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# Stop Anxiety in THREE Steps

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# Hello & *Welcome*



## **Understanding the Challenge**

If you are going through some life transitions and feel like you are not managing them very well—your relationship ended, you lost your job, you are having tough times financially, or starting a business—anything that brings you to the land of the unknown and causes mood swings, anxiety, sleep problems, feeling down, or feeling overwhelmed...

I'm here to your rescue!

## **Introducing the ABC Process**

It allows us to gain insight into the connections between thoughts, emotions, and behaviors.

It's a journey of self-awareness, intervening at the cognitive level to reshape thought patterns and alleviate stress and anxiety.

# About The Approach

## CBT (Cognitive Behavioral Therapy)

CBT (Cognitive Behavioral Therapy) is a therapeutic approach that focuses on the connection between thoughts, feelings, and behaviors. By identifying and challenging negative thought patterns, we can reshape our perspectives and cultivate healthier behaviors.



## The ABC Model

### A

#### Activating Event

This represents the external situation or trigger that sets off a sequence of thoughts, emotions, and behaviors. It could be something that happens in the environment, an interaction with someone, or an internal event.



### B

#### Beliefs

These are the thoughts and interpretations about the activating event. Beliefs can be rational (logical and evidence-based) or irrational (unrealistic or distorted).

### C

#### Consequences

Consequences refer to the emotional and behavioral outcomes that result from the beliefs about the activating event. If the beliefs are rational, the emotional consequences are likely to be healthy.

However, if the beliefs are irrational, negative emotions such as anxiety, depression, or anger may arise, leading to unhelpful or unhealthy behaviors.

# How it works



## Example

**Activating Event (A):** You receive criticism from your boss at work.

**Beliefs (B):** "I must always do everything perfectly, and if I make a mistake, I'm a complete failure."

**Consequences (C):** Feeling intense anxiety and inadequacy, avoiding work tasks, or becoming defensive.

## Additional Questions For Reflection

### 01. Is that true for you (yes/no)?

Consider whether these thoughts resonate with your personal truth. Are they genuinely reflective of your experiences and supported by evidence?

### 03. How do you envision your life in 6/12 months if you continue to think that way?

Project into the future and contemplate the potential consequences of maintaining your current beliefs. Consider the impact these thoughts might have on your overall well-being and the trajectory of your life.

### 02. What facts prove it in your case?

Explore the concrete details and instances in your life that either validate or challenge these thoughts. Look for specific evidence that relates directly to your situation.

### 04. What healthier belief do you want to replace it with?

Actively seek out alternative, more rational beliefs that align with your goals and values. Identify positive thought patterns that can lead to healthier emotional responses and behaviors for you.

# The Process

*Using the ABC Technique in 4 Steps*

Using the ABC system involves reflecting on situations that trigger emotional responses.

## Here's How The Process Looks Like

### Identify the Activating Event (A)

Recognize the specific situation or trigger that is causing you distress or negative emotions. What happened that led to your current feelings? It could be an event, interaction, or even a thought.

01.

### Explore the Consequences (C)

Consider the emotional and behavioral consequences resulting from your beliefs. How are you feeling, and what actions or behaviors are these emotions prompting? Assess whether the consequences are helpful or harmful to your overall well-being

03.

04.



### Examine Your Beliefs (B)

Analyze the thoughts and beliefs you have about the activating event. Are these thoughts rational and based on evidence, or do they contain irrational or distorted thinking? Identify the core beliefs influencing your emotional response.

### Dispute Irrational Beliefs (D)

Ask yourself additional questions to dispute irrational beliefs. Use these questions to challenge irrational thoughts, replace them with more rational ones, and develop a healthier perspective.

# Applying the ABC Technique

## *to daily practice*



### Cultivate Awareness

- Throughout the day, be mindful of your emotions and any situations that trigger them.
- Whether positive or negative, identify the activating events (A) that contribute to your emotional responses.

### Pause and Reflect

- Take a moment to pause and reflect on the thoughts and beliefs (B) you hold about the activating event. What's going through your mind in response to the situation?
- Pay attention to any automatic or irrational thoughts.

### Assess Consequences

- Consider the emotional and behavioral consequences (C) of your thoughts and beliefs. How are you feeling, and how are those feelings influencing your actions?
- Assess whether the consequences are helping or hindering your well-being.

### Challenge and Restructure

- Dispute irrational beliefs by challenging them with the questions above.
- Replace irrational thoughts with more rational and balanced perspectives.
- Consider adopting healthier beliefs that contribute to positive emotions and constructive behaviors.

### Record Insights

- Gradually integrate the ABC technique into your daily routine.
- It's a skill that improves with practice, so be patient with yourself as you develop the habit of self-reflection.

