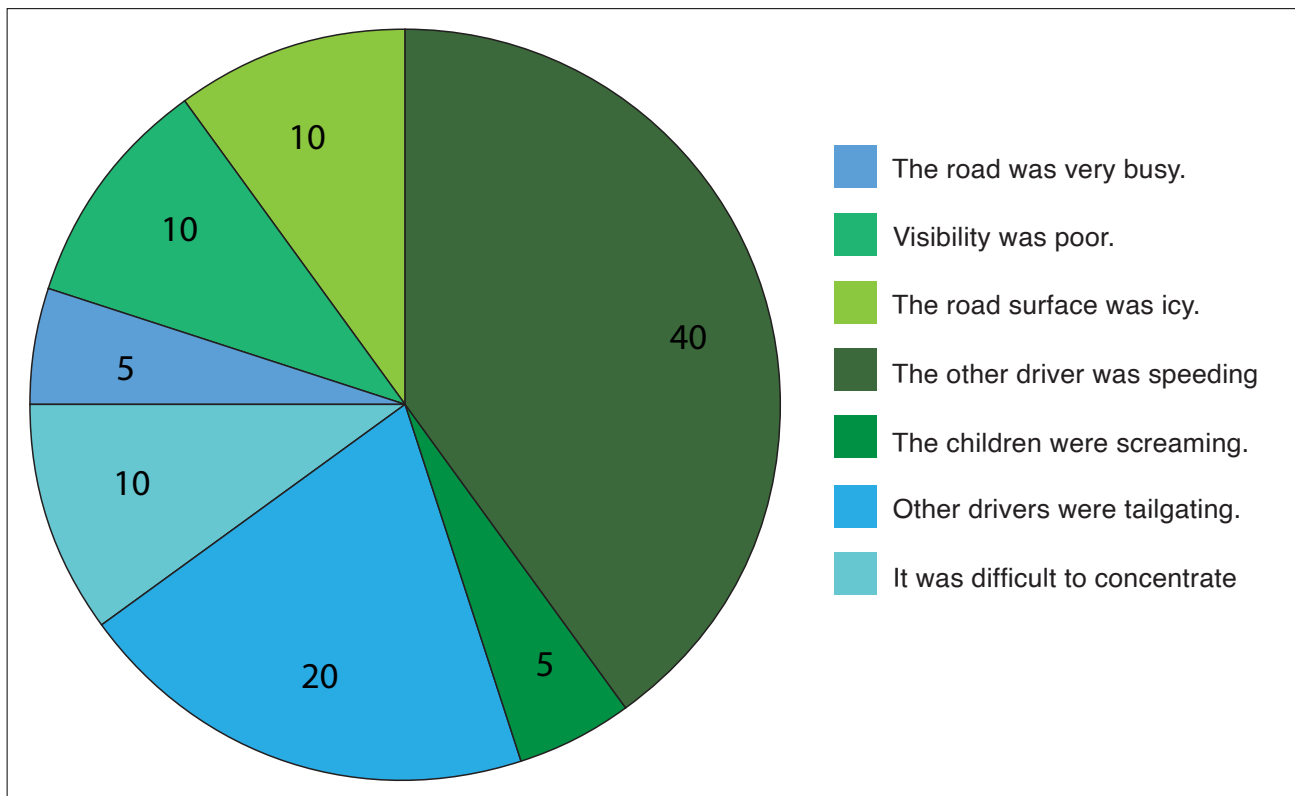


Example CBT Responsibility Pie Chart

Instructions: 1. State how strong the initial belief is in percentage terms. In the following example personal responsibility / blame was originally 99%. 2. Identify all of the different factors. In the example provided, there were seven different factors that contributed to the road accident. 3. Weight each factor in percentage terms. In the example, each factor was ranked according to its likely contribution. 4. Plot the different factors on the pie chart indicating each percentage. 5. Identify a revised belief and percentage rating to accurately reflect the overall picture.

Initial Belief: *I am to blame for the car accident - 99%*

Revised Belief: *I cannot control what happens on the road - 97%*



Causal Factors	%
<i>The road was very busy.</i>	<i>5%</i>
<i>visibility was poor.</i>	<i>10%</i>
<i>The road surface was icy.</i>	<i>10%</i>
<i>The other driver was speeding</i>	<i>40%</i>
<i>The children were screaming.</i>	<i>5%</i>
<i>Other drivers were tailgating.</i>	<i>20%</i>
<i>It was difficult to concentrate</i>	<i>10%</i>