

PRACTICE WITH "WHAT IF IT'S TRUE?"

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

1. You realize you have four tests this week and will need to spend your birthday weekend studying.

What Belief might be generated? _____

What might the Consequence be? _____

What if it's true? What is the worst thing that can happen? Can you cope with that?

How might this change the Consequence above? _____

2. You are already broke and your car breaks down and will need costly repairs.

What Belief might be generated? _____

What might the Consequence be? _____

What if it's true? What is the worst thing that can happen? Can you cope with that?

How might this change the Consequence above? _____

3. You don't get the job you wanted.

What Belief might be generated? _____

What might the Consequence be? _____

What if it's true? What is the worst thing that can happen? Can you cope with that?

How might this change the Consequence above? _____
