**Challenging Beliefs**

**Adversity** (Situation: What happened, where, when, with who?)

**Energisation** (How do I feel now)

**Disputation**

**Evidence** (What is the evidence for my beliefs?)

(What is the evidence against my beliefs?)

**Alternatives**

(Is there another way of looking at this? What other possible causes are there?)

**Implications**

(What are the implications? How likely are they?)

**Consequence** (How did it make me feel, what did I do as a result of the situation?)

**Beliefs** (What thoughts went through my mind, what was I thinking?)