

DEF Worksheet

Beliefs & Thoughts (unhelpful)

What did I think?

Why did I think this?

I thought that I wasn't important for her, why else would she forget about calling me, she should know that I was waiting for her call.

Consequences

What did I feel?

What did I do?

I felt disappointed, hurt and angry.

I was aggressive and we had an argument because of that.

Dispute

Dispute your thoughts.

Challenge your beliefs.

Why do