

ABCs of RET/CBT

A) ACTIVATING EVENT Something happens	B) BELIEF ABOUT THE EVENT What I think it means	C) FEELINGS ABOUT THE EVENT My feelings based on the meaning I give the event	D) Response My behavior in response to the feelings I have
--	--	---	--

Example

A) ACTIVATING EVENT Something happens	B) BELIEF ABOUT THE EVENT What I think it means	C) FEELINGS ABOUT THE EVENT My feelings based on the meaning I give the event	D) Response My behavior in response to the feelings I have
--	--	---	--

My spouse tells me to dress warmly; it's cold outside	My spouse thinks I'm an idiot and don't know that its cold outside.	I feel controlled, hurt, and angry.	I respond with something sarcastic.
---	---	-------------------------------------	-------------------------------------

Example : Challenging my automatic beliefs about the event

A) ACTIVATING EVENT IS THE SAME	B) WHAT ELSE COULD IT MEAN?	C) WHAT ARE MY FEELINGS NOW THAT MY BELIEF HAS CHANGED?	D) WHAT IS MY RESPONSE SINCE MY THOUGHTS AND FEELINGS HAVE CHANGED?
---------------------------------	-----------------------------	---	---

My spouse tells me to dress warmly; its cold outside.	My spouse is thinking of my comfort and telling me to dress warmly is an act of caring.	I feel loved and caredd about.	I give him a hug and say, "I will, thanks."
---	---	--------------------------------	---

Example #2

A) ACTIVATING EVENT Something happens	B) BELIEF ABOUT THE EVENT What I think it means	C) FEELINGS ABOUT THE EVENT My feelings based on the meaning I give the event	D) Response My behavior in response to the feelings I have
A) My spouse comes back from the kitchen with a tea for him but not for me.	B) He should have known I would want one too.	C) Hurt, angry, unloved	D) I tell him that he is selfish and inconsiderate.

Example : Challenging my automatic beliefs about the event

A) ACTIVATING EVENT	B) WHAT ELSE COULD IT MEAN?	C) WHAT ARE MY FEELINGS NOW THAT MY BELIEF HAS CHANGED?	D) WHAT IS MY RESPONSE SINCE MY THOUGHTS AND FEELINGS HAVE CHANGED?
My spouse comes back from the kitchen with a team for him but not for me.	I don't always want a tea when he does. He diidn't read my mind. That is an unreasonable expectation.	Neutral; No positive or negative feelings.	No response is necessary.

ABCs of RET/CBT

My Worksheet

Date: _____ My Example

A) ACTIVATING EVENT Something happens	B) BELIEF ABOUT THE EVENT What I think it means	C) FEELINGS ABOUT THE EVENT My feelings based on the meaning I give the event	D) Response My behavior in response to the feelings I have
--	--	---	--

--	--	--	--

Example : Challenging my automatic beliefs about the event

A) ACTIVATING EVENT IS THE SAME	B) WHAT ELSE COULD IT MEAN?	C) WHAT ARE MY FEELINGS NOW THAT MY BELIEF HAS CHANGED?	D) WHAT IS MY RESPONSE SINCE MY THOUGHTS AND FEELINGS HAVE CHANGED?
------------------------------------	-----------------------------	---	---

--	--	--	--