



Therapy Unit 4: Attributional Style

Worksheet 4.3 Negative event last week (stress, argument, grief, disappointment...)

What happened? (e.g. A friend did not show up to an appointment.)

What did you ascribe mainly as the cause of the event at that time? (e.g. She thinks I am boring.)

What consequences followed from your explanation? (e.g.: I am sad and feel rejected.)

How could you evaluate the event differently? Equally include yourself, other people and the circumstances into your explanation (e.g.: Something came up at short notice. I had been quite rude to her the last time I saw her – she might still be offended.)
