



LESSON HANDOUT

ABC

SOME ADVERSITY IS BIG, AND SOME ADVERSITY IS SMALL. YOUR BELIEFS ABOUT THE ADVERSITY DETERMINE THE CONSEQUENCE, OR THE FEELINGS, YOU WIND UP HAVING ABOUT THE EVENT.

Directions: For the following adversities, fill out possible beliefs and consequences that could come from the adversity. When possible, try to have positive self-talk for an optimistic outcome.

adversity:
A CHALLENGING OR
DIFFICULT EVENT THAT
HAPPENS.

beliefs:
THE THOUGHTS YOU
HAVE ABOUT THE DIFFI-
CULTY. NOT FEELINGS.
JUST THOUGHTS.

consequences:
THE FEELINGS YOU
HAVE AND THE ACTIONS
YOU TAKE IN RESPONSE
TO THE ADVERSITY.

NOTE

You might need to fill out the adversity, the consequence and THEN the belief. It may take some reflection even to realize what your belief is about a particular situation.

Adversity: Your sibling walks into your room without knocking.

Belief: _____

Consequence: _____

Adversity: The zipper on your backpack is stuck, and you cannot open it.

Belief: _____

Consequence: _____

Adversity: Your parent/guardian tells you that you cannot go to a friend's house after school.

Belief: _____

Consequence: _____

Adversity: You fail an important math test.

Belief: _____

Consequence: _____

Adversity: You see a mean comment that someone you know wrote about you online.

Belief: _____

Consequence: _____

Adversity: Someone breaks up with you.

Belief: _____

Consequence: _____