

ADVERSITY WORKSHEET

ADVERSITY

What has happened?

BELIEFS What is the emotional part of my brain muttering?

EXPLANATORY STYLE	COMMENTS/OBSERVATIONS
PERSONAL	
PERMANENT	
PERVASIVE	
CONSEQUENCES How could this alter my emotions or behaviour if these beliefs take hold?	

DISPUTATION

EXPLANATORY STYLE	COMMENTS/OBSERVATIONS
PERSONAL	
PERMANENT	
PERVASIVE	
EXECUTION What can be learnt from the situation?	

Acknowledgement
Prof. Martin Seligman

