

A: ACTIVATING EVENT PROMPTS - PAGE 1

Describe the event that triggered a strong emotional response in you

Recall the specific details of the situation that stood out most to you.

ACTIVATING EVENT PROMPTS - PAGE 2

Reflect on any contributing factors that led to this event.

Note how you physically felt when the activating event occurred.

B: BELIEFS PROMPTS - PAGE 1

What were the first thoughts or beliefs that came to mind after the event?

Note any irrational beliefs you had during the event.

BELIEFS PROMPTS - PAGE 2

How did these beliefs might have influenced your perception of the event?

Consider what past experiences or thoughts might have contributed.

C: CONSEQUENCES PROMPTS - PAGE 1

Describe the emotional consequences of the event.

Reflect on your behavior right after the event and why you acted that way.

CONSEQUENCES PROMPTS - PAGE 2

Note any long-term effects the event had on your emotions and actions.

Think about how your usual coping mechanisms affected the outcome.

D: DISPUTING BELIEFS PROMPTS - PAGE 1

Challenge the irrational belief about by listing evidence for and against it.

Consider alternative, more rational beliefs that could change your reaction to the event.

DISPUTING BELIEFS PROMPTS - PAGE 2

Reflect on how adopting these rational beliefs might improve your emotional response and behavior.

Write about a similar past event where challenging your beliefs led to a better outcome.

E: EFFECTIVE NEW BELIEFS - PAGE 1

Describe how your emotions and behaviors changed after applying a more rational belief.

Reflect on the positive impacts these new beliefs have had on your well-being.

EFFECTIVE NEW BELIEFS - PAGE 2

Consider what you have learned from the event.

Consider steps to can take to maintain rational beliefs in future situations.
