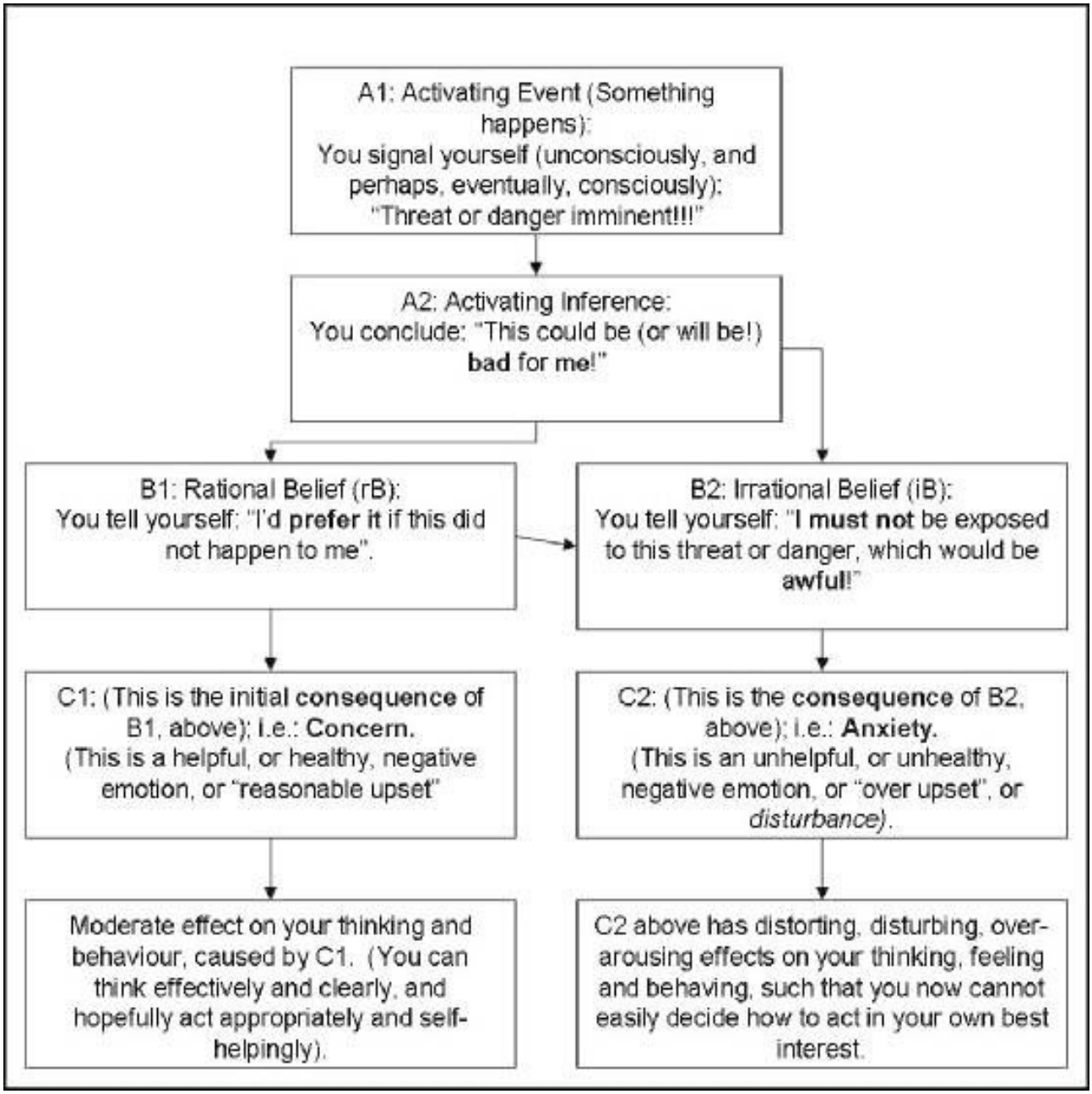
A1: Activating Event (Something happens):
You signal yourself (unconsciously, and perhaps, eventually, consciously):
"Threat or danger imminent!!!"
A2: Activating Inference:
You conclude: "This could be (or will be!) **bad** for me!"
B1: Rational Belief (rB):
You tell yourself: "I'd **prefer it** if this did not happen to me".
B2: Irrational Belief (iB):
You tell yourself: "**I must not** be exposed to this threat or danger, which would be **awful**!"
C1: (This is the initial **consequence** of B1, above); i.e.: **Concern.**
(This is a helpful, or healthy, negative emotion, or "reasonable upset"
C2: (This is the **consequence** of B2, above); i.e.: **Anxiety.**
(This is an unhelpful, or unhealthy, negative emotion, or "over upset", or *disturbance)*.
Moderate effect on your thinking and behaviour, caused by C1. (You can think effectively and clearly, and hopefully act appropriately and self-helpingly).
C2 above has distorting, disturbing, over-arousing effects on your thinking, feeling and behaving, such that you now cannot easily decide how to act in your own best interest.