

PRACTICE WITH "WHAT'S THE ALTERNATIVE?"

The situations below describe some activating events which may cause changes in your mood. Think about the Beliefs that might be generated by these activating events, as well as the Consequences that could result. Use the "What's the alternative?" technique to think of other ways to think about and deal with the events listed below.

1. Your girlfriend/boyfriend tells you that she/he needs some "space."

What Belief might be generated? _____

What might the Consequence be? _____

What's an alternative? _____

How might the alternative change the Consequence above? _____

2. Your parents have been nagging you constantly about your grades.

What Belief might be generated? _____

What might the Consequence be? _____

What's an alternative? _____

How might the alternative change the Consequence above? _____

3. You break your leg right at the start of summer vacation.

What Belief might be generated? _____

What might the Consequence be? _____

What's an alternative? _____

How might the alternative change the Consequence above? _____
