

Adversity Worksheet

Adversity <i>What has happened?</i>	
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Beliefs: *What is the chimp muttering?*

Explanatory Style	Comments/Observations
Personal	
Permanent	
Pervasive	
Consequences <i>How could this alter my behaviour if I believe what the chimp is muttering?</i>	

Disputation

Explanatory Style	Comments/Observations
Personal	
Permanent	
Pervasive	
Execution <i>What can be learnt from the situation?</i>	

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