

ABC's – How we create our healthy emotions

A = ACTIVATING EVENT

This refers to the situation you are / were facing
Briefly describe what you were most emotive about

B = BELIEFS

Beliefs you hold about this specific event

Flexible preferences. These are the desires (that acknowledge the reality that they may not be met) that you hold about the situation you are facing

Anti – awfulising: i.e. acknowledging it's bad but not the end of the world if your desires are not met

High frustration tolerance: i.e. acknowledging it's difficult but possible to tolerate if your demands are not met

Self / other rating Acknowledging your worth or anyone else's worth is not reliant on whether your demands are met

C = CONSEQUENCES:

Major healthy negative emotion:

Major self-helping behaviours:

GOAL: IMMEDIATE

LONG TERM

ABC's – How we create our unhealthy emotions

A = ACTIVATING EVENT

This refers to the situation you are / were facing
Briefly describe what you were most disturbed about

B = BELIEFS

Beliefs you hold about this specific event

Dogmatic demands: Look for the demands you are making about the situation you are facing

Awfulising: i.e. Concluding it's the end of the world if your demands are not met

Low frustration tolerance: i.e. Concluding it's too much to bear if your demands are not met

Self / other rating Concluding you or another person is less worthwhile or worthless if your demands are not met

C = CONSEQUENCES:

Major unhealthy negative emotion:

Major self-defeating behaviours:

GOAL: IMMEDIATE

LONG TERM