

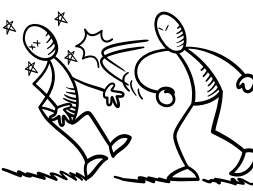






MY Psychological ABCs

Fill out this chart to identify the ABCs of your own personal situations.

Think of a situation that causes extreme emotional upset, depression, anxiety or stress, and use this chart to help you separate your disturbing thoughts from your emotions and behaviors, and physiological reactions.

A - Activating Event 	B - Belief <i>(perceptions, interpretations and thoughts)</i> 	C - Consequence <i>Feelings - Behaviors</i> 	D - Dispute and De-escalate 	E- Effect of the Disputing and De-escalating 
Example: Friend calls me a name	I can't stand him! He's a jerk!	Enraged - Yell and name call back	"He's a jerk" and "I can't stand him" shows all or nothing, extreme thinking. "I really can stand what I do not like - I need to stop dramatizing and labeling, and just stick to the facts that I do not like what he said."	Feel calmer, express myself assertively and tell him I do not like being called names