

ABC Model For REBT

Events are neither negative nor positive. What matters is your beliefs about how the event affects you. When you see a situation as negative, you will have negative thoughts, which can cause negative consequences.

Directions: Take a moment to work through this ABC model. Answer the questions below to challenge your negative beliefs and create new consequences.

A Activating Event	What is the situation?
B Beliefs	What do you believe about the situation? What are some healthier, more constructive beliefs to have about the situation?
C Consequences	How can you use your new, more constructive beliefs to create a positive consequence?