Activating event ----- Beliefs & Self-Talk 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	•	d learning easier and more fun!
<ul> <li>The SOS Video teaches the ABC's of Emotions after</li> </ul>	Scene #3 is shown.	
01. DISRESPECTED AT WORK		
	stions 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	and behavior	
		· · · · · · · · · · · · · · · · · · ·
· · · · · · · · · · · · · · · · · · ·	Demands (3 Musts) and 5 Hot Links	
02. ANGRY CUSTOMER – DOING IT WRC	DNG	
Q: Which two abilities of emotional in	ntelligence, of the sales person, need i	mprovement?
After viewing Scene #04, return to this Scene #02	and do an ABC Analysis of this Scene #02.	•
A Activating event	and behavior	
B Beliefs & Self-Talk (self-defeating)		
	Demands (3 Musts) and 5 Hot Links	
03. ANGRY CUSTOMER – DOING IT RIGH	т	
	-calming self-talk more likely to keep h	is job?
After viewing Scene #04, return to this Scene #03	and do an ABC Analysis of this Scene #03.	iis job !
C Consequences of emotions	and behavior	
B Beliefs & Self-Talk (self-defeating)	Demands (3 Musts) and 5 Hot Links	
The SOS Video teaches the A	ABC's of Emotions for all of the follo	owing Scenes.
04. SMASHED BIRTHDAY CAKE		
A Activating event		— Fixe Het Links "OLA LA"
C Consequences of emotions	and behavior	FIVE HOLLINKS CIAIA*     Condemnation & Damnation
B Beliefs & Self-Talk (self-defeating)	Demands (3 Musts) and 5 Hot Links	• I-Can't-Stand-It-Itis
	Demands (3 Musts) and 5 Hot Links	• <u>A</u> wfulizing
		• <u>A</u> lways & Never
05. NOT INVITED		_ ,
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"

#### 2

## **ABC Exercise Sheets - 46 SOS Video Scenes**



- 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		
C Consequences of emotions	and benavior	
B Beliefs & Self-Talk (self-defeating)		Five Hot Links "CIA IA"
	Demands (3 Musts) and 5 Hot Links	<ul> <li><u>C</u>ondemnation &amp; Damnation</li> <li>I-Can't-Stand-It-Itis</li> </ul>
		• <u>A</u> wfulizing
07. ROAD RAGE		• <u>I</u> 'm Worthless
A Activating event		• <u>A</u> lways & Never
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 ( <u>D Dispute is first taugh</u>	t aπer this Scene #U8 is shown.)	
A Activating event C Consequences of emotions  P Policia & Solf Talk (polf defeating)		
C Consequences of emotions	and behavior	
B Beliefs & Self-Talk (self-defeating)		
	Demands (3 Musts) and 5 Hot Links	
09. GIVING A SPEECH A Activating event C Consequences of emotions	and behavior	
B Beliefs & Self-Talk (self-defeating)		
b beliefs & Self-Talk (Self-defeating)	Demands (3 Musts) and 5 Hot Links	<del>-</del>
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		
B Beliefs & Self-Talk (self-defeating)		
	Demands (3 Musts) and 5 Hot Links	
D Dispute self-defeating beliefs	own, but not all Sconos domonstrato Disput	

#### 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"

Activating event ---------- Beliefs & Self-Talk \_\_\_\_\_ 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	and behavior	
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating) _		
Diagute colf defecting beliefs	Demands (3 Musts) and 5 Hot Links	Five Hot Links "CIA IA"
Dispute sell-deleating beliefs		<ul> <li><u>C</u>ondemnation &amp; Damnation</li> <li>I-Can't-Stand-It-Itis</li> </ul>
13. ASKING FOR A DATE		• <u>I</u> -Can t-Stand-it-itis • <u>A</u> wfulizing
Activating event		• <u>I</u> 'm Worthless
Consequences of emotions	and behavior	• <u>A</u> lways & Never
Beliefs & Self-Talk (self-defeating)		
	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs		
·		
14. WALKED OUT OF CLASS		
Activating event		
	and behavior	
Beliefs & Self-Talk (self-defeating) _		
5	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs		
15 CIDI EDIEND ADUSE (TAIL)		
15. GIRLFRIEND ABUSE (JAIL)		
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)	and benavior	
Bonelo a Gen Taik (Gen dereating) _	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Domando (o Mado) ana o mot Emilo	
<u> </u>		
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		
DEDOONAL EVDEDIENOE/OONOEDN		
PERSONAL EXPERIENCE/CONCERN		
Activating event	and hohavior	
Beliefs & Self-Talk (self-defeating)	and behavior	
Deliels & Sell-Talk (Sell-deleating)_	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Demands (3 Musis) and 3 Hot Links	

