

# REBT Formulation

## Worksheet

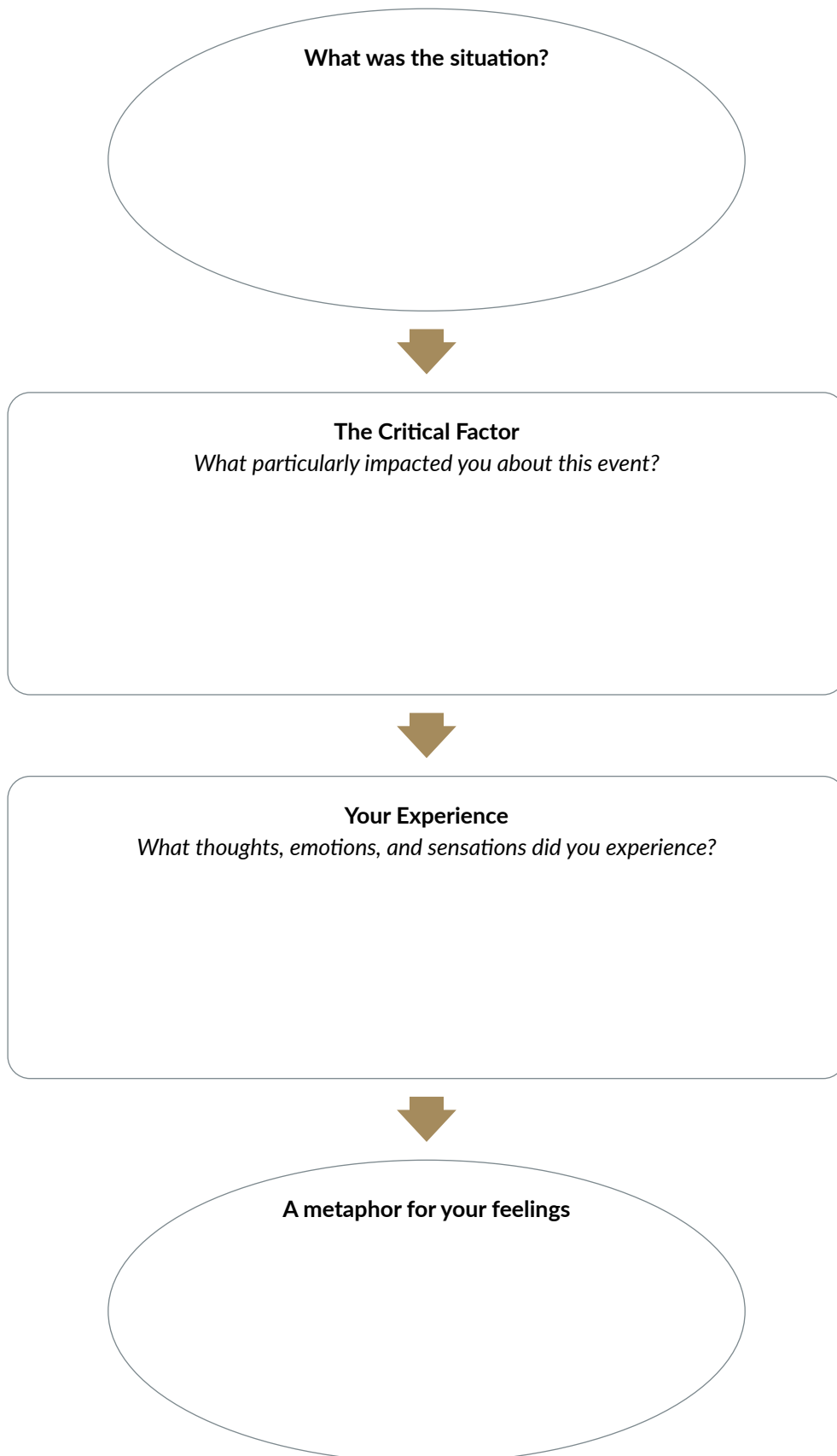
Use this *REBT Problem Formulation* worksheet to distinguish between unhealthy (or problematic) and healthy (or target) emotional responses.

This worksheet has 3 sections:

1. In the first section, consider the activating event which provoked an emotional response. Describe the event, and try to identify what influenced you. Take note of your physical and psychological experiences, then think of a metaphor which describes that experience.
2. In Part 2, describe the problematic response, naming the emotion and listing any associated thoughts and images it brought to mind. Note these in the second box along, before completing the third box with the actions, behaviors, and intentions that it gave rise to. What did you do, or intend to do, in response to this event?
3. Finally, describe a healthier potential response. Start your alternative positive response by noting your desired emotion: What would you like to feel instead? What thoughts might help you feel this way? How would you act, or what steps might you take, to bring about this response?

This worksheet is laid out so that a client's problematic and desired responses to an activating event are easy to compare. It facilitates planning so that your client can respond in a more positive, adaptive way when the activating event occurs again.

**Part A: Activating Event**



## Part B: Problematic Response

**Identify the negative emotion**

**Cognitive Experience**

*What thoughts and ideas were passing through your head?*

**Experienced Behavior/Intentions**

*What was your response?  
How did you want to respond?*

## Part C: Desired Response

**Identify the desired emotion**

**Cognitive Intentions**

*What thoughts or ideas could help you feel the desired emotion?*

**Behavioral Intentions**

*What actions or behaviors could help you feel the desired emotion?*