ABC: trigger, belief, consequence

Record an event, what you told yourself about it and what followed.

Name _____ Date _____

When something upsets us, it feels as if the event caused the feeling directly. Usually there is a step in between: what we told ourselves about it. The same event with a different belief leads to a different feeling.

A: Activating event
What happened. Just the facts.

→

B: Beliefs
What I told myself about it.

→

C: Consequences
What I felt, and what I did.

A: What happened	B: What I told myself	C: What I felt (0 to 10) and what I did
My manager said "We need to talk on Friday."	*"I am in trouble. I am going to lose my job."*	*Dread 8. Could not concentrate. Snapped at home.*

Then add D and E

D: Dispute. Is the belief true? Is it helpful? What would I say to a friend who thought this?

E: Effect. A fairer belief to try

If I held the fairer belief, what would I feel and do?

The ABC model was developed by Albert Ellis, the founder of rational emotive behaviour therapy.

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