

REBT Problem Formulation

Activating event

1. Describe situation

2. Isolate critical factor

What was it about this event that affected you?

3. Notice and accept body sensations

4. Invent a symbol/metaphor for the experience

Can you think of an image or metaphor that explains how you felt?

Problematic response (unhealthy negative emotion)

Name the emotion

How did you feel?

Thoughts & images (cognitive symptoms)

What was going through your mind?

Actions & intentions (behavioural symptoms)

How did you react? Or want to react?

Target response (healthy negative emotion)

Name the emotion

How would you like to feel?

Cognitive objectives

How would I need to think in order to feel this way?

Behavioural objectives

What would I need to do in order to feel this way?