

# The Personal Research Tool

A	B	C
Antecedent Condition	Beliefs that transform A into C	Consequent Emotion
<i>Do this column second</i>	<i>Do this column third: How the Antecedent turned into the Consequence</i>	<i>Do this column first</i>
Describe the situation and events that triggered the emotional state[s] listed in col C.	<p><i>Use this column to study how that antecedent condition evoked your particular reaction. To begin, ask yourself these questions:</i></p> <ol style="list-style-type: none"> <li><i>1. What thoughts and images went through my mind at the time?</i></li> <li><i>2. What does this event say about me?</i></li> <li><i>3. What does this event say about the other person?</i></li> <li><i>4. What does this event mean about me, my future? My life?</i></li> </ol>	<p>What is the name of the emotional state you experienced? Rate its intensity on a scale of 1 – 100.</p> <p>[You may include more than one emotion].</p>