

## Pie Chart Worksheet

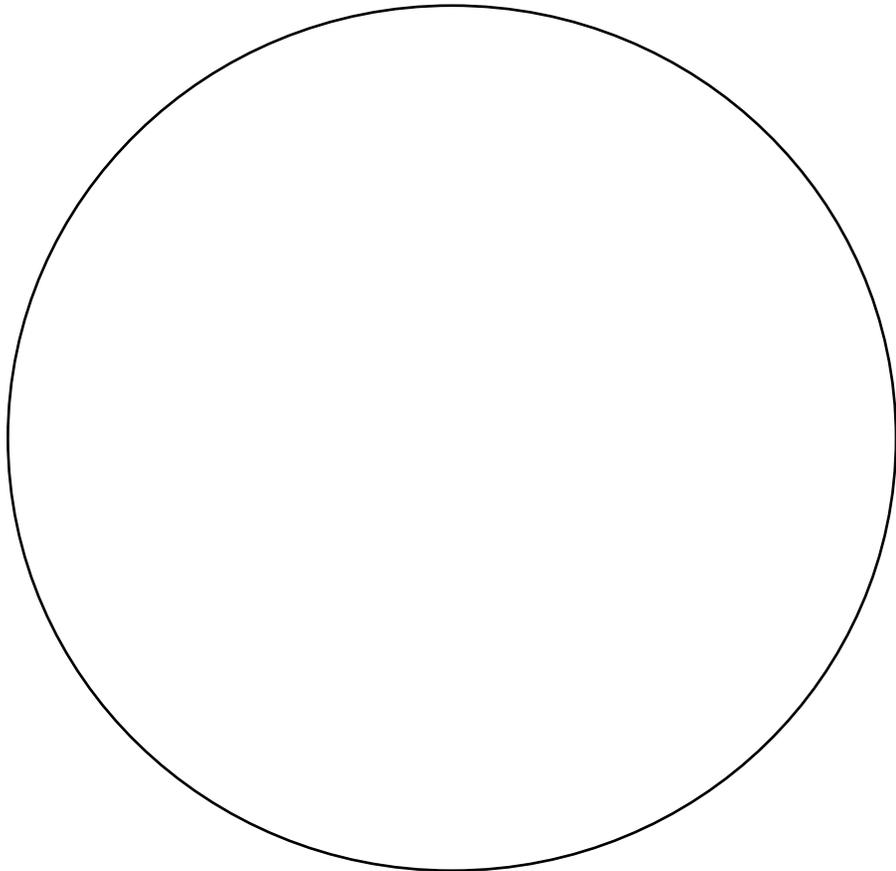
*Instructions.* Use this worksheet as a helpful guide for dealing with rejection. Notice when you're feeling upset that someone said "no" to your request and follow the steps below. Check out the last page for an example of a completed worksheet.

Step 1. Try to put a label on the **emotion** that you're feeling in response to the interaction (e.g., anxious, embarrassed, angry, depressed). Then, try to identify the **thought or belief** that is connected to that feeling. Rate how much you believe that thought in this moment, from 0 to 100, and use the pie to visualize your belief in the thought.

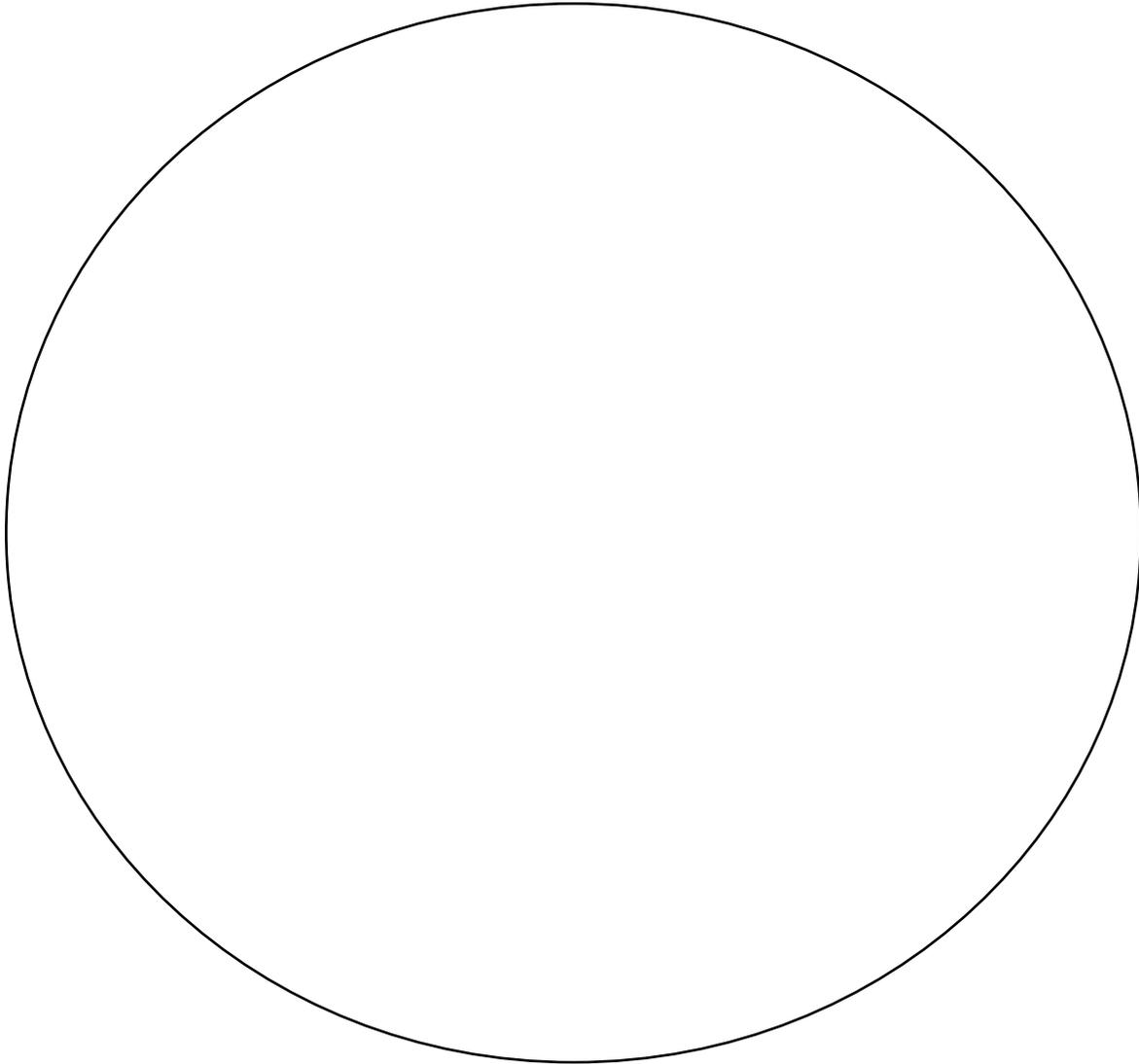
Emotion:

