

ABCDE OF MY FEELINGS & ACTIONS

USE THE POWER OF YOUR MIND
TO GET BETTER OUTCOMES IN
YOUR WORK AND PERSONAL LIFE



MASTERING MY THOUGHTS FEELING, WORDS AND ACTIONS

The ABCDE model was developed by Psychologist Albert Ellis and is briefly outlined below.

A Stands for - Activating Event or Adversity.

B Stands for - Belief

C Stands for - Emotional and Behavioral Consequence

D Stands for - Disputes or arguments against the belief

E Stands for - New Effect/Emotions and behaviours

Many people believe that A creates C.

That is, something happens, is said or done, and I have an emotional and behavioural response to that thing.

You will know if other people believes that A creates C because you will hear them making excuses or blame others for their feelings, words and actions.

You will hear them saying things like

- That's just the way I am
- It's not my fault
- I was brought up that way
- I can't change the way I am
- You/they made me feel angry/depressed/distressed etc.
- They made me do it
- I only did.... because they did...

These people are stuck in the false belief that they have no control regarding how they respond to the external factors in their life.

It is pretty easy to notice when other people have these types of false beliefs but how can you notice when you are doing it to yourself?



ABCDE MODEL OF FEELINGS AND ACTIONS

Imagine that 100 people attend a meeting because they want to hear from a speaker who has some critical information to share with them.

They are also looking forward to the opportunity to raise their questions and concerns about a particular matter. At the last minute, it is announced that due to unforeseen circumstances, the speaker will not be able to make it to the meeting.

Will each of these 100 people respond the same way to this news?



The answer is no they won't.

In-fact, there will potentially be 100 different responses.

Here are just a few of the likely different responses.

- Someone may feel annoyed and yell abuse at the person who announced that the speaker was unable to attend.
- Someone may feel disappointed, quietly leave the room and decide to give up on the thing they wanted to raise with the speaker.
- Someone may take the opportunity to say hello to another person in the room that they wanted to speak to.
- Someone may feel relieved because they really needed to be doing something else right now.
- Someone might think, this is great, now I have time to get some lunch before my next meeting.
- Someone may feel concern for the speaker and fear that something terrible has happened to them or their family.
- Someone may feel so upset that they did not get to discuss this important matter, that they don't sleep all night, they lay awake playing the problems over and over in their mind.

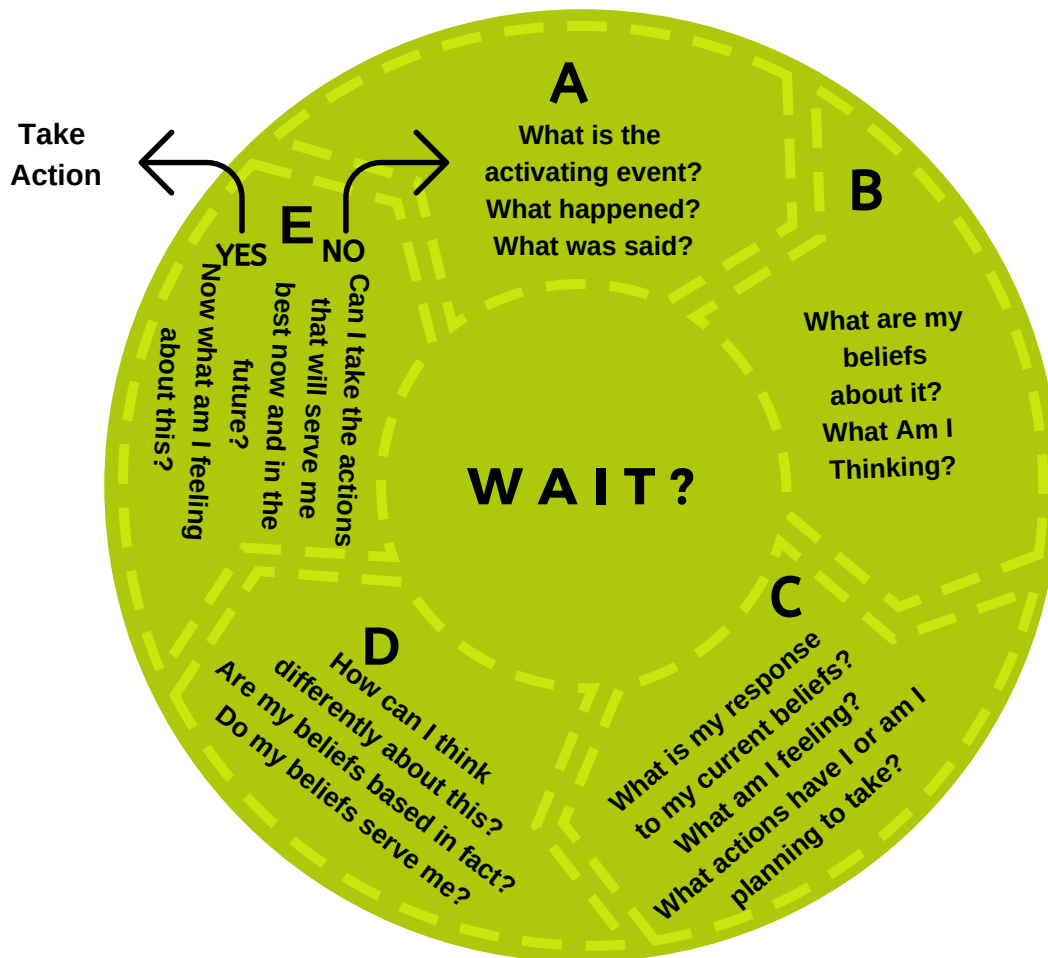
If 100 people respond differently to the same Activating Event or Adversity, it cannot be A that creates C.

