

# YOUR ABC PROBLEM (WEEK TWO)

Your Activating Event and Consequence to go here:

<b>A</b>	<b>C</b>
My Activating Event is:	My emotion is:

Your Activating Event as a recent, memorable, vivid story (write it down as succinctly as possible):

The things about the situation that disturb you include (write everything down as a list):

Now that you have your list, identify the one thing that disturbs you the most and write it down below in the A column, not forgetting to include the resulting emotion at C.

<b>A</b>	<b>C</b>
My Activating Event is:	My emotion is:

Next, turn it into a demand:

<b>A</b>		<b>B</b>	<b>C</b>
My Activating Event is:	Dogmatic Demand		My emotional Consequence is:

Formulating your unhealthy beliefs:

<b>A</b>		<b>B</b>	<b>C</b>
My Activating Event is:	Dogmatic Demand		My emotional Consequence is:
	Drama		
	I Can't Copes		
	Put-Downs		

Formulating your healthy beliefs:

A		B	C
My Activating Event is:	Flexible Preference		
	Perspective		
	I Can Cope		
	Unconditional Acceptance		