

THE ABC OF CBT – *blank template – create several versions with B and C outcomes*

A

ACTIVATING EVENT OR SITUATION

B

BELIEFS AND THOUGHTS

C

CONSEQUENTIAL PHYSICAL FEELINGS (THREAT RESPONSE – NERVOUS SYSTEM)

CONSEQUENTIAL BEHAVIOUR



CONSEQUENTIAL EMOTIONAL FEELINGS

THE ABC OF CBT – *blank template – dispute the self talk, clean it up...*

A

ACTIVATING EVENT OR SITUATION

B

BELIEFS AND THOUGHTS

D

DISPUTE THE BELIEFS AND THOUGHTS WITH CLEAR RATIONAL REFRAMING

How would this new Disputed thinking change the consequential physical, emotional, and behavioural responses?

C...