

CBASP Worksheet

Pick a specific upsetting or difficult event that involved another person. Describe what happened. Just the facts.

Explain what happened. State your interpretation. How did you read or size up the situation? Boil each explanation or interpretation of what happened down to a single clear sentence. Be specific and concrete.

1.

2.

3.

State what you did during the situation:

What was the actual outcome in this situation?
Be objective and specific. Pick only one outcome.

What was your desired outcome?
Be realistic, achievable, concrete.

Did you achieve your desired outcome?

☐ Yes

☐ No

If not, why not?

Take each explanation or interpretation above in the order you wrote them down. For each, ask yourself, how does this explanation of what was going on help me achieve my desired outcome? If it does not help you to get what you want, revise it or make new ones so that each explanation or interpretation would help lead you to your desired outcome.

1.

2.

3.

(continued)

CBASP Worksheet (continued)

List some concrete, specific things you could do to help you achieve your desired outcome in this situation.

1.

2.

3.

If you did not achieve your desired outcome in this situation, describe what went wrong and show how you have corrected the problem if something like this happens in the future. What were the key points that you learned?

What are some similar problem situations in your life which would benefit from the solutions you came up with here? Be as specific as possible about particular people and events.

1.

2.

3.

4.
