Basic Assessment

Read the example scenarios below to get an idea of how your experiences may arise (moving from left to right).

Situation	**Concept Activated**	**Belief**	**Thought**	**Emotion**	**Action**
Your romantic partner shows up late to a date with you.	Worthlessness	I don't matter.	"He doesn't love me."	Sadness and dejection	Sulking and then storming off
Bob disagrees about who the president should be.	Badness	People who vote a certain way are bad.	"Bob is a horrible person."	Disgust and hate	Cruelty and possibly violence
You win an award.	Goodness	Success is good.	"I am awesome."	Pride	Arrogance and bragging
You are sent a bill that you weren't expecting.	Insecurity	Money is scarce.	"I don't have enough money."	Fear	Seeking an additional job
Your boss asks you to revise your work.	Self-doubt	I'm not good enough.	"My boss is never happy."	Anger	Irritation and procrastination

Now, explore some of your own experiences. Think of a few situations that you had a reaction to. Usually, it's easiest to identify the emotion first. For example, if you missed your bus, you may recall feeling angry. From here, see if you can detect the thoughts that led to your emotion. Then see if you can identify the beliefs that led to your thoughts. Then define the concept (or concepts) that were involved.

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