

Developing Better Ways

Name: _____

Week Ending: ____/____/____

Day	A - Stressor	B - Beliefs	C - Emotion	C - Reaction	D - Disputing	E - Result
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

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Please read the article by Albert Ellis entitled, *Emotional Disturbance and Its Treatment in a Nutshell* .

I added an extra column "C - Reaction" to complement our work in the book, *The DNA of Relationships* by Gary Smalley. Remember, sometimes our reactions to our core fears include the following:

- Alcohol misuse
- Anger with rage
- Assertiveness***
- Dropping it/release****
- Drug/medication misuse
- Escalation
- Fix-it mode
- Forgiveness*****
- Negative beliefs
- Passive-aggressive/spite/saracasm
- Rescuing
- Shaming self-
- Withdrawal/isolation

*Assertiveness always begins with "I want....[insert intangible, such as trust]...." and aims for a win-win.

** Dropping it/release is a decision "...not to make a mountain out of a mole hill" as in magnifying or catastrophizing an issue.

*** Forgiveness is when you either confronted the issue as with assertiveness or released the issue, choosing to give grace.