

THREE MINUTE EXERCISE

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A. Activating event you recently experienced about which you felt upset or disturbed,
(e.g., "I was criticized.")

B. Irrational Belief or irrational evaluation you had about this activating event, (e.g., "I
MUST not be criticized.")

C. Emotional and behavioral Consequences of your irrational belief, (e.g., "Hurt and
compulsive eating.")

D. Disputing or questioning your irrational belief, (e.g., "Why **MUST** I not be criticized?")

E. Effective new thinking or answer that resulted from disputing your irrational belief,
(e.g., "Although I PREFER not to be criticized, nothing etched in stone states that I
MUST not be.")

F. New Feeling or behavior that resulted from disputing your irrational belief, (e.g.,
"Great displeasure and controlled eating.")

From ***THREE MINUTE THERAPY: Change Your Thinking, Change Your Life.***