

| <u>Active Negative Event</u>          | <u>Irrational Cognition's</u>     | <u>Consequences of Irrational Cognition's</u> | <u>Inner Conflict</u>   | <u>Conflict Outcome</u>   |
|---------------------------------------|-----------------------------------|---|---|---|
| Considering attending a social event. | I will not enjoy it.              | Internalizing, unhappy, miserable, depressed. | There may be some people there I like.                                    | I can see myself looking good at the event.                                   |
|                                       | It will be too much to cope with. | Lethargic, tired.                             | I may feel tired but I can cope with it.                                  | Realize I can cope with this situation better than I thought.                 |
|                                       | Nobody will like me.              | Everyone thinks I am stupid.                  | Not everybody thinks I am stupid.   | Many people smiled and spoke to me, in fact seeing one of them this week-end. |
|                                       | I will upset others.              | May say something wrong.                      | If I say something I can make mistakes.                                   | I was able to converse easily.  |
|                                       | I am always going to be the same. | I will never be able to go out.               | I always think that I cannot do things, but then find out I enjoy myself. | Even if I feel down, I can still go out to a social event.                    |
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