

A (Activating Events or Adversities)

Briefly Summarize the Situation as Objectively as Possible:

Critical A (What I Was Most Disturbed About):

Examples:

- A can be internal or external, real or imagined
- A can be an event in the past, present, or future
- Situation: "My wife and I disagreed about something"
- Critical A: "She criticized me badly"

Bs (Beliefs): Irrational (Unhelpful/Dysfunctional) Beliefs

To Identify Irrational Beliefs, Look For:

- 1) **Demands** (musts/absolute shoulds/oughts)
- 2) **Awfulizing/Catastrophizing** (It's awful, terrible, horrible!)
- 3) **Frustration Intolerance** (I can't stand it!)
- 4) **Self-Downing, Other-Downing, or Life-Downing** (I'm bad or worthless, He/she is bad or worthless, or Life is not worthwhile)

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Ds (Disputation): Debate Your Irrational (Unhelpful/Dysfunctional) Beliefs

To Change Irrational Beliefs, Ask Yourself:

- Where is holding this belief getting me? **Is it helpful** or getting me into trouble?
- **Where is the evidence** to support my irrational belief?
 - Is it really awful (as bad as it could be)?
 - Can I really not stand it?
 - Am I really a totally bad person?
- **Is it logical?** Does it follow from my preferences?
- **Use metaphorical disputation** (e.g. metaphors, stories, humor)

C (Consequences)

Major Dysfunctional/Unhealthy Negative Emotion (Feeling): _____

Maladaptive/Unhelpful Behaviors (and/or Action Tendencies): _____

Dysfunctional Negative Emotions include:

- Anxiety/fear
- Shame/embarrassment
- Rage/anger
- Guilt
- Depression (depressed mood)
- Problematic jealousy
- Problematic envy
- Hurt

Maladaptive Behaviors include:

- Social avoidance
- Not taking care of yourself (e.g. not exercising, not resting)
- Being aggressive

GOALS

Es (Effective): Rational (Helpful/Functional) Beliefs

To Think More Rationally, Strive For:

- 1) **Flexible Preferences** (e.g. I want to do well, but I don't have to do so.)
- 2) **Anti-Awfulizing** (e.g. It may be bad or unfortunate, but it is not awful, and I can still enjoy some things.)
- 3) **High Frustration Tolerance** (e.g. I don't like it, but I can stand it, and I can still enjoy many things.)
- 4) **Self-Acceptance, Other-Acceptance, Life-Acceptance** (e.g. I can accept myself as a fallible human being.)

Es (Functional): Major Functional/Healthy Emotion and Adaptive/Helpful Behaviors

(Goal): New Functional/Healthy Negative Emotion:

(Goals): New Adaptive/Helpful Behaviors:

Functional/Healthy Negative Emotions

- include:**
- Concern
 - Disappointment
 - Healthy anger/annoyance
 - Remorse/regret
 - Sadness
 - Healthy concern for relationship
 - Healthy envy
 - Sorrow
- Adaptive/Helpful Behaviors include:
- Meeting friends or seeking support
 - Exercising
 - Assertive behaviors