Thought or belief:

\_\_\_\_\_ %



**Step 2.** Brainstorm as many other reasons for the same event as you can, no matter how unlikely they may seem. Ask a trusted friend or family member help you with this process if you'd like. Write down all of the possibilities you come up with and allow the new reasons to share the pie chart of possibilities with your original thought. Then, **re-estimate** the probability that your original thought is true.



**Re-estimated belief in original thought:** \_\_\_\_\_ (0 – 100)

Notice that these other possible reasons don't mean that your original thought definitely isn't true. But a lot of times, our minds jump to a single conclusion in response to difficult social interactions, and become convinced that a single hypothesis must be a fact. There are an almost infinite set of reasons for why someone acts the way they do, and many of those reasons have nothing to do with you!

## Pie Chart Worksheet: Example

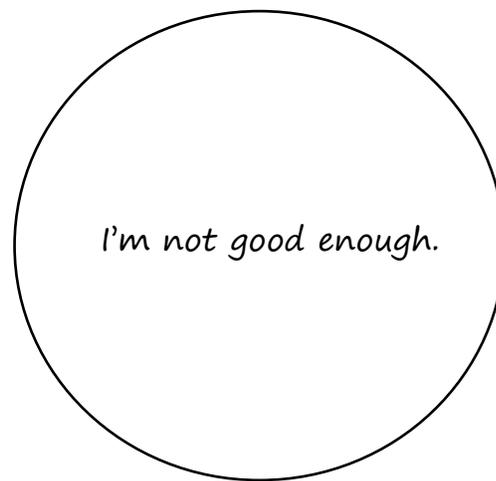
Aya is nervous because she is reaching out to her English teacher, Mr. Ruth, about her goal of studying journalism in college. She talks to Mr. Ruth after class about potential ideas for classes or camps in creative writing that she could take over the summer. Mr. Ruth barely looks up from papers on his desk and says he doesn't have any ideas for her. Aya feels really anxious about this response and thinks this means Mr. Ruth doesn't think Aya is good enough to pursue journalism, so she uses the pie chart technique.

### Step 1.

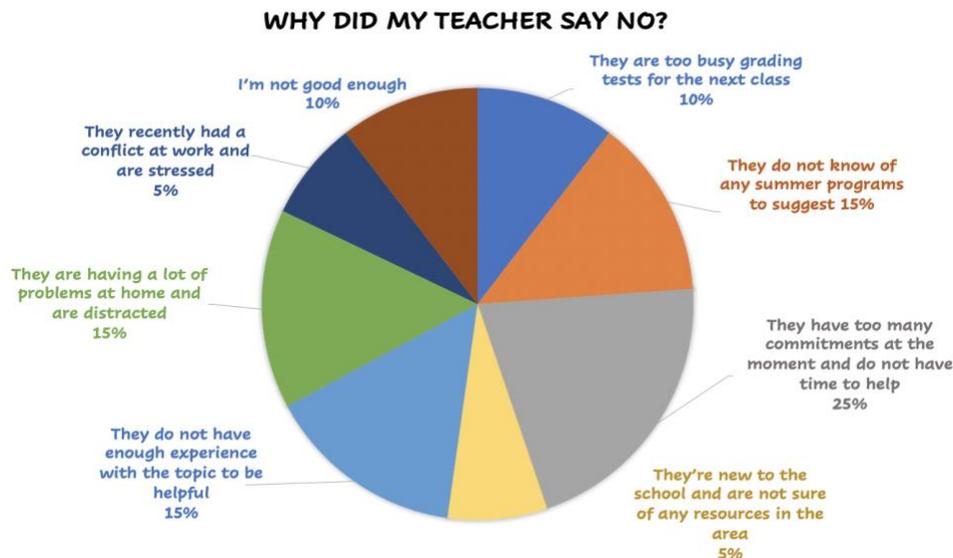
Emotion: *Anxiety*

Thought: *"My teacher turned me down because I'm not good enough."*

80%



### Step 2.



Re-estimated belief: 10%