

REBT WORKSHEET

A	B	C	D	E	F
Activating Event	Belief (Negative belief; distorted/ exaggerated thoughts)	Consequence (Disturbing feelings/behaviors)	Dispute (Cognitive challenge of 'B' - "is <u>belief</u> <u>Factual</u> , <u>Reasonable</u> , <u>Healthy</u> , <u>Helpful</u> ?")	Effect (More tolerable, less disturbed feelings)	Follow Up (Further work to support 'D' and 'E')