

ABC MODEL PRACTICE - PART I

The ABC model benefits mental and emotional functioning. If you have inaccurate beliefs about a situation, your response may not be effective or healthy. However, using the ABC model can help you identify these inaccurate beliefs. This lets you consider whether they're true, which improves how you react.

It also helps you notice automatic thoughts. In turn, you can pause and explore alternative solutions to a problem.

Date :

A	B	C
Activating Event	Belief/judgmental comments	Consequence
"Something happens" *Describe non-judgmentally	"I tell myself something"	"I feel Something"
		<ul style="list-style-type: none">• Happy: Amused < Ecstatic• Angry: Irritated < Enraged• Sad: A little down < Despair• Scared: Uneasy < Terrified• Ashamed: Embarrassed < Mortified• Disgusted: Turn off < Horrified• Envy• Jealousy• Love• Guilt

**Note: Feel free to use feelings wheel

ABC MODEL PRACTICE - PART II

Evidence for = evidences supporting/proving your thoughts/beliefs under 'B':

Evidence Against = Evidences away from/ proving against your thoughts/beliefs under 'B':

Are my thoughts (belief) above **all the way** realistic? (Yes / No)

Reality statement: What is the reality based on all evidences?