A-B-C-D-E MODEL

Activating Experience (the event):

Belief(s) (thoughts or interpretations of the event)

Consequence(s) (upsetting emotional consequence of self-defeating belief; how you felt following the belief)

Disputing self-defeating belief (challenging the self-defeating belief; consider another possibility; another way to interpret the belief)

Effect of consequence of disputing self-defeating belief (new emotional consequence as a result of challenging the self-defeating belief)

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