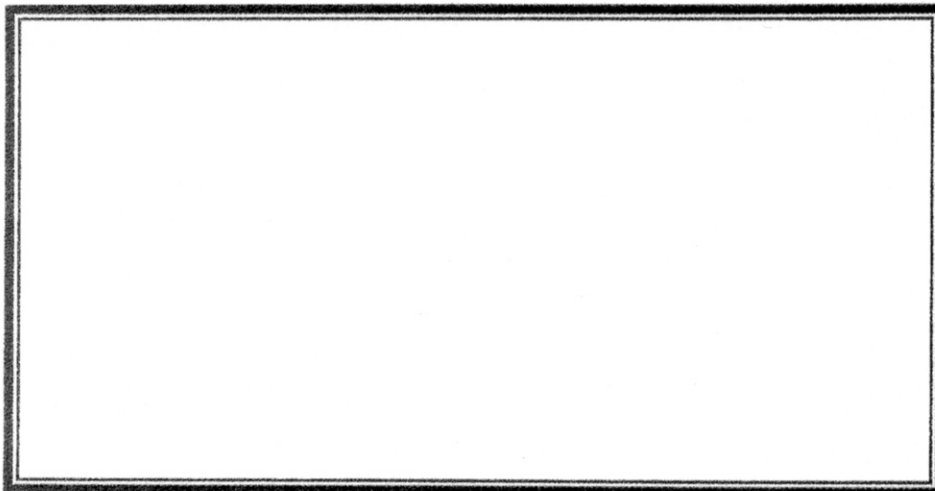
DOGMATIC DEMANDS (musts, absolutes, should)

AWFULIZING (it's awful, terrible, horrible)

LOW FRUSTRATION TOLERANCE (I can't stand it)

SELF/OTHER RATING (I'm/he/she is bad, worthless)

D's (DISPUTING iB's)



TO DISPUTE ASK YOURSELF:

Where is holding this belief getting me? Is it helpful or self-defeating?

Where is the evidence to support the existence of my irrational belief? Is it consistent with reality?

Is my belief logical? Does it follow from my preferences?

Is it really awful (as bad as it could be?)

Can I really not stand it?