

A
Activating Event



Past/Present/Future

Real/Imagined

Internal/External

+

B
Beliefs

Healthy Beliefs



Rational

Healthy preference

*I strongly prefer...., but accept
... Is a possibility*

Anti-Awfulising

*This may be bad, but its not a
catastrophe*

High Frustration Tolerance

*It may be difficult or
uncomfortable, but its doable*

Self Acceptance

*I accept that I am a fallible
human being who can make
mistakes. I am a worthwhile
human being.*

Unhealthy beliefs



Irrational

Demand

I have to... I need to... I must...

Awfulising

*This is a disaster, this is the
worst thing in the world*

Low Frustration Tolerance

I cant stand it... I cant take it

Self Depreciation

I am a failure, I am useless

=

C
Consequences



Behavioural
Emotional (Healthy &
unhealthy)

Action tendency

Symptomatic
Thoughts