It's not the thing that happens that creates our emotional and behavioural response to that thing.

So.... what is creating our response?

The answer is B our Beliefs are creating our response.

The exciting thing is that we can learn to manage our beliefs using the ABCDE Model.



Our beliefs create our feelings and our responses to events in our life. If we want to feel and act differently we need to think differently about our beliefs. We can:

- Notice our feelings about an event or something that was said.
- Ask ourselves what we believe about the event or statement.
- Think about how those beliefs are effecting our feelings and our actions.
- Challenge our own beliefs. Ask ourselves questions like is my belief actually true? Does this belief serve me? Is there another way I can think about this?
- Observe any new emotions or behaviours from challenging our own beliefs.

ABCDE MODEL OF FEELINGS AND ACTIONS

Example

What is the Activating Event or Adversity?

Someone cut me off in traffic.

What are my Beliefs about this?

They cut me off on purpose. They are just trying to make my day hard. They are all idiots who should not be allowed on the road. I should just have a traffic-free trip to work every day.

What is my Autopilot Feelings and Behaviour about this?

I feel annoyed. I abuse them and wave my arms in the air because they just ruined my whole day. As soon as I get to work I am going to tell everybody what a horrible person that driver is. I distract myself and others from our work.

What are some other possible beliefs and thoughts about it?

They may not have seen me and I only needed to apply the brakes for a split second to avoid hitting them, it's no big deal. Things don't always run smoothly in traffic and I am responsible for being observant of the drivers around me. It could just as easily be me who cuts someone off?

Do any of these other possible beliefs help me to change my feeling and behaviour to better serve me?

Wow lucky I saw that and avoided hitting that car. This has no impact on my feelings or my day.



ABCDE MODEL OF FEELINGS AND ACTIONS

Now its your turn.

What is the Activating Event or Adversity?

What are my Beliefs about this?

What is my Autopilot Feelings and Behaviour about this?

What are some other possible beliefs and thoughts about it?

Do any of these other possible beliefs help mt to change my feeling and behaviour to better serve me?



ABCDE MODEL OF FEELINGS AND ACTIONS

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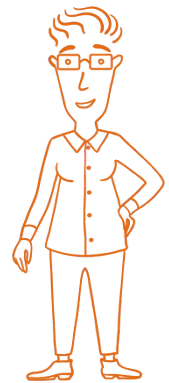
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*Jennifer
Emmett*
Simple little steps
Big personal success
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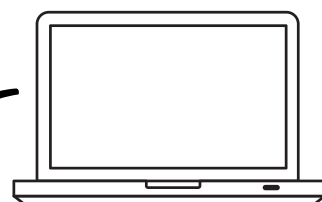
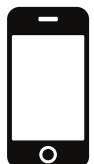
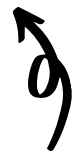
Beyond Possible Fundamentals is a short online course jam-packed with the key messages in the book plus lots of other life-changing information.

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"I lost count of the number of AHA moments experienced and now find myself repeating these learnings to others in my life."



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