

(A) Adversity: Inertial Disinclination to do anything after work to feel better

(B) Basic Attitude towards this adversity:

I have to feel sufficiently energized to exercise a little bit at the gym. It is too hard to go straight to the gym and do just a little bit of exercise. I can't bear to take myself to the gym even though I know

(C) Consequences - Emotional and Behavioral:

it will make me feel better.

Depression, urge to sit down and have a glass of wine

(D) Disputing:

1. Do my attitudes help me cope well with this adversity, or do they interfere with effectively responding to this adversity? My attitude that it is "too hard" to do just a little bit of exercise is hurting me. It certainly does not help me.

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

When a person holds the attitude "A little exercise is too hard, I can't bear to do it" they will never do exercise.

3. What evidence proves my attitudes are true?

My attitude "I can't bear to take myself to the gym" is not proven to be true by my choice of not going to the gym.

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

Sometimes I think "It is too hard to go to work" but I choose to go to work because I need the paycheck. ~~straightaway~~ ~~therefore~~ I see I could choose to go to the gym and use how I choose to go to work as evidence that it is not

(E) Effective New Philosophy towards this adversity: too hard to go to the gym.

I am sick of my helpless, self-pitying depression. My life is hard and going to work and to the gym are both hard for me to do but not too hard, impossibly hard. I acknowledge I can choose to withstand the necessary effort to go to the gym. This is worth doing for me. ~~because~~ I am worth making a better effort to help myself than I have been making. I commit to going to the gym tomorrow.

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

Tomorrow I will go to the gym straightaway. My goal is to get there and "break the ice." All I will hold myself to doing is to warm up by walking on the treadmill for 15-20 minutes. Once I do that I will do just two or three of my favorite machines. I will do two sets of 8-10 repetitions on each machine. Choosing to do this ~~the~~ exercise will reflect my idea "It is hard Not too hard to go and help myself in the gym." This will deepen my conviction.