

Activating event or thought - What is the Activating event or thought? What happened? What did I do? What did another do? What thought or idea occurred to me? Without emotional interpretation.

Belief – Looking for an UNHELPFUL one. What might I believe about the Activating event? Which belief might be my helpful or self-enhancing belief and which might be my unhelpful or self-defeating belief? ESPECIALLY looking for **A DEMAND!** that I, an **OTHER** or my **LIFE** be or act a certain way.

Consequence - What emotion am I feeling? Am I feeling anger, depression, anxiety, frustrated, self-pity, etc.? Am I behaving in a way that is likely not to work well for me - drinking, attacking, moping, etc.?

Dispute - Dispute the unhelpful Belief. What is the evidence that my belief is true? In what way is my belief helpful or unhelpful? In what way might I logically defend my belief? How might it stand up?

Effective New Belief and New Emotional Consequence - What helpful or self-enhancing **new** belief might I use to replace a self-defeating or dysfunctional belief? How might I be more scientific, logical or helpful IN MYSELF? How might it be a PREFERENCE? **What might be my new feeling as a result?**

The 'C' may be identified first, then the actual 'A' refined, and then the 'B' looked for or spotted.
It seems my '**B**' **causes** '**C**' - rather than an 'A' causing 'C'

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