






ABC MODEL

<p>A CTIVATING EVENT</p> 	<p>Something happens to you or in the environment around you.</p>
<p>B ELIEFS</p> 	<p>You have a belief or interpretation regarding the activating event.</p>
<p>C ONSEQUENCES</p> 	<p>Your belief has consequences that include feelings and behaviors.</p>
<p>D ISPUTATIONS OF BELIEFS</p> 	<p>Challenge your beliefs to create new consequences.</p>
<p>E FFECTIVE NEW BELIEFS</p> 	<p>Adoption and implementation of new adaptive beliefs.</p>