

Example Form 6.1: Following Your ARC

Date/ Time	Antecedent What triggered your emotional response?	Response		Consequence	
		Thoughts	Physical Sensations Behaviors	Short-term How is this response working for you?	Long-term How might this response lead to more negative emotions in the future?
11/15 7:30am	Cut off in traffic	It was on purpose, I'm going to be late now	Feeling hot & sweaty, clenched jaw Yell at the other driver, tailgate, tighten hands on wheel	Release tension, feel "in the right"	Continue to believe people are out to get me
11/20 4pm	Feeling really tired	I getting depressed again, I won't feel up to my plans tonight	Heaviness in my head Cancel plans, take a nap	Feel relief canceling, feel nothing while sleeping	Feel guilty for not getting anything done and ditching friends
11/21 6:15pm	Looking in the mirror before a big event	I look so fat, people are going to judge me for gaining weight	Pit in stomach, sweating Try on multiple outfits, ask partner for reassurance, urge to not eat all day	Release tension, feel "in the right"	Reinforce belief that how I look will affect others' opinions of me