

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.

This event, A or from ABC, is a situation in which you have difficulty getting your mind focused in good control.

• to B. Give a short description of the activating event

• to C. write down the consequences: your feelings, and what you did and do.

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

• to E. write down how you want the to feel and what you would ideally do.

• to G. challenge the beliefs in D for discussion. Try to determine the truth. Is the belief what it is? Is it helpful you to reach your goal? Is it helpful you to prevent unwanted feelings and if you can recognize why thinking errors

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