



Therapy Unit 4: Attributional Style

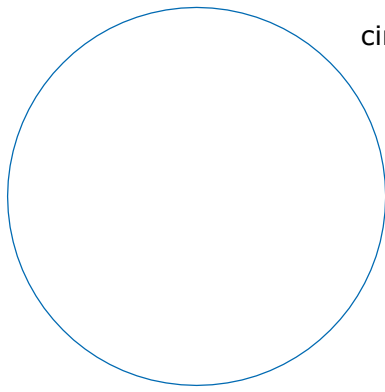
Worksheet 4.5 Attribution: circumstances, others and myself!

Your special idea(s):

What are possible explanations? Please rate the contribution of each potential cause for the event. How would you estimate the portion of the different causes? Divide the "pie" into corresponding pieces.

other people

circumstances



myself

Please write down possible causes/explanations:

Myself:	
Other people:	
Circumstances:	