

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.