Answers to Cognitive Reappraisal Test Exercise

John
A = Activating Event: Car cut him off
B = Belief: “You don’t act like I want you to! You should follow the rules!”
C = Consequence: Anger and upset
D = Dispute: Who says the world will follow the rules? Does everyone follow the rules? I don’t think so. Do you need to get upset at everyone? Were you in that much danger? You saw it coming, you did avoid them.

Mary
A = Husband drives too fast
B = It’s dangerous, we can have a terrible accident.
C = Anxiousness
D = I’m magnifying the danger and forgetting what a good driver Pete has been.

Sally
A = Panic attack, worry of panic attacks
B = Next panic attack will lead to an accident and probably kill her.
C = Worry, anxiety, and fear
D = Even if you panic, how do you know the next one will kill you? You could pull over and deal with it. You are learning skills to control panic, use them. The worry heightens the anxiety.

Cheryl
A = Other drivers are too dangerous
B = If I leave the house, its just a matter of time until I get in an accident that will be fatal
C = Worry and fear
D = You’re reading the future. You don’t know if any of those thoughts are true. You are magnifying the danger and minimizing your own skills and statistics regarding fatalities.