

ABC's of CBT



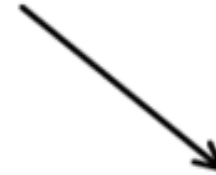
A = Something happens (Activating Event)

B = Beliefs, Thoughts, Attitudes, Assumptions

C = Consequences – What you feel and what you do

(A) Event

Gained 1/2 kg this week



(B) Dysfunctional thoughts

“It is a failure; I will never be able to lose weight. I had better give up trying to lose weight”



(C) Consequence

Reduced efforts

(B) Functional thoughts

“It is not a failure, but just a set back
It is difficult to lose weight, but not impossible: I’ve done it before”



(C) Consequence

Increased efforts

Does A cause C?
Or does B cause C?

Are you filtering the
situation through a
distorted lens? Are you
using some of the bad
thinking habits?

Examine and dispute B –
what is the evidence?

Thoughtstop
Pause
Breathe
Reframe

Thnk different
Feel different
Behave different

