1. **Adversity**

Identify a past, present, or future negative state of affairs related to your disturbance

1. **Basic Attitudes**

Identify your ***must, absolute should, absolute have to***

Identify your extreme attitude - ***it is unbearable, it’s awful, I am a failure, you are a jerk, life is totally bad***

1. **Consequences** (My unhealthy feelings and behaviors)
2. **Disputing Process**

Would you teach your above rigid and extreme attitudes to a child to help them face this adversity?

If not, **why not**?

1. **Effective New Philosophy**

If you would not teach your child the above rigid and extreme attitudes, what healthy attitudes would you teach instead?