

You cannot control what happens to you, but you can control what you feel, say, and do.

Slimbo Notebook
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Activity: The ABC Model for Handling Adverse Events

What is it?

The ABC model was created by Dr. Albert Ellis, a psychologist and researcher. Its name refers to the components of the model. Here's what each letter stands for:

A: Adversity or activating event.

B: Beliefs about the event. It involves both obvious and underlying thoughts about situations, yourself, and others.

C: Consequences, which includes your behavioral or emotional response.

In other words, we can't control the events we face, but we can try to control how we feel about them and how we respond. The (C) consequence is created not by the (A) adverse event but rather by how we respond based on our (B) belief.

Example:

Negative Consequence:

A: You're stuck in traffic on the way to work.

B: You believe that you will be late, get behind at work, and that your boss will be upset.

C: You panic, get stressed, and arrive to work in a frenzy.

Positive Consequence:

A: You're stuck in traffic on the way to work.

B: You know that you have no control over traffic, being late isn't the end of the world, and there are ways to use this time productively.

C: You listen to an uplifting podcast, arrive to work 5 minutes late feeling calm and ready for the day.

Give It a Try:

A: Adverse Event

I am stressed or worried about...

B: Beliefs about the event

These are the things I cannot control...

These are the things I can control...

C: Consequence

These are possible negative outcomes...

This is the worst possible outcome I can think of...

This is what I can do to make the situation better...

This is the best possible positive outcome...