

# Getting Out of the CAR....

<p><b>C</b>onsequences What feelings do you have that you hope to change?</p> <p>I feel...</p>	<p><b>A</b>ctivating Event What happened that led to these feelings?</p>	<p><b>B</b>eliefs/Thoughts About the Event What self-defeating or unhelpful things were you telling yourself at the time or since then?</p>
<p>Ex: depressed &amp; defeated worthless &amp; alone</p>	<p>I got a D+ on my exam. My significant other broke up with me.</p>	<p>I'm stupid. I'm going to fail the class. I'll never find someone else. I'm unlovable.</p>

Why? →

## ...and on to a NEW, healthier life.

<p><b>N</b>ew Disputing Thoughts What healthier, more helpful thoughts might you tell yourself instead?</p>	<p><b>E</b>ffective Healthier Feelings What healthier, but still realistic, feelings might the more helpful thoughts lead to?</p>	<p><b>W</b>hat to do next time? What can you do to challenge or even avoid self-defeating thoughts next time?</p>
<p>One poor grade doesn't make me stupid. I realize I didn't study enough ahead of time. It hurts, but it doesn't mean it was my last chance. My friends and family love me unconditionally.</p>	<p>Frustrated, disappointed; motivated  Saddened, hurt; resilient, loved</p>	<p>Understand that grades don't equal self-worth. Prepa for the exam better. Talk to my teacher.  Know that heartbreak is hard, but not everlasting. Talk with friends &amp; family about my hurt.</p>