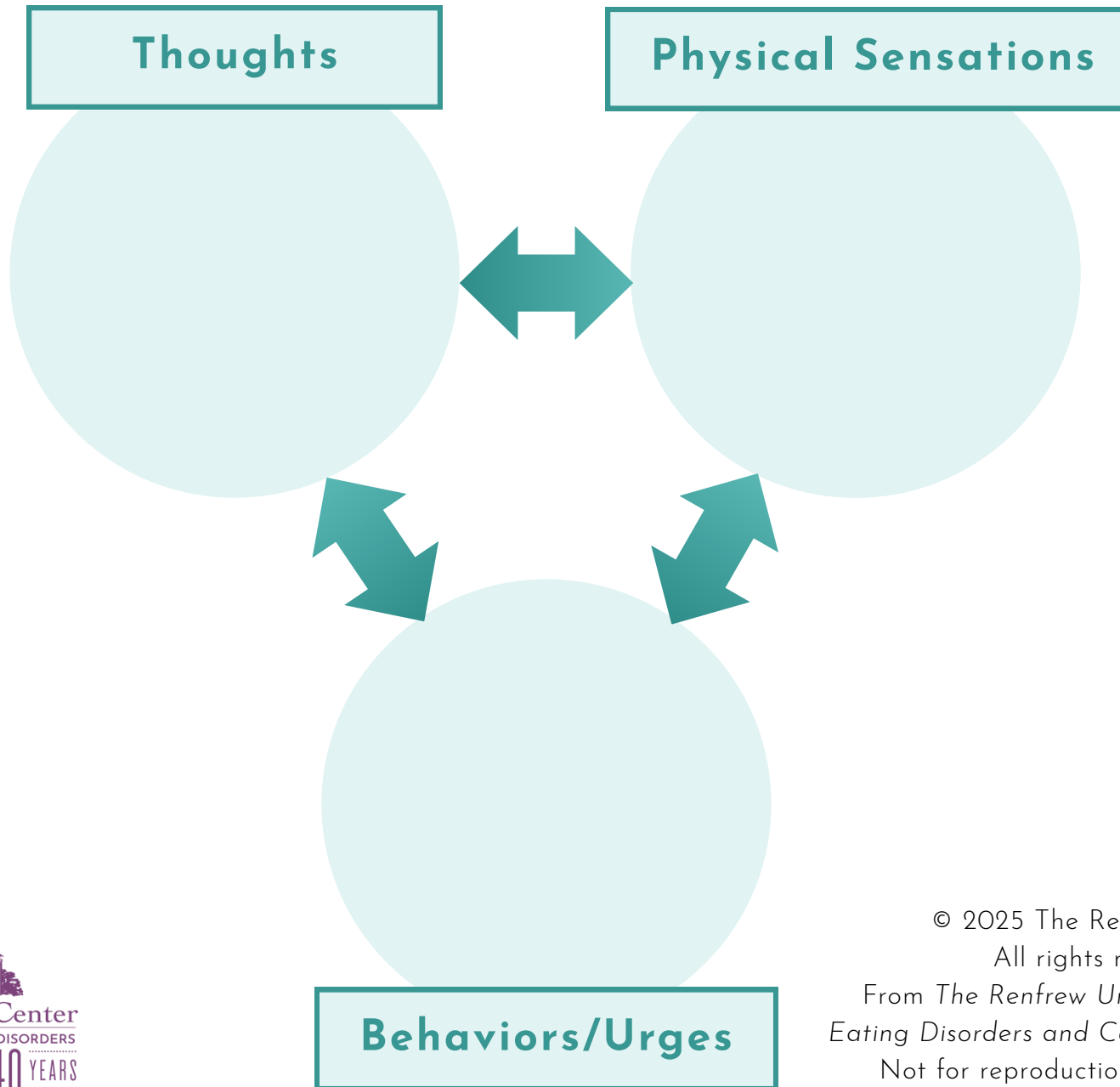


THREE COMPONENT MODEL



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THE ARC OF AN EMOTIONAL EXPERIENCE

Emotions =					
Date & Time	Antecedents (Situations & Triggers)	Responses			Consequences (What Happened Next?)
		Thoughts	Physical Sensations	Behaviors & Urges	

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DECISIONAL BALANCE

	Cons/Costs	Pros/Benefits
Change	Why don't you want to change? What are the costs of changing?	Why do you want to change? What are the benefits of changing?
Stays the Same	What are the costs of staying the same?	What are the benefits of staying the same?

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TAKING THE NECESSARY STEPS

It might feel like the steps necessary to meeting your goal are not manageable, or it may be hard to see yourself actually doing some of these things. When completing this worksheet, ask yourself whether the steps you are writing down are specific behaviors that can be completed in a limited time period, not whether you believe you are capable of completing them currently.

Keep in mind that the goal of this section is to come up with specific behaviors that can be completed in a specific timeframe, such as “Eat my whole lunch” as opposed to “Recover my eating disorder.”

Our goal for treatment is:

Making it more concrete

What would it look like once you have achieved this goal? What things would you be doing, or not doing? What behaviors would you be engaging in? What behaviors would not be engaging in? Try to be as concrete as possible here.

Next, think about some small steps that you can take toward reaching the specific treatment goal you have recorded earlier in this form. It can be helpful to work backward from your goal to identify specific steps.

Step 1

Step 2

Step 3

Step 4

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COGNITIVE REAPPRAISAL STRATEGIES

Countering probability overestimation: learning to re-evaluate jumping to conclusions.

The first cognitive reappraisal skill is *countering probability overestimation*, or learning how to re-evaluate jumping to conclusions. After identifying the automatic appraisal, the next step is to realistically examine the probability of that outcome actually happening. Essentially, you want to look for evidence from the past or present to test how likely it is that your belief/fear will actually come true. Use these questions when you notice yourself falling into a thinking trap:

1. Do I know for certain that _____ will happen?
2. Am I 100% sure these awful consequences will occur?
3. What evidence do I have for this fear or belief?
4. What happened in the past in this type of situation?
5. Do I have a crystal ball? How can I be sure that I know the answer?
6. Could there be any other explanations?
7. How much does it feel like _____ will happen?
8. What is the true likelihood that _____ will happen?
9. Is my negative prediction driven by the intense emotions I'm experiencing?
10. Is _____ really so important or consequential?

Decatastrophizing: learning to re-evaluate thinking the worst

The second cognitive reappraisal skill is *decatastrophizing*, or learning to re-evaluate thinking the worst. Once you have identified the core automatic appraisal, the next step is to realistically examine the evidence based on how you have coped in the past if something similar has occurred.

1. What is the worst that could happen? How bad is that?
2. Has _____ ever happened in the past?
 - a. If yes, how did you cope with it? How did you handle it?
 - b. If no, how do you think you'd cope with it or handle it now?
3. If it did happen - so what?
4. Even if _____ happens, can you live through it?
5. Is _____ really so terrible?

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