

ABC Exercise Sheets - 46 SOS Video Scenes



Activating event ^{activates} Beliefs & Self-Talk ^{cause} Consequences

- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!
- The SOS Video teaches the ABC's of Emotions after Scene #3 is shown.

01. DISRESPECTED AT WORK

Q: What reactions, thoughts, or questions do you have about this interview?

After viewing Scene #04, return to this Scene #01 and do an ABC Analysis of this Scene #01.

A Activating event _____

C Consequences of emotions _____ and behavior _____

B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

02. ANGRY CUSTOMER – DOING IT WRONG

Q: Which two abilities of emotional intelligence, of the sales person, need improvement?

After viewing Scene #04, return to this Scene #02 and do an ABC Analysis of this Scene #02.

A Activating event _____

C Consequences of emotions _____ and behavior _____

B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

03. ANGRY CUSTOMER – DOING IT RIGHT

Q: Is the sales person who uses self-calming self-talk more likely to keep his job?

After viewing Scene #04, return to this Scene #03 and do an ABC Analysis of this Scene #03.

A Activating event _____

C Consequences of emotions _____ and behavior _____

B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

The SOS Video teaches the ABC's of Emotions for all of the following Scenes.

04. SMASHED BIRTHDAY CAKE

A Activating event _____

C Consequences of emotions _____ and behavior _____

B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Five Hot Links "CIA IA"

- Condemnation & Damnation
- I-Can't-Stand-It-Itis
- Awfulizing
- I'm Worthless
- Always & Never

05. NOT INVITED

A Activating event _____

C Consequences of emotions _____ and behavior _____

B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

- The SOS Video teaches the ABC's of Emotions after Scene #03 is shown.
- The SOS Video teaches D Dispute after Scene #08 is shown, but not all Scenes demonstrate Dispute.
- The SOS *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.
- If you are unable to find the ABC Exercise Sheets, to download from our website, e-mail us at sos@sosprograms.com. We will e-mail you these sheets in a PDF attachment. The Sheets are also included in the *Video KIT SOS Help For Emotions* to photocopy.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for "Video KIT SOS Help For Emotions Resources List." Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.

ABC Exercise Sheets - 46 SOS Video Scenes

Activating event ----- ^{activates} Beliefs & Self-Talk ----- ^{cause} Consequences



- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the Video KIT SOS Help For Emotions. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!
- Provide these Sheets for all participants to help them analyze Scenes from *Video SOS Help For Emotions*.

06. SEVEN POUNDS OVERWEIGHT

A Activating event _____
 C Consequences of emotions _____ and behavior _____
 B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Five Hot Links "CIA 1A"

- Condemnation & Damnation
- I-Can't-Stand-It-Itis
- Awfulizing
- I'm Worthless
- Always & Never

07. ROAD RAGE

A Activating event _____
 C Consequences of emotions _____ and behavior _____
 B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

08. BROKEN FIST (D Dispute is first taught after this Scene #08 is shown.)

A Activating event _____
 C Consequences of emotions _____ and behavior _____
 B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

The SOS Video teaches D Dispute after Scene #08 is shown.

09. GIVING A SPEECH

A Activating event _____
 C Consequences of emotions _____ and behavior _____
 B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

D Dispute self-defeating beliefs _____

10. MY PARENTS ARE DIVORCING

A Activating event _____
 C Consequences of emotions _____ and behavior _____
 B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

D Dispute self-defeating beliefs _____

11. FIRST YEAR TEACHER

A Activating event _____
 C Consequences of emotions _____ and behavior _____
 B Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

D Dispute self-defeating beliefs _____

- The Video teaches D Dispute after Scene #08 is shown, but not all Scenes demonstrate Dispute.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for "Video KIT SOS Help For Emotions Resources List." Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.

ABC Exercise Sheets - 46 SOS Video Scenes



Activating event ----- ^{activates} Beliefs & Self-Talk ----- ^{cause} Consequences

- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the Video KIT SOS Help For Emotions. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!

12. DEPRESSED OVER MOTHER

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

Five Hot Links "CIA IA"

- Condemnation & Damnation
- I-Can't-Stand-It-itis
- Awfulizing
- I'm Worthless
- Always & Never

13. ASKING FOR A DATE

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) -----

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

14. WALKED OUT OF CLASS

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

15. GIRLFRIEND ABUSE (JAIL)

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

16. CALLED ME A LOSER (JAIL)

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

PERSONAL EXPERIENCE/CONCERN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

- Not all of the Scenes demonstrate Dispute.
- The *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

ABC Exercise Sheets - 46 SOS Video Scenes



Activating event ----- ^{activates} Beliefs & Self-Talk ----- ^{cause} Consequences

- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!

17. AWFULIZING ABOUT MOWING

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

- Five Hot Links "CIA IA"
- Condemnation & Damnation
 - I-Can't-Stand-It-Itis
 - Awfulizing
 - I'm Worthless
 - Always & Never

18. DUMPED BY TWO GIRLS

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

19. BAR FIGHT (JAIL)

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

20. INTERNET DATING FRUSTRATION

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

21. ABUSIVE BOYFRIEND MAKES METH (JAIL)

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

PERSONAL EXPERIENCE/CONCERN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

- Not all of the Scenes demonstrate Dispute.
- The *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for "Video KIT SOS Help For Emotions Resources List." Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.

