

Date: _____

Attribution Error Self-Examination Worksheet

1.) Internal Context: What negative emotions am I feeling? (<i>Be honest and write these down without trying to judge whether or not they are healthy.</i>)	2.) External Context: What event or situation most recently triggered these negative emotions?

The emotions that we experience in a specific situation are often the result of what we believe about that situation and ourselves. Negative emotions may hint at unhealthy thinking habits.

3.) **Internal Attributes:** What negative thoughts do I believe about myself in the midst of this situation? Check all that apply:

- | | | |
|--|--|--|
| <input type="checkbox"/> I'm so stupid. | <input type="checkbox"/> I'm unlovable. | <input type="checkbox"/> I'm not good enough. |
| <input type="checkbox"/> I'm so ugly. | <input type="checkbox"/> I'm such a failure. | <input type="checkbox"/> I won't ever be successful. |
| <input type="checkbox"/> I can't do this. | <input type="checkbox"/> I'm too old. | <input type="checkbox"/> I'm not cool enough. |
| <input type="checkbox"/> Other (please describe) | | |

4.) **External Attributes:** What might be a healthier, more realistic explanation of the situation?

Challenge those negative thought patterns....

- A.) Am I judging myself against some standard that isn't realistic or shouldn't exist?
- B.) If this situation is founded in **comparison**: rather than assuming they are inherently better than me, what logical explanation might contribute to the differences between us?
- C.) Did I have all the assets/resources that I needed to perform at the level I wanted? If I am comparing myself to others, did they have some advantage that I did not?
- D.) Was the event caused by a simple miscommunication that can be resolved?
- E.) Did I have control over every single component of the situation? If not, then it's probably not *entirely* my fault.

Examples of healthier thought patterns:

- That person does not hate me. We just experienced a miscommunication, which we can now talk through and heal from.
- I might not have done as well as I'd hoped, but that's because I didn't have all the tools I needed. Now that I've experienced this failure, I can learn from it and do better next time.

So, in light of the above, what should be my healthier thought pattern, with regards to this situation?

5.) **Accountability:** Who can I call or talk with about this situation, for support and an outside perspective?
