

## Tool 5.2: ABC exercise

Date:				
<u>Activating event</u>	<u>Belief about the event</u>	<u>Consequence of the unhelpful belief</u>	<u>Dispute the unhelpful belief</u>	<u>Effective thinking change</u>
The event that created the urge.  Ex: My boss yelled at me today in front of my coworkers.	What I unhelpfully believe about A—the “must.”  He has no right to embarrass me. It’s not fair. I can’t stand this.	<b>belief</b> How I feel and behave in response to A because of B.  I’m really mad and I want a drink.	Questions I ask myself to dispute the unhelpful belief B  Does my boss only yell at me? Is life always fair? Can I stand this without a drink?	The new more effective belief I adopt to replace B, which leads to a different C in response to A.  My boss yells at everyone sooner or later. Life isn’t fair. That didn’t feel great, and it’s over. My boss isn’t worth giving up my long-term goals.