



Rational Thinking Exercise

Why is this situation important to me?

What stories (assumptions and beliefs) am I telling myself about this person(s) or situation?

What actual data do I have to support that story?

What other explanations might there be? (Try to come up with at least 3.)

What part have I played in this situation?

What is the result I want?

What are my options, and the pros and cons of each?