

A (ACTIVATING EVENTS OR ADVERSITIES)

- Briefly summarize the situation you are disturbed about (what would a camera see?)
- An A can be *internal* or *external*, *real* or *imagined*.
- An A can be an event in the *past*, *present*, or *future*.

IB's (IRRATIONAL BELIEFS)

To identify IB's, look for:

- DOGMATIC DEMANDS (musts, absolutes, shoulds)
- AWFULIZING (It's awful, terrible, horrible)
- LOW FRUSTRATION TOLERANCE (I can't stand it)
- SELF/OTHER RATING (I'm / he / she is bad, worthless)

D (DISPUTING IB'S)

To dispute ask yourself:

- Where is holding this belief getting me? Is it *helpful* or *self-defeating*?
- Where is the evidence to support the existence of my irrational belief? Is it *consistent with social reality*?
- Is my belief *logical*? Does it follow from my preferences?
- Is it really *awful* (as bad as it could be?)
- Can I really not *stand* it?

C (CONSEQUENCES)

Major unhealthy negative emotions:

Major self-defeating behaviors:

Unhealthy negative emotions include:

- Anxiety
- Depression
- Rage
- Low Frustration ^{Tolerance}
- Shame/Embarrassment
- Hurt
- Jealousy

E (EFFECTIVE NEW PHILOSOPHIES)

To think more rationally, strive for:

- NON-DOGMATIC PREFERENCES (wishes, wants, desires)
- EVALUATING BADNESS (it's bad, unfortunate)
- HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)
- NOT GLOBALLY RATING SELF OR OTHERS (I—and others—are fallible human beings)

E (EFFECTIVE EMOTIONS & I BEHAVIORS)

New healthy negative emotions:

New constructive behaviors:

Healthy negative emotion

- Disappointment
- Concern
- Annoyance
- Sadness
- Regret
- Frustration