



## MY ABC FOR COPING WITH URGES

<b>Activating event</b>	<b>Belief about event – irrational</b>	<b>Consequence of my irrational belief</b>	<b>Dispute my irrational belief</b>	<b>Effective change in my thinking</b>
The event that created the urge.	What I believe about <b>A</b> . Find the irrational demand – the <b>MUST</b> .	How I feel and how I behave as a result of <b>B</b> .	A more helpful belief about <b>A</b> that replaces the irrational belief.	How I feel and act as a result of <b>D</b> – my new rational belief about <b>A</b> .

