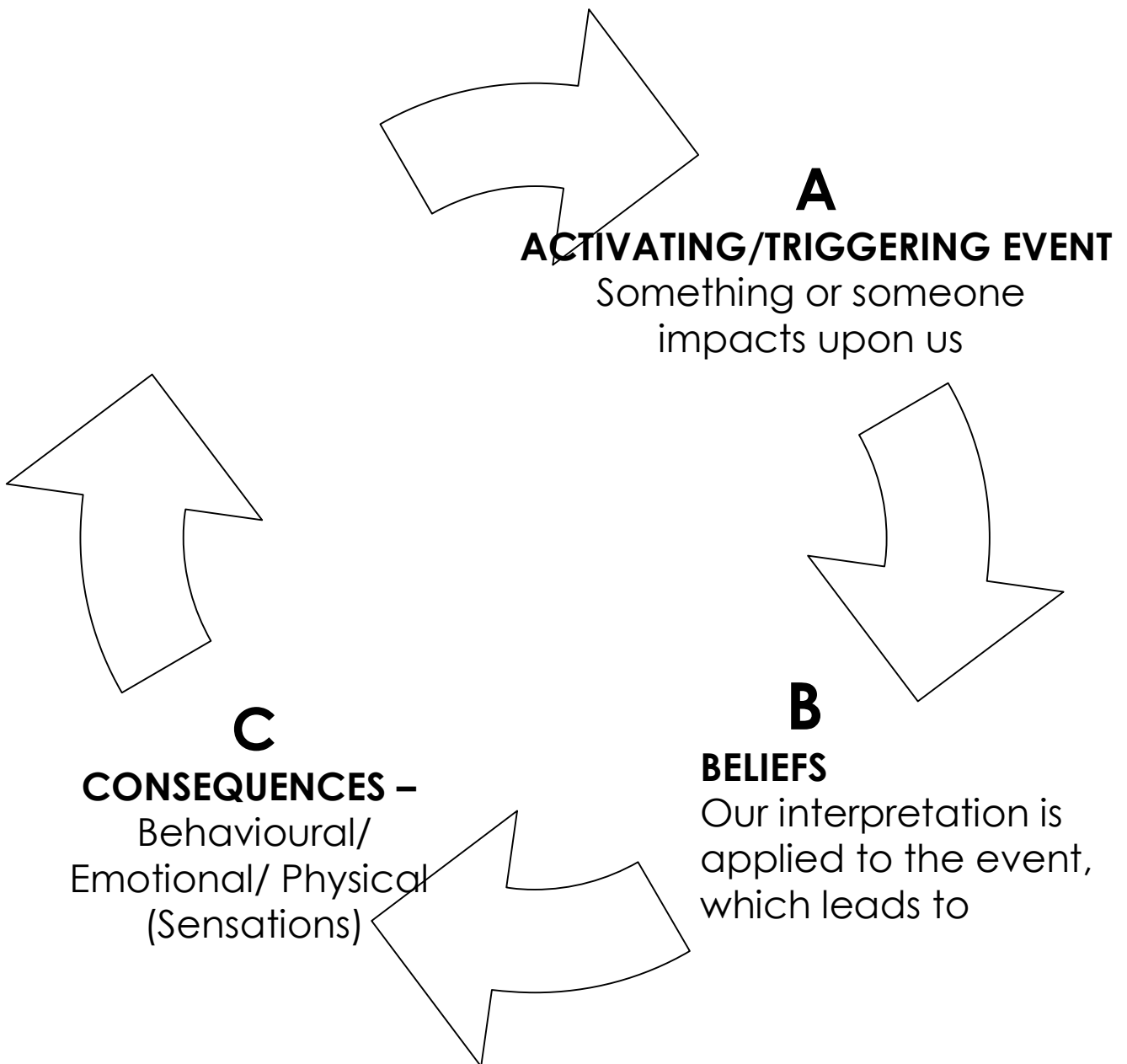
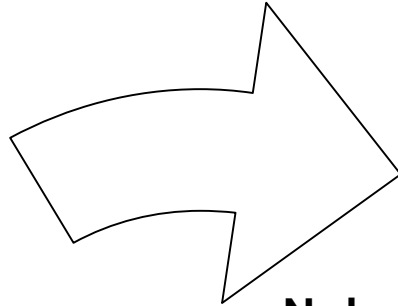


# The ABC Model

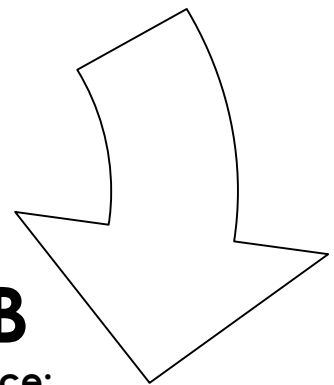
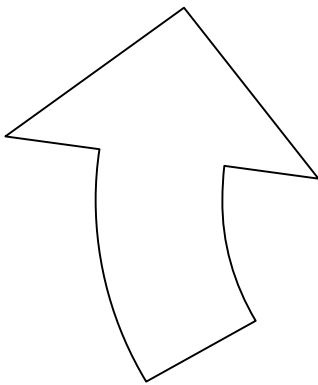


# The ABC Model



**A**

**Not getting a promotion**



**B**

**Inference:**

"I didn't work hard enough"

**Evaluation:**

"I should have got the job"

"I'm a total failure"

"I'm useless"

"It's awful"

"I can't stand it"

**C**

**Emotional:**

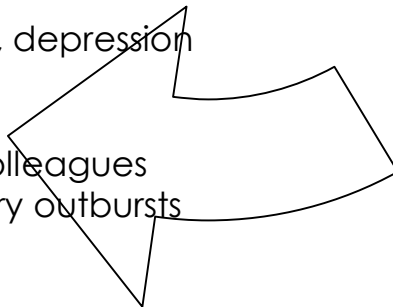
Anxiety, sadness, depression

**Behavioural:**

Avoidance of colleagues and friends, angry outbursts

**Physical:**

Difficulties with digestion, migraines, shoulder tension, insomnia



# Using the ABC Form

<p><b><u>Consequences</u></b></p> <p>1. Write down your emotions:</p>   <p>2. Write down your behaviour (actions – things you did or avoided doing)</p>   <p><i>Now go to no. 3 (opposite)</i></p>	<p><b><u>Activating Event</u></b></p> <p>3. Write down what triggered your emotions &amp; behaviour</p>
<p><b><u>Beliefs</u></b></p> <p>4. Write down the thoughts and beliefs that went through your mind:</p>	<p><b><u>Thinking errors</u></b></p> <p>5. Bring your 'homework' along to therapy so we can ascertain which of your negative beliefs are thinking errors, discuss why they are and then we can proceed with changing these thoughts!</p>