

# THE ABC MODEL

Events are neither negative or positive. What matters is your beliefs about how the event affects you. When you see a situation as negative, you will have negative thoughts, which can cause negative consequences.

Take a moment to work through this ABC model. Answer the questions below to challenge your negative beliefs and create new consequences.

# A

Activating Event

What is the situation?

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# B

Beliefs

What do you believe about the situation?

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What are some healthier, more constructive beliefs to have about the situation?

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# C

Consequences

How can you use your new, more constructive beliefs to create a positive consequences?

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