# Is it *For Me?*

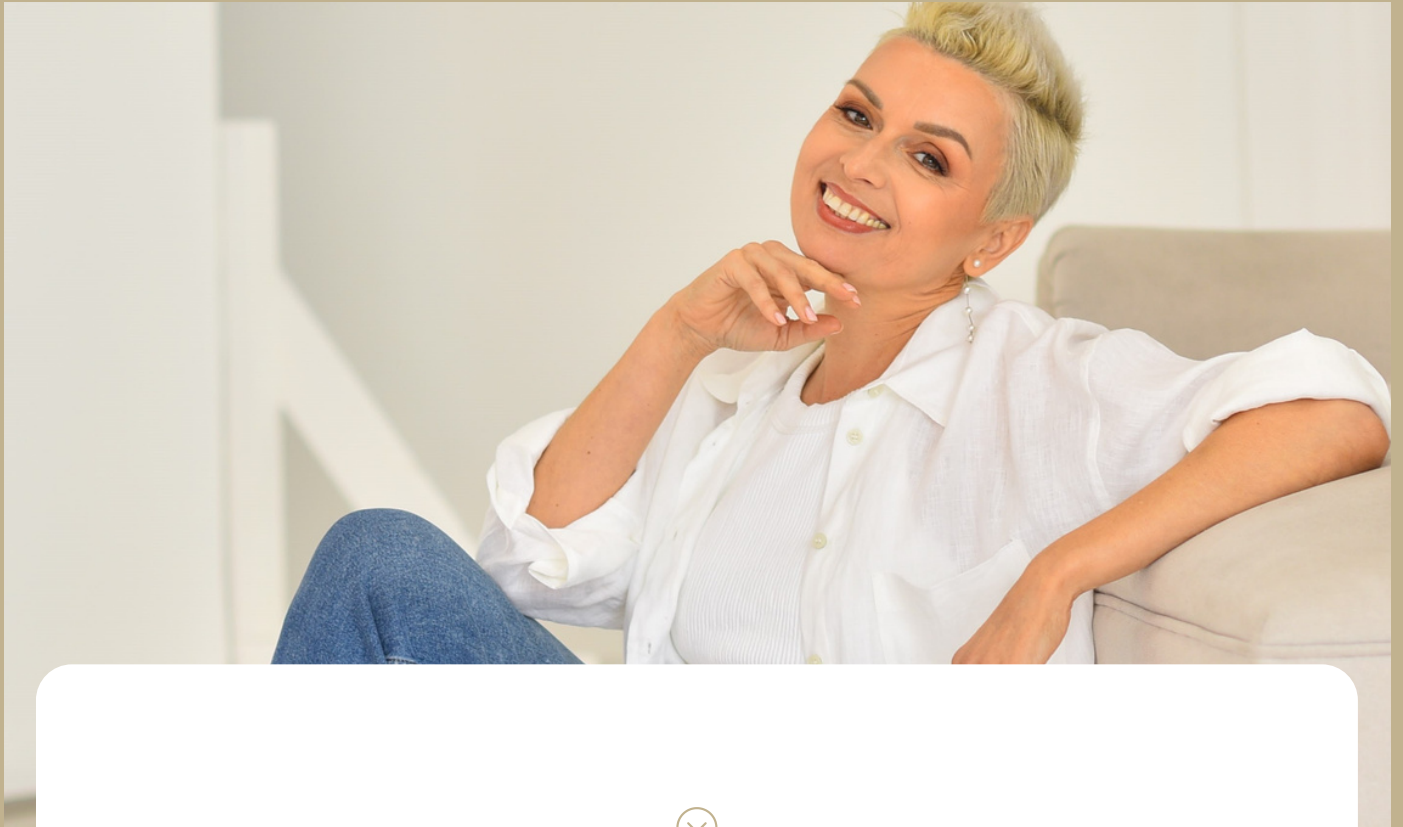


## CBT Is A Good Fit If

- ✓ You have a self-reflective nature and are inclined to introspection.
- ✓ You are open to changes, exploring and challenging existing thought patterns.
- ✓ You tend to approach challenges with a problem-solving mindset.
- ✓ You are goal-oriented, seeking measurable progress and improvement
- ✓ You recognize the importance of actively participating in the process.
- ✓ You're seeking a focused and solution-oriented treatment

## CBT Is Not A Good Fit If

- ✗ You expect immediate results without iterative refinement.
- ✗ You're resistant to examining and questioning your thoughts, beliefs, and behaviors
- ✗ You are resistant to making changes in their thinking or behavior
- ✗ You have severe cognitive impairment, such as advanced dementia or cognitive disorders.
- ✗ You prefer exploring deep-rooted emotional insights without a strong focus on practical skills and strategies.
- ✗ You seeking a more open-ended, exploratory therapeutic process



# In Need of Some Pro Assistnace?

## **360-Degree Clarity Session**

Dive deep into your challenge.

Answer questions, reflect, and be heard.

Uncover unexpected aspects.

Gain insights into the root cause  
and receive recommendations for positive changes.

90 min - \$150

**SCHEDULE YOURS**

If you're still in the exploration phase or have more questions, no worries at all.

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