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

#### Each participant needs:

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- 2. "Charlie's ABC's" or "ABC Self-Analysis Form"
- 3. "How Self-Talk Causes Emotions"

Activating event ------ Beliefs & Self-Talk \_\_\_\_\_ Consequences



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17. AWFULIZING ABOUT MOWING		
Activating event		
Consequences of emotions	and behavior	
· · · · · · · · · · · · · · · · · · ·	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs		Five Hot Links "CIA IA"
		• Condemnation & Damnation
18. DUMPED BY TWO GIRLS		• <u>I</u> -Can't-Stand-It-Itis
Activating event		• <u>A</u> wfulizing • I'm Worthless
Consequences of emotions	and behavior	• <u>A</u> lways & Never
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 EDUCTRATION		
20. INTERNET DATING FRUSTRATION		
Canagaranae of ameticae	and behavior	
Consequences of emotions	and benavior	
beliefs & Sell-Talk (sell-deleating)_		
Dianute salf defecting beliefe	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs		
21. ABUSIVE BOYFRIEND MAKES METH	(1411)	
Activating event	(0/112)	
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)		
Beliefe a cell raik (sell defeating)_	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Demands (6 Maste) and 6 Fist Links	
Diopate con deleganing beliefe		
PERSONAL EXPERIENCE/CONCERN		
Activating event		
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)	<del></del>	
·	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs		

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- 2. "Charlie's ABC's" or "ABC Self-Analysis Form"
- 3. "How Self-Talk Causes Emotions"



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22. RACING A TRAIN		
Activating event		
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating) _		
	Demands (3 Musts) and 5 Hot Links	Five Hot Links "CIA IA"
Dispute self-defeating beliefs		Condemnation & Damnation
		<ul> <li><u>I</u>-Can't-Stand-It-Itis</li> </ul>
23. MY REPORT CARD		<ul><li><u>A</u>wfulizing</li><li>I'm Worthless</li></ul>
Activating event		• <u>A</u> lways & Never
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		
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)	and behavior	
zonoro a con ram (con acroating)_	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Demands (o Maste) and o Flot Ellino	
<u> </u>		
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		
OO TUREATENING OUR DARLIGE		
26. THREATENING CHILD ABUSE		
Activating event		
	and behavior	
Beliefs & Self-Talk (self-defeating) _		
Diamuta colf defection beliefe	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs		<del></del>
PERSONAL EXPERIENCE/CONCERN		
Activating event		
<u> </u>	and behavior	
Beliefs & Self-Talk (self-defeating)		
3/ _	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.

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



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27. I CAN'T FORGIVE HIM		
Activating event	and behavior	
Beliefs & Self-Talk (self-defeating) _	and benavior	
Dispute self-defeating beliefs	Demands (3 Musts) and 5 Hot Links	Five Hot Links "CIA IA" • Condemnation & Damnation
28. SOCIAL ANXIETY		<ul> <li><u>I</u>-Can't-Stand-It-Itis</li> <li><u>A</u>wfulizing</li> <li>I'm Worthless</li> </ul>
Consequences of emotions	and behavior	
Reliefs & Self-Talk (self-defeating)	and behavior	
Delicis & Geli-Taik (Seli-deleating)_	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Demands (5 Musts) and 5 Hot Links	
29. MY FATHER WON'T HELP		
Activating event		
Consequences of emotions	and behavior	
· · · · · · · · · · · · · · · · · · ·	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs		
30. LOCKED OUT OF MY CAR		
Activating event	and hahaviar	
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		

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- 2. "Charlie's ABC's" or "ABC Self-Analysis Form"
- 3. "How Self-Talk Causes Emotions"

#### 7

## **ABC Exercise Sheets - 46 SOS Video Scenes**



• 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!

