

## ABCs of Rational Buddhism Worksheet

- A. *Adversity*. Describe the event or experience that occurred. Avoid judging, labeling, etc.—simply describe the facts as a TV camera might show them, with no interpretation.
- B. *Beliefs*. What beliefs do you have about this experience that get you upset, angry, disturbed, etc.?
- C. *Consequences*. What emotions or behaviors did you experience because of your beliefs?
- D. *Disputing*—challenge your self-talk.
1. Is there any evidence my belief is true?
  2. Is there any evidence my belief is false?
  3. What good might happen if I give up my belief?
  4. What bad might happen if I keep my belief?
- E. *Effect*: How have your feelings, behavior, etc. changed because of your disputing?