1. **Adversity – What is the critical element within or my critical inference about this adversity?**
2. **Basic Attitude towards this adversity:**
3. **Consequences – Emotional and Behavioral Consequences of my attitude:**
4. **Disputing:**

**1. Does my attitude help me cope well with this adversity, or does it interfere with making an effective response to this adversity? It interferes or it does NOT interfere? (Choose one or the other.)**

**2. If my attitude is hindering and defeating me, in what *specific* way is my attitude hindering me?**

**3. What evidence do I think proves my attitude is true? (Be specific)**

**4. If there is no evidence that my attitude is true, specify why is it false? (Very important to answer)**

**5. Would I teach my child to think as I do about this adversity? If not, why not?**

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