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

**The inference: I have been rejected by these old friends.**

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

Demand: I need the love and approval of these significant people – my friends.

Extreme evaluation: I am lesser because they don’t want a relationship with me.

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

Unhealthy emotion: hurt – leads to a cognitive bias used about the future *“I am unlovable”*

**Healthy negative emotion:** **Disappointment, sadness**

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?** *They lead me to wake up crying and then they lead me to view myself as lovable going forward. Also, when I see myself as lesser because they do not want to continue the relationship with me, I make myself depressed and lonely.*

**3. What evidence proves my attitudes are true?** *There is no evidence that I absolutely need their love and approval. There is evidence I like having them in my life and life is better, but I get by even without them as I have for years now.*

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

My attitude of need is false because I would be dead if it were true.

I am not lesser because to say I am lesser as a person for not having their friendship is not empirical but definitional. Because it is definitional it is arbitrary to conclude that I am lesser. I am me with or without their friendship.

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

I wish that they still wanted a relationship with me but sadly they do not. They do not have to want to have a relationship with me. I may want it but do not need in an absolute sense a relationship with them. I will not define myself as lesser but accept myself unconditionally and I will accept them unconditionally with their hurtful, rejecting behavior. They obviously are not invested in the relationship like I am willing to be and that is very sad and disappointing for me. It is a deprivation of friendship but I can survive it, accept it, move on, transcend it and make other friends.

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

Contact other people to rejuvenate friendships. Or seek new friendships entirely.