

(A) Adversity - What is the critical element within this adversity I am reacting to?

I might fail if I try this new project

(B) Basic Attitude towards this adversity:

I have to know I will succeed.
I must not make a fool of myself if I failed.
It would be unbearable to fail.

(C) Consequences - Emotional and Behavioral:

Anxiety with behavioral avoidance

(D) Disputing:

1. Do my attitudes help me cope well with this adversity, or do they interfere with responding to this adversity effectively?

My attitudes interfere with making an attempt at this new endeavor.

1. If my attitudes are hindering and defeating me, in what way are they hurting me?

My attitudes create anxiety and I hold myself back from taking a calculated risk and possibly succeeding or learning from failure.

2. What evidence proves my attitudes are true?

There is no evidence I have to know I will succeed.

There is no evidence I would make a fool of myself if I failed. I am a fool for failing is a self-defeating, arbitrary definition I choose to make.

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

There is no evidence I could not withstand failure.

They are not true. They are false for the reasons stated above.

(E) Effective New Philosophy towards this adversity:

I want to know I will succeed before giving it a try but do not have to know. I will never make a fool of myself because I cannot do so. Being a "fool" is definitional and arbitrary. I am a fallible person who will take a calculated risk and if I fail that will only mean I am a person who failed this time. It would be uncomfortable to fail but far from unbearable. I can withstand failure if I do fail, I will learn from the experience and this will help me succeed in the future. This risk is worth taking and I am worth doing this for.

(F) Functional New Behavior that is consistent with my new philosophy towards this adversity:

Go for it! Risk failure and either succeed and feel the joy or learn from the experience and feel disappointed.
I commit to action!