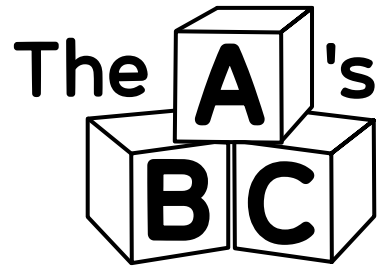


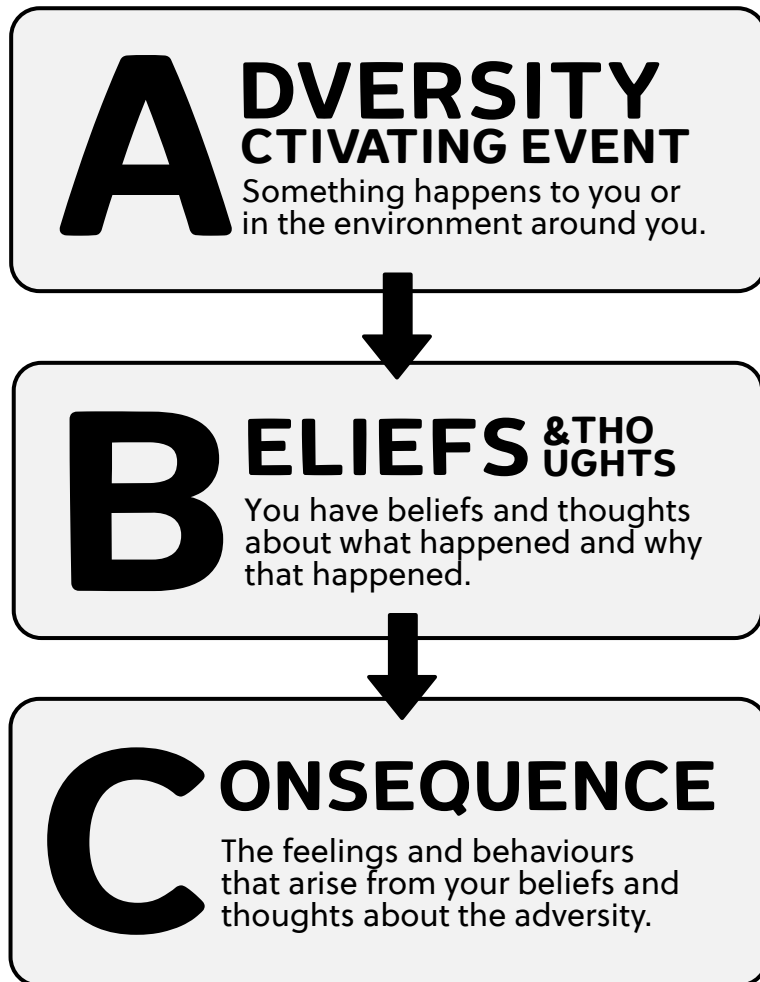
Name: _____ Date: _____



How do your beliefs & thoughts about an event influence the consequences of that event?

Review the ABC's of CBT below and develop a deeper understanding of the B to C connection by completing the chart. For each activating event, identify the beliefs and thoughts that would lead to the suggested consequence, or identify the consequence that would result from the suggested beliefs and thoughts.

The ABC Model



The B to C Connection



ADVERSITY	BELIEFS & THOUGHTS	CONSEQUENCES
Someone bumps into you on their way to class and knocks the books out of your hands.	_____	You get angry and annoyed, yelling "What the heck? Watch where you're going!"
You studied really hard but still didn't get a great mark on your math test.	You tell yourself, "Even though this isn't the mark I was hoping for, I did the best I could with the resources I had. Now I know what I need to work on and, if I keep studying, then I will keep getting better."	_____
It seems like everyone in your class is invited to a party this weekend, except for you.	_____	You are calm but confused, so you decide to talk to your friend to get more information about the situation.
You get in a big fight with your best friend.	You think that your friend is deliberately trying to sabotage you and make you miserable. How can she be so rude and inconsiderate? You thought that your friendship was something special, but obviously you were wrong.	_____