1. **Adversity – What is the critical element within this adversity I am reacting to?**

**Critical Inference: Her statements suggest she thinks I am a bad person and that in her view I do not look good.**

1. **Basic Attitudes towards this adversity:**

***She must not insult me in any way!***

1. **Consequences – Emotional and Behavioral:**

**Unhealthy: Hurt**

Healthy: Disappointment

1. **Disputing:**

**1. Do my attitudes help me cope well with this adversity, or do they interfere with an effective response to this adversity? No!**

**2. If my attitudes are hindering and defeating me, in what *specific* way are they doing so?**

My attitude is leading to emotional upset – anger, hurt, anxiety…

**3. What evidence proves my attitudes are true? No evidence exists which proves my attitude is true and valid.**

**4. If there is no evidence that my attitudes are true, why then are they false?**

It is false to hold the attitude ***“She must not insult me in any way”*** because I the empirical data shows that she has hurled an insult at me and is fully capable of doing so. The universe does not block her from hurling insults. This my preference but it is not a law of the universe. My attitude is false to the facts that I observe. She can get away with hurling insults in this world.

1. **Effective New Philosophy towards this adversity:**

*I would like her to treat me with respect and not insult me BUT she does not have to do what I want. (Negation of the demand) Reality NEVER has to be as I would prefer, wish, or want it to be.*

1. **Functional New Behavior that is consistent with my new philosophy towards this adversity:**

Ignore her, block her number, and choose to move on emotionally…go back to my day-to-day business…