

Thoughts/Interpretation of an event or experience

EVENT	THOUGHT/INTERPRETATION	EMOTION/RESULTS
 <p>Seeing my boyfriend/girlfriend with my best friend</p>	 <p>They must have been talking about me</p>	 <p>Anger</p>
 <p>My friend or family member tells me no</p>	 <p>They don't like me</p>	 <p>Sad</p>
 <p>It starts to thunder and lightning</p>		
 <p>My boss says that I can't have the day off</p>		

