

Homework Sheet

A. Activating event:

B. Rational ideas:

Irrational ideas:

C. Consequences of the irrational ideas:

D. Disputing and challenging the irrational ideas:

1. Select the irrational idea:

2. Is there any rational support for this idea?

3. What evidence exists for the falseness of the idea?

4. Does any evidence exist for the truth of the idea?

5. What is the worst thing that could happen to me?

6. What good things might occur?

E. Alternative thoughts:

Alternative emotions:
