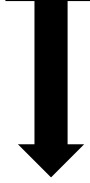


ABC Model

Activating Event

Something happens to you or in the environment around you.



Beliefs

You have a belief or interpretation regarding the activating event.



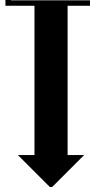
Consequences

Your belief has consequences that include feelings and behaviors.



Disputations of beliefs

Challenge your beliefs to create new consequences.



Effective new beliefs

Adoption and implementation of new adaptive beliefs.