

# CONNECT THE DOTS WORKSHEET

## *Adversity – Belief – Consequence*

1. Describe the adverse situation objectively (the who, what, when and where) and record in the A section.
2. Identity your emotions and behaviors during the adversity and record in the C column.
3. Identify your “in the moment” THOUGHTS and BELIEFS during the adversity and record in the B column (Remember, don’t censor)
4. Cross-check: Make sure you’ve identified a *thought* for each *consequence* and that there is a *consequence* for each *thought*.

### **A. Adversity (The Story)**

*(Example: My boss and I had a disagreement about how I should approach a client whom we suspect may be disseminating our materials in violation of copyright. I wanted to call him directly, but she thinks I ought to send a letter first.)*

### **B. In-the-Moment Beliefs (Thoughts)**

### **C. Consequences (Emotions & Behaviors)**


*B. In-the-Moment Beliefs..Con't.*

*C. Consequences (Emotions & Behaviors)..Con't*

*(Example: She thinks I'll be too aggressive on the phone and will make the problem worse. She never trusts that I'll handle myself professionally and is constantly undermining my authority)*

*(Example: What if we're wrong? The client is going to be very upset and may even try to make trouble for us.)*

*(Example: I'm very irritated. I made a provocative remark.)*

*(Example: I'm mildly anxious. I procrastinated.)*