

“How Will I Respond?” Worksheet

Automatic Thinking (reacting)			Consciously Rethinking (responding)		
A	B	C	Evaluation	D	E
Triggering Event	Belief/Thought/Assumption	Consequence: Feeling / Emotion / Behaviour / Physical reaction	Evaluation of B Cognitive Bias or ‘Error’ Limiting core belief	Alternate Thought	New Consequence: Feeling / Emotion / Behaviour / Physical reaction
The bus doesn’t stop to let you on	“I’m going to be late for that meeting – I’ll get fired!”	Anxiety Felt nauseous, heart pounding. 9/10	Catastrophising	“If they fired me for being late on one day it would be unfair dismissal and not legal. I won’t get fired but I’d better call and explain the situation”	Calmer. No nausea. [Called work to explain. Walked to other bus stop.] 4/10
	“Those bus drivers are all #\$\$%^*!”	Anger / rage Yelled abuse at bus, swore to myself, Wanted to punch glass. 9/10	Blaming, Overgeneralisation	“I’m not sure why it didn’t stop but being in a rage isn’t going to help change that. Maybe another bus is close behind. I know, I’ll use the time to listen to my new Bullet For My Valentine album.”	Let go of the event. Determination or enjoyment. 3/10
	“Everything always goes wrong for me”	Depressed Felt exhausted. Sat on bus seat head in hands 9/10	Overgeneralisation, Magnification, Maladaptive thought,	“Okay, this is one thing that went wrong but not everything in my life always goes wrong. Let me think, what is one thing that I’m thankful for in my life?”	Lighter. Thankful. 5/10
	“No point going to work late – I’ll take the day off, go to the casino, and win money while I’m earning money.” (or at least only lose 1 day’s pay – then I’m even).	Relief. Start walking to casino. 9/10	Rationalisation	“No, stop. I know the odds of gambling and almost every time I go there I lose a lot of money and end up feeling terrible and getting deeper into debt. I’ll go to work late and earn a living”	No relief. Some disappointment. But increased resolve and sense self-control. Financial stability. 0/10