

ABC Model for REBT

Name: _____

Fill in each section below to challenge your negative beliefs and create new consequences.

■ 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.