1. **Adversity (Brief description of the negative state of affairs you face):**

**Critical A (What is the most emotionally difficult or distressing aspect of the adversity you face?)**

1. **Basic Attitude towards this adversity:**

When experiencing a self-defeating emotion or behavior, express in your words the rigid attitude & write in empty space:

*1.* ***I*** *must do well or possess certain highly desirable characteristics!*

*2.* ***You*** *must treat me as I wish!*

*3.* ***Life*** *(absolutely) should be as I want it to be!*

Identify one of the following derivative attitudes & complete the sentence:

**Overrating** how bad something is: *It is awful, terrible, or the end of the world that\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!*

A derivative attitude of **unbearability**: *I cannot stand, bear, tolerate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!*

**Overgeneralization & Devaluation**: *I am, you are, life is completely bad, worthless or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!*

1. **Consequences - What are my self-defeating emotions and behaviors? What healthy negative feeling is better?**
2. **Disputing: The process to transform my rigid & extreme attitude into a flexible & non-extreme attitude:**

How are the above attitudes hurting me?

What observable evidence shows that the above attitudes are false?

Why would I not teach a child to hold the above attitudes?

Why does the above attitude not logically follow from its premise?

1. **Effective new, flexible, non-extreme attitude and behavior towards this adversity:**

**1. What flexible and non-extreme attitude would bring out a healthy negative emotion in me as I face this adversity?**

**2. What overt healthy behavior could I perform that would affirm belief in my new, flexible, non-extreme attitude?**