

# Adversity Worksheet

---

<b>Adversity</b> <i>What has happened?</i>	
---	--

Beliefs: *What is the chimp muttering?*

Explanatory Style	Comments/Observations
<b>Personal</b>	
<b>Permanent</b>	
<b>Pervasive</b>	
<b>Consequences</b> <i>How could this alter my behaviour if I believe what the chimp is muttering?</i>	

Disputation

Explanatory Style	Comments/Observations
<b>Personal</b>	
<b>Permanent</b>	
<b>Pervasive</b>	
<b>Execution</b> <i>What can be learnt from the situation?</i>	

**Acknowledgement:** Prof. Martin Seligman