

A. FACTS AND EVENTS (Situation as you saw it; what happened before you felt or did anything)

C2. BEHAVIOR (What did you do?)

B1. SELF-TALK (All the thoughts/thinking that went through your head right after the situation; don't focus on just the initial thoughts that include a lot of "venting" but look for thoughts that really lead to the feelings and behavior that followed; list at least 5)

C3. CONSEQUENCES (What affects does your behavior have on yourself and others? How do others respond to your behavior? How do others feel? How do you think they saw you? What are some short and long term results from your behavior? What may happen in the future if you continue to do this?)

B2. HOT THOUGHTS. Go back to B1 and circle the hot thoughts. (2 or 3 thoughts that really pushed the feelings/behavior, and that will help you understand the underlying core beliefs)

C4. UNDERLYING CORE BELIEFS (These are basic ways of looking at what happens around you, your "play book" for life, your expectations, how you think you and other people should act)

C1. FEELINGS (What did you feel? Use "I" statements!)

D1. CAMERA CHECK OF "A" (What is the objective (rational/non-emotional) view of the situation? What would a video camera have seen and heard?)

D2. RATIONAL CHALLENGE OF "B2" OR "HOT THOUGHTS" (Use **AFROG** to check to see if your hot thoughts are rational, and select the general category of irrational thinking)

Alive- Does my self talk help keep me ALIVE?

Feelings- Does my self talk help me FEEL better, both in the short-term, and long-term?

Reality- Is my self talk true, realistic, and LEGAL?

Others- Does my self talk help me get along with OTHERS?

Goals- Does my self talk help me achieve my GOALS?

(Check "Yes" or "No" using **AFROG** for your thoughts below)

Thought #1 - **Alive** Y N **Feelings** Y N **Reality** Y N **Others** Y N **Goals** Y N

Thought #2 - **Alive** Y N **Feelings** Y N **Reality** Y N **Others** Y N **Goals** Y N

Thought #3 - **Alive** Y N **Feelings** Y N **Reality** Y N **Others** Y N **Goals** Y N

Which irrational thinking category do your hot thoughts represent?

Namby-Pamby **Doomsday** **Fairy Tale** **I Stink** **You Stink** **Robot**

D3. RATIONAL ALTERNATIVE TO "B2" or "HOT THOUGHTS" (What are self talk alternatives that are more rational and would lead to better consequences? In what way can you think differently about the situation?)

D4. NEW CORE BELIEFS (What new core beliefs would be more rational and get you more success in the future?)

E1. MORE HEALTHY FEELINGS IN THE FUTURE (What would your feelings be if you changed to more rational self talk and core beliefs?)

E2. MORE APPROPRIATE BEHAVIOR IN THE FUTURE (What would you do in the future, with different thinking and feeling?)

E3. MORE SUCCESSFUL CONSEQUENCES IN THE FUTURE (What could happen to you with more appropriate behavior? To others? How would others respond to new appropriate behavior? How would they feel? How would they see you? What could happen in the future if you change your thinking and behavior?)

E4. PATTERNS (When does this irrational thinking and inappropriate behavior occur? What situations like this are risky for you (lead to this thinking, behavior, and consequences)?)

E5. STOP-LOOK-LISTEN (How can you see this kind of situation coming? What are the warning signs? How can you talk yourself into doing something different in the future? What can you do differently right now? What can you do differently in the next few days to try this out?)