

Homework assignment session 1

We discussed thoughts that interfere with good control. To identify and change irrational or 'blocking' thoughts, the ABC method is used.

This week, fill out three ABC's in situations in which you have difficulty getting your blood glucose in good control.

- In **A**: Give a short description of the Activating event
- In **C**: write down the consequences: your feelings, and what you do/ don't do.

• Next, in **B**: write down your beliefs or thoughts in this situation. It might help to consider what you 'told yourself'.

• In **E**: write down how you would like to feel and what you would ideally do.

• In **D**: challenge the beliefs in **B** for discussion. Try to determine for each belief whether it is true, it helps you to reach your goal, it helps you to prevent unwanted feelings and if you can recognize any 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?