32. NO PARKING		
Activating event		
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)		
37_	Demands (3 Musts) and 5 Hot Links	Five Hot Links "CIA IA"
Dispute self-defeating beliefs		<ul><li><u>C</u>ondemnation &amp; Damnation</li><li>I-Can't-Stand-It-Itis</li></ul>
-p		• <u>A</u> wfulizing
33. FAILING IN COLLEGE		• <u>I</u> 'm Worthless
		• <u>A</u> lways & Never
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)		
Benefe a con raik (con dereating)	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating heliefs	Demands (5 Musts) and 5 Flot Links	
Diopate dell'acreating beliefe		
34. MY FRIEND DIED		
Consequences of emotions	and behavior	
Reliefs & Self-Talk (self-defeating)	and senavior	
Denote a con raik (con dereating)_	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Demands (5 Musts) and 5 Hot Links	
Elepate cen deleating senere		
35. SPOUSE ABUSE		
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)	and boliavior	
Benefe a con raik (con dereating)	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating heliefs	Demands (5 Musts) and 5 Flot Links	
Diopate cen deleating benefit		
36. WHEN ARE WE EATING?		
Activating event		
Consequences of emotions	and behavior	
Beliefs & Self-Talk (self-defeating)		
zenere a con ram (con dereamig) _	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Domando (o mosto) ana o not Emilo	
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 heliefs	(5	

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

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

Activating event ----------- Beliefs & Self-Talk \_\_\_\_\_ Consequences



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37. COPING WITH CHRONIC PAIN		
Activating event	and behavior	
Beliefs & Self-Talk (self-defeating) _	allu beliavioi	
Dispute self-defeating beliefs	Demands (3 Musts) and 5 Hot Links	
38. EXERCISE BIKE CONFLICT Activating event		<ul> <li><u>I</u>-Can't-Stand-It-Itis</li> <li><u>A</u>wfulizing</li> <li><u>I</u>'m Worthless</li> <li><u>A</u>lways &amp; Never</li> </ul>
Consequences of emotions	and behavior	<u> </u>
Beliefs & Self-Talk (self-defeating) _		
	Demands (3 Musts) and 5 Hot Links	
39. MY BOYFRIEND IS CHEATING		
Activating event		
Consequences of emotions	and behavior	
	and behavior	
= 2 2. 2.2 13 (22 22.23g) _	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) _		
Dispute self-defeating beliefs	Demands (3 Musts) and 5 Hot Links	
Diopate sen deleating 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:

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- 3. "How Self-Talk Causes Emotions"



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42. DEPRESSED ABOUT PANIC		
Activating event	and behavior	
Beliefs & Self-Talk (self-defeating) _		
Dispute self-defeating beliefs	Demands (3 Musts) and 5 Hot Links	Five Hot Links "CIA IA"  • Condemnation & Damnation
43. MY MOM BROKE HER LEG Activating event		
Consequences of emotions	and behavior	
	Demands (3 Musts) and 5 Hot Links	
44. MY HUSBAND DIED		
Activating event		
Consequences of emotions Beliefs & Self-Talk (self-defeating) _	and behavior	
· · · · · · · · · · · · · · · · · · ·	Demands (3 Musts) and 5 Hot Links	
Dispute sell-deleating beliefs		
45. LOW SELF-ACCEPTANCE & DRINKIN Activating event		
Consequences of emotions Beliefs & Self-Talk (self-defeating) _	and behavior	
	Demands (3 Musts) and 5 Hot Links	
Dispute self-deleating 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 Beliefs & Self-Talk (self-defeating)	and benavior	
Delicis & Sell-Talk (Sell-deleating)	Demands (3 Musts) and 5 Hot Links	
Dispute self-defeating beliefs	Demarida (o ividata) and 3 Hot Lilina	

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

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- 2. "Charlie's ABC's" or "ABC Self-Analysis Form"
- 3. "How Self-Talk Causes Emotions"