

## REBT WORKSHEET

<b>A</b>	<b>Activating event</b>  What happened, or didn't happen? Initially, try to use just facts.	
<b>B</b>	<b>Beliefs (Thoughts)</b>  What were my thoughts, beliefs, values, opinions about the event in box A?	
<b>C</b>	<b>Consequences</b>  1. How did you feel? What emotion? 2. How did this feeling influence your behaviour, or what action did it urge you to do?	
<b>D</b>	<b>Dispute</b>  Read through box B. Are there any "shoulds", or are you "awfulising" something, or putting yourself down? Write in the disputes to these.	
<b>E</b>	<b>What is the new Effect?</b>  Ignore box B and C and decide; if you were to have just the thoughts etc in box D about box A, what would be 1. Your feeling and 2. Your action/ urge to act?	