

Model Cheat Sheet

* CIRCUMSTANCE

- My boss said, "_____"
- The project is due on MM/DD/YYYY
- I received an e-mail stating, "You did not meet the criteria for promotion"
- I sat down at my desk at HH:MM

* THOUGHT

- I'm not good enough
- I don't know how
- I have too much to do
- I have to do it (as opposed to I want or choose to)
- They shouldn't do/say that

* FEELING

Sad	Judgmental	Embarrassed	Proud	Afraid
Confused	Successful	Disappointed	Humiliated	Desperate
Anxious	Rejected	Overwhelmed	Critical	Powerful

* ACTIONS

- Ruminates
- Avoid talking to or seeing them
- Not planning my work
- I judge
- Complain to friend/family/colleague

* RESULT

- I don't make it possible to...
- I prove...(typically the THOUGHT is what's proved)
- I make it more/less likely that...
- I find evidence that...