

Adversity		
Beliefs / Tickers Tape	Consequences	
	Emotions (intensity on scale of 1 to 10)	Consequences
	Detecting Icebergs	
	<p>1. Check whether your Cs are out of proportion to your Bs 2. Check whether the quality of your C is mismatched with the category of your Bs. That is, you feel sad even though your ticker tape suggests anger, or you feel embarrassed although your ticker tape is about how you're harmed another person 3. Check whether you are struggling to make a seemingly simple decision.</p> <p><b>Detecting Icebergs?</b> What does that mean 2 me? What is the most upsetting part of that 4 me? What is the worst part of that 4 me? What does that say about me? What's so bad about that?</p>	
Think Traps		
<p><b>Jump to Conclusions (Catastrophizing):</b> I need to slow my mind down. What evidence do I have? Am I certain or my I guessing? (Contributes to "Always/Everything" thinking)</p> <p><b>Tunnel Vision:</b> I need to refocus on the big picture. What is a fair assessment of the entire situation? How important is this first aspect to the big picture</p> <p><b>Overgeneralizing:</b> I need to look more closely at the behaviors involved. Is there a narrower explanation than the one I've assumed to be true. Is there a specific behavior that explains the situation? What does impugning my (or someone else's) character buy me? Is it to indict my (or another's) character and / or worth as a human based on this specific event? (Contributes to "Me"/ "Not me" and "Always/Everything" thinking)</p> <p><b>Magnifying / Minimizing:</b> I need to strive for balance. Were there any good things that happened? Did I do anything well? OR Am I overlooking any problems? Were there any negative elements that I am dismissing the importance of?</p> <p><b>Personalizer:</b> I need to look outward. Did anyone or anything else contribute to this situation? How much of the problem is due to me and how much is due to others? ("Me" thinking)</p> <p><b>Externalizer:</b> I need to hold myself accountable. What did I do to contribute to this situation? How much of the problem is due to others, and how much is due to me? ("Not me" thinking)</p> <p><b>Mind Readers:</b> I need to speak up and ask questions of others. Did I make my beliefs or feelings known directly and clearly? Did I convey al of the pertinent information? Am I expecting the other person to work hard at figuring out my needs or goals? (Contributes to "Me"/ "Not me" and "Always/Everything" thinking)</p> <p><b>Emotional Reasoning:</b> I need to separate my feelings from the facts. Have there been times when my feelings didn't accurately reflect the facts of a situation? What questions must I ask to know the facts? (Contributes to "Me"/ "Not me" and "Always/Everything" thinking)</p>		

List the Why beliefs you had in the moment of the adversity (my initial why belief causes & my alternative why Beliefs that do not match my explanatory style)												
Why beliefs - Changeable - % cause contributed	Me/Not Me	Always/Not	Everything/Not	Explanatory Style Scale								
				Totally due to Me	1	2	3	4	5	6	7	Totally due to other people or circumstances
				Will always be present	1	2	3	4	5	6	7	Will never again b present
				Influences everything in my life	1	2	3	4	5	6	7	Influence just this 1 situation
				Totally due to Me	1	2	3	4	5	6	7	Totally due to other people or circumstances
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Evidence For & Evidence Against							
Evidence For		Evidence Against		Evidence For		Evidence Against	
Belief 1				Belief 5			
Belief 2				Belief 6			
Belief 3				Belief 7			
Belief 4				Belief 8			