

Self Disputing

- ▶ What are your beliefs about the causes of this adversity?
- ▶ Keeping in mind your explanatory style, what are some alternative beliefs, other theories or ideas, that might explain the adversity?
- ▶ What are other possible beliefs about the situation?
- ▶ What are other possible beliefs about the other person?
- ▶ What are some other possible beliefs about yourself?
- ▶ Is the evidence to support your initial beliefs?
- ▶ Is there evidence to support an alternative belief?
- ▶ What might you do to deal with this problem?