

(A) Adversity: I hate my job, need a paycheck, and have no idea which path to take to experience greater job fulfillment.

(B) Basic Attitude towards this adversity:

I very much dislike doing my job and must escape to more meaningful work. I cannot bear doing this job any longer.

(C) Consequences - Emotional and Behavioral: Depression, inactivity after work with little effort to either change jobs or enjoy life outside of work to rejuvenate

(D) Disputing: oneself

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

They interfere with my effectively responding to my circumstances.

2. If the attitudes are hindering or defeating me, in what way are they hurting me?

My attitudes are interfering with my ability to tolerate my circumstances until I can change them. They are leading me to feel depressed in response to my crummy job.

3. What evidence proves my attitudes are true?

The lack of pleasure I feel doing my job is evidence I do not like my job. However, even though I may dislike my job that is not evidence I must escape it or cannot bear it. It has not caused me to not exist so I am bearing it.

4. If there is no evidence, they are true, why then are they false?

My attitudes are false because not liking a job, does not make it something I cannot bear. It is false to conclude I must escape my job. It is true to have the attitude I want to leave my job asap because I dislike it!

(E) Effective New Philosophy towards this adversity:

I hate my job but that does not mean I must leave it immediately. I need the paycheck and want to avoid the pain of not having money to pay my bills. It is hard to do work I dislike but it is not unbearable. I can bear going to work I dislike until I find better employment. It is worth doing and I commit to bearing this burden and having some happiness until I can have even more happiness when I get a better job.

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

Go to work determined not to depress myself for the time it takes to find another job. Come home and care for myself in healthy ways. Set aside some time on some evenings and weekends to do all the tasks required to find a better job. Keep at healthy self-care and job seeking and hunting!