ABC Exercise Sheets - 46 SOS Video Scenes



Activating event ----- ^{activates} Beliefs & Self-Talk ----- ^{cause} Consequences

- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!

22. RACING A TRAIN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

Five Hot Links "CIA IA"

- Condemnation & Damnation
- I-Can't-Stand-It-Itis
- Awfulizing
- I'm Worthless
- Always & Never

23. MY REPORT CARD

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

24. I WRECKED MY CAR

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

25. COPING WITH DISABILITY

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

26. THREATENING CHILD ABUSE

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

PERSONAL EXPERIENCE/CONCERN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

- Not all of the Scenes demonstrate Dispute.
- The *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for "Video KIT SOS Help For Emotions Resources List." Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.

ABC Exercise Sheets - 46 SOS Video Scenes



Activating event ^{activates} Beliefs & Self-Talk ^{cause} Consequences

- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!

27. I CAN'T FORGIVE HIM

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

Five Hot Links "CIA IA"

- Condemnation & Damnation
- I-Can't-Stand-It-Itis
- Awfulizing
- I'm Worthless
- Always & Never

28. SOCIAL ANXIETY

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

29. MY FATHER WON'T HELP

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

30. LOCKED OUT OF MY CAR

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

31. I SHOULDN'T PAY CHILD SUPPORT

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

PERSONAL EXPERIENCE/CONCERN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

- Not all of the Scenes demonstrate Dispute.
- The *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for "Video KIT SOS Help For Emotions Resources List." Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.



• Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!

Activating event _____
Consequences of emotions _____ and behavior _____
Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs

Five Hot Links “CIA IAT”

- Condemnation & Damnation
- I Can’t Stand It-It’s

- ### Five Hot Links “CIA IA”
- Condemnation & Damnation
 - I-Can’t-Stand-It-Itis
 - Awfulizing
 - I’m Worthless
 - Always & Never

Activating event _____

Consequences of emotions _____ and behavior _____

Beliefs & Self-Talk (self-defeating) _____

Dispute self-defeating beliefs _____

Demands (3 Musts) and 5 Hot Links

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Dispute self-defeating beliefs _____

Demands (3 Musts) and 5 Hot Links

Activating event _____
Consequences of emotions _____ and behavior _____
Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Dispute self-defeating beliefs _____

Demands (3 Musts) and 5 Hot Links

Activating event _____
Consequences of emotions _____ and behavior _____
Beliefs & Self-Talk (self-defeating) _____

Demands (3 Musts) and 5 Hot Links

Dispute self-defeating beliefs _____

- Not all of the Scenes demonstrate Dispute.
- The *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for “*Video KIT SOS Help For Emotions Resources List*.” Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.

ABC Exercise Sheets - 46 SOS Video Scenes



Activating event ----- ^{activates} Beliefs & Self-Talk ----- ^{cause} Consequences

- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!

37. COPING WITH CHRONIC PAIN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

- Five Hot Links "CIA IA"
- Condemnation & Damnation
 - I-Can't-Stand-It-Itis
 - Awfulizing
 - I'm Worthless
 - Always & Never

38. EXERCISE BIKE CONFLICT

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

39. MY BOYFRIEND IS CHEATING

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

40. GRANDPA IS DYING

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

41. HE MIGHT DUMP ME

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

PERSONAL EXPERIENCE/CONCERN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

- Not all of the Scenes demonstrate Dispute.
- The *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for "Video KIT SOS Help For Emotions Resources List." Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.

ABC Exercise Sheets - 46 SOS Video Scenes



Activating event ----- ^{activates} Beliefs & Self-Talk ----- ^{cause} Consequences

- Provide these essential ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people to analyze scenes from the Video, they make teaching and learning easier and more fun!

42. DEPRESSED ABOUT PANIC

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

- Five Hot Links "CIA IA"
- Condemnation & Damnation
 - I-Can't-Stand-It-Itis
 - Awfulizing
 - I'm Worthless
 - Always & Never

43. MY MOM BROKE HER LEG

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

44. MY HUSBAND DIED

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

45. LOW SELF-ACCEPTANCE & DRINKING

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

46. CUTTING

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

PERSONAL EXPERIENCE/CONCERN

Activating event _____
 Consequences of emotions _____ and behavior _____
 Beliefs & Self-Talk (self-defeating) _____
 Demands (3 Musts) and 5 Hot Links _____
 Dispute self-defeating beliefs _____

- Not all of the Scenes demonstrate Dispute.
- The *Video Leader's Guide* provides discussion guidelines and answers for all 46 Scenes.

Each participant needs:

1. "ABC Exercise Sheets" (this sheet)
2. "Charlie's ABC's" or "ABC Self-Analysis Form"
3. "How Self-Talk Causes Emotions"

Download these study sheets at www.SOSPrograms.com. At this website look under FREE RESOURCES for "Video KIT SOS Help For Emotions Resources List." Or e-mail us for the sheets and we will send PDF copies. Educators & counselors use these sheets in teaching *Video KIT SOS Help For Emotions*.