

**Homework assignment session 1**

Use downward thoughts that interfere with good control. To identify and change irrational or thinking thoughts, the ABC method is used.

The event, B, and then ABC, is a situation in which you have difficulty getting your mind focused in good control.

- In A, give a short description of the activating event.
- In B, write down the consequences: your feelings, and what you did (or did not).

• Then, in C, write down your beliefs or thoughts in the situation. It might help to consider what you told yourself.

• In D, write down how you would like to feel and what you would ideally do.

• In E, challenge the beliefs in C in the discussion. Try to determine the most likely whether it is true. It helps you to reach your goal. It helps you to present emotional feelings and if you have negative or thinking events.

<b>A. Activating event</b>	
<b>B. Beliefs:</b> (what did you think/ feel yourself?)	<b>D. Discussion:</b>
<b>C. Consequences:</b> How did you feel?  What did you do/didn't you do?	<b>E. Hope:</b> what you like to feel?  What would you ideally do?