1. **Adversity – What is the critical element within this adversity I am reacting to?**
2. **Basic Attitudes towards this adversity:**
3. **Consequences – Emotional and Behavioral:**
4. **Disputing:**

**1. Do my attitudes help me cope well with this adversity, or do they interfere with an effective response to this adversity?**

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

**3. What evidence proves my attitudes are true?**

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

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