



## Therapy Unit 4: Attributional Style

### **Worksheet 4.4 Positive event last week (compliment, acquaintance, invitation...)**

What happened? (e.g.: I took a nice walk with a friend and we had a good conversation.)

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What did you ascribe as the cause of the event at that time? (e.g.: The sun was shining.)

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What consequences followed from your explanation? (e.g.: I feel insecure. I don't know whether my friend was behaving sincere just because of the great weather or because of the talk.)

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How could you evaluate the event differently? Equally include yourself, other people and the circumstances into your explanation (e.g.: it was my idea to go for a walk and my friend immediately agreed; we really did have a good talk and bad weather wouldn't have changed that.)

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