REBT Worksheet

Name Helen Nguyen	Date 12/12/2022

Activating Event	Beliefs	Consequences
What happened? Describe the event	What beliefs did you have about the event? What is a healthier belief you could have about this event?	What consequences could this healthier, alternative belief lead to?
My friend didn't call me on my birthday.	None of my friends like me or truly care about me. She forgot. It was an innocent mistake and she apologised the next day.	Forgiving my friend and understanding that everyone makes mistakes.
I have to give a presentation in class tomorrow.	I'm going to do badly, I'm never good at speaking in class. I've studied and prepared and will be fine.	I will be less anxious going into the presentation and will be able to deliver my speech calmly.
I was late to work yesterday because the buses were delayed after school.	I'm going to get fired. This is the fist time I've been late. I can explain why and it would be unreasonably for them to fire me.	I would feel less nervous when something like this occurs. I can feel comfortable knowing that the situation was out of my control.