

ABCDE

A--- Activating event, something happens.
Antecedent = facts and events

Example: *Joey is looking at me and rolling his eyes.*

B--- Beliefs lead to behavior.
Beliefs and behaviors = self-talk, thoughts and attitudes.

Example: *Joey is making fun of me and does not like me (**belief**). I got out of my desk and confronted him. I was yelling and trying to get him to fight me (**behavior**).*

C--- Consequences, feelings and behavior.

Example: *I am used to people making fun of me and I don't want to look like a punk, so I had to do something (**feelings**). Because I was showing threatening behavior (**behavior**), I was sent to the foyer and had to do a group and people think I am aggressive (**consequence**).*

D--- Dispute the irrational beliefs.
Do a “camera check” of facts and events and come up with rational alternatives to self-talk.

Example: *If I was watching the situation on camera would I know that Joey was looking directly at me? Would I know that he was trying to make fun of me by rolling his eyes? Would I know why he was rolling his eyes?*

E--- Evaluate to create new feelings and behavior.
Expectations = Desired feelings/behavior in future situations.

Example: *If I don't know if Joey is looking at me or why Joey is rolling his eyes, then I should just ignore him because it might not even be about me.*

Situation – Thinking – Feelings – Behavior - Consequences