

**THREE MINUTE EXERCISE**

**MICHAEL R. EDELSTEIN, Ph.D.**  
**San Francisco, CA, (415) 673-2848**  
**DrEdelstein@ThreeMinuteTherapy.com**  
**www.ThreeMinuteTherapy.com**

**A. Activating event** you recently experienced about which you felt upset or disturbed, (e.g., "I was criticized.")

---

---

**B. Irrational Belief** or irrational evaluation you had about this activating event, (e.g., "I **MUST** not be criticized.")

---

---

**C. Emotional and behavioral Consequences** of your irrational belief, (e.g., "Hurt and compulsive eating.")

---

**D. Disputing** or questioning your irrational belief, (e.g., "Why MUST I not be criticized?")

---

---

---

**E. Effective new thinking** or answer that resulted from disputing your irrational belief, (e.g., "Although I PREFER not to be criticized, nothing etched in stone states that I MUST not be.")

---

---

---

---

---

---

---

---

---

---

**F. New Feeling or behavior** that resulted from disputing your irrational belief, (e.g., "Great displeasure and controlled eating.")

---

---