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| <p>A = Activating Event What happened? (give a brief description, with date and time)</p> <p>Example: Monday, 6 Nov, I got my essay back with a lower mark than I had hoped for.</p> | <p>C = Consequences What did I do? What feelings did I have? (rate the intensity of each feeling from 0 to 10, and underline the one that is most intense)</p> <p>I went quiet and then skipped the next lecture and went home instead. I felt numb, a bit sick, tearful, disappointed, <u>panicky</u>, overwhelmed 7</p> | <p>B = Beliefs What was I thinking before, during and after the event? (• list all the thoughts you can think of, asking yourself why you thought it and what was bad about that and what it says about you • now underline the thought that is most associated with the feeling that you rated as most intense)</p> <p>Oh no, I'm so dumb. My lecturer probably thinks I'm not worth much. If I keep getting marks like this I won't get a good degree. My parents are going to be disappointed in me. I don't understand what I did wrong. I'm obviously not clever enough to be at uni. I can't manage.</p> |
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Challenge depressed thinking

Ask yourself:

1. Is this an example of a type of depressed thinking? If so, what?
2. What's the evidence for this perspective?
3. What evidence is there for a different point of view?
4. How did I get into the habit of thinking this way?
5. What other explanations could there be?
6. How realistic are my expectations and beliefs?
7. Is it helpful for me to see things this way?
8. What would be a more positive way to see this?
9. What would I say to a friend who was thinking this way?

Example:

1. Yes, Tunnel vision. Jumping to conclusions.
2. I got a disappointing mark for this essay when I thought I had done well.
3. I got good marks for the previous essay. My teachers said I was clever enough for uni.
4. I used to be called thick at school before they realised I had dyslexia.
5. Maybe I just didn't read the question clearly enough.
6. It's still very early in the course and the topic is very new to me. The mark won't even count to my final degree.
7. No! It's an unhelpful thought. It makes me want to give up.
8. It's a learning experience. I can ask the tutor to explain where I went wrong so I'll do better next time.
9. Cheer up - it's all part of the learning experience. Let's take some time off and do something fun tonight and get back on track with work in the morning.

Work out your own example here:

Now see if you can replace the 'hot thought' (the one you underlined in B) with a more balanced, helpful belief. Write it down here:

eg: It's a learning experience. I can ask the tutor to explain where I went wrong so I'll do better next time.

Re-rate the feeling that you underlined in C:

eg. How panicky am I now? 3

Write your rating here:

Give the thought a label

Eg. The old 'I'm not clever enough' thought

This helps you recognise it as an unhelpful thought and either replace it with your more helpful thought or just 'let it go'