1. **Adversity (The situational A):**

**Critical A (What is the most distressing or threatening element or aspect of this adversity?):**

1. **Basic Attitude towards this adversity (What are my musts, unbearability, awfulizing, global devaluation attitudes):**
2. **Consequences (What are my self-defeating emotions, behaviors?):**
3. **Disputing Process:**
4. **Are these rigid and extreme attitudes leading me to experience unhealthy emotions and self-defeating behaviors undermining my long-term goals? If yes, how so?**
5. **Where is the evidence that supports these rigid and extreme attitudes? If there is no evidence, why are they false to the facts?**

**3. Would I teach a child to think this way? If not, why not?**

1. **Effective new, flexible, non-extreme attitude and behavior towards this adversity:**

**1. What flexible and non-extreme attitude could I hold to enable me to have a healthy reaction and do better?**

**2. What would I do, how would I act if I had conviction in my new attitude?**

1. **What are my doubts, reservations, or objections to thinking this way? How can I resolve them?**