

SELF-DEFEATING PATTERN

DEFEATING SELF-TALK

[2]

SELF-DEFEATING EMOTIONS

[3]

UNPRODUCTIVE or SELF-DEFEATING OUTCOME

[4]

ACTIVATING EVENT

[1] *Briefly summarize the situation:*

DISPUTATION OF DEFEATING SELF TALK

[5] ☺

EFFECTIVE PATTERN

RATIONAL SELF-TALK

[6] ☺

RATIONAL/REALISTIC EMOTIONAL RESPONSE

[7] ☺

PRODUCTIVE OUTCOME

[8] ☺

