

# ABC Model for REBT

## Worksheet

Name \_\_\_\_\_

Date \_\_\_\_\_

<b>A</b>	<b>Activating event</b> <i>Something happens to you or in the environment around you</i>
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<b>B</b>	<b>Beliefs</b> <i>You have a belief or interpretation regarding the activating event</i>
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<b>C</b>	<b>Consequences</b> <i>Your belief has consequences that include feelings and behaviors</i>
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<b>D</b>	<b>Disputation or Beliefs</b> <i>Challenge your beliefs to create new consequences</i>
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<b>E</b>	<b>Effective New Beliefs</b> <i>Adoption and implementation of a new adaptive beliefs</i>
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