

A B C Model

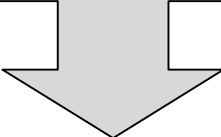
**ACTIVATING
INCIDENT**

Something happens to
you or in the environment
around you.



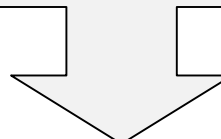
BELIEFS

You have a belief or
interpretation regarding
the activating event.



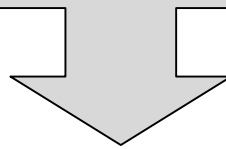
CONSEQUENCES

Your belief has
consequences that include
feelings and behaviors.



**DISPUTATIONS
OF BELIEFS**

Challenge your beliefs to
create new consequences.



**EFFECTIVE NEW
BELIEFS**

Adoption and
implementation of new
adaptive beliefs.

