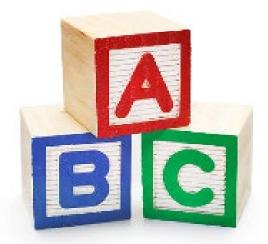
A-B-C Model of Stress Thoughts

- A. Activating Events
- B. Belief about the Event
- C. Consequence of Irrational Ideas
- D. Disputing and Challenging the Irrational Ideas:
 - 1. Select irrational idea
 - 2. Is there any support for this idea?
 - 3. What evidence exists for the falseness of the idea?
 - 4. Does any evidence exist for the truth of the idea?
 - 5. What is the worst thing that could happen to me?
 - 6. What good thing might occur?
- E. Alternative Thoughts
- F. Alternative Emotions



So much stress comes from imagined fears or assumptions regarding what could happen or what someone else thinks. Usually, assumed wrong.