REBT Sport Self-Help Form

SELF-DEFEATING PATH

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

DEFEATING SELF-TALK

SELF-DEFEATING EMOTION / AROUSAL LEVEL

UNPRODUCTIVE OUTCOME

Interfering Emotions:

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

ACTIVATING EVENT (AE)

Briefly summarize the situation:

DISPUTING

PRODUCTIVE OUTCOME

When my A.E. happens, I CHOOSE to think the following:

RATIONAL SELF-TALK

IDEAL EMOTION / AROUSAL LEVEL

Helpful Emotions:

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

EFFECTIVE PATH