



**When you encounter an event that leads to less than pleasant feelings or actions from YOUR END... print off and fill out this sheet.**

## **A**ctivating Event -

***What was the event? What did I do?  
What emotions did I feel?***

## **B**eliefs -

***What DID I believe about the event?  
Which beliefs were healthy...or unhealthy?***

## **C**onsequence -

***What were my feelings? (anger, anxiety, etc.)  
What was my behavior?(yelling, name calling,  
talking behind back..)***

## **D**ispute-

***Which of my beliefs were unhealthy or  
irrational? Why are they such?***

## **E**ffect improved belief -

***What new belief can I use to  
replace the unhealthy one(s)?  
What are my new feelings and  
likely behaviors?***