

Brooke Randolph



REBT Worksheet

A - Activating Event

Summarize the situation "Just the facts, ma'am"

B - Beliefs (thoughts)

There are many ways to think about any situation

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C - Consequence (emotion)

How does this thought make me feel?

Place an X by any beliefs that may be irrational or unhelpful

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D - Dispute

Am I using any exaggerated words?

Am I making any thinking errors?

Is this thought helpful?

Is there evidence to support this idea?

Is there evidence to contradict this idea?

What is the worst thing that can realistically happen?

Would I still live through it? (not a lion)

What is the best thing that could happen?

What is most likely to happen?

Is there any other way to look at this situation?

How would I like to feel right now?

Is there anything I can do to change this situation?

How can I change my thinking so the situation is better for me?

E - Effect

Chosen rational belief and action

F - Feeling

Chosen healthy feeling