



**MY ABC**  
**FOR DEALING WITH EMOTIONAL UPSETS**

<b>A</b> ctivating event	<b>B</b> elief about event – irrational	<b>C</b> onsequence of my irrational belief	<b>D</b> ispute my irrational belief	<b>E</b> ffective change in my thinking
<p>What happened?</p>	<p>What am I telling myself about the event?</p> <p>Example: Demand, awfulizing, downing, frustration, intolerance, etc.</p>	<p>How does my irrational belief make me feel?</p> <p>Example: Rage, depression, anxiety, shame, avoidance, aggression, etc.</p>	<p>Turn <b>B</b> into a question (DIBs).</p> <p>Example: <i>Am I really a ...?</i>; <i>Do I have proof of ...?</i>; Etc.</p>	<p>Rational thoughts, moderate emotions.</p> <p>Example: Annoyance, disappointment, assertiveness, sadness, etc.</p>

