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ABC Scenarios

Complete the Problem Scenario with your typical consequences, then do the Solution Scenario using the same activating event but choosing positive consequences.

ABC Model 1 - Problem Scenario

A - Activating Event

Something that upsets you or throws you off track.

B - Beliefs

What belief(s) would generate the consequences?

C - Consequences

Behavior and/or emotion

Reflection

What did you notice? Was your belief rational or irrational?

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ABC Model 2 - Solution Scenario

Do the Solution Scenario but write the consequences you would prefer. Fill in the beliefs that would logically generate the new consequences. The activating event is the same.

A - Activating Event

B - Beliefs

C - Consequences

Reflection

What did you notice?

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