

REBT Sport Self-Help Form

SELF-DEFEATING PATH

DEFEATING SELF-TALK

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When my **Activating Event (AE)** happens, I might think the following:

SELF-DEFEATING EMOTION / AROUSAL LEVEL

☹ Interfering Emotions:

☹ Arousal Level: _____
0 (Total lethargy) to 100 (Mass Panic)

UNPRODUCTIVE OUTCOME

☹

ACTIVATING EVENT (AE)

Briefly summarize the situation:

DISPUTING

▲



EFFECTIVE PATH

RATIONAL SELF-TALK

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After **DISPUTING** →
When my A.E. happens, I **CHOOSE** to think the following:

IDEAL EMOTION / AROUSAL LEVEL

☺ Helpful Emotions:

☺ Arousal Level: _____
0 (Total lethargy) to 100 (Mass Panic)

PRODUCTIVE OUTCOME

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