



## KNOW Your ABCs

This is a good activity to do after you experience an adverse event.

It is a helpful way to debrief yourself and get a chance to reflect and discover your beliefs after a big, negative incident occurs in your life.

- **A** - Activating event that triggers your inner dialogue
- **B** - Belief you formed after the event
- **C** - Consequences or how your new belief makes you feel

Doing this can help you understand your response to stress.

While many people can experience the same activating adverse event, their thought processes about it can have a great impact on their lives moving forward. Using the ABC model can help people recognize their automatic thoughts when they're upset or mad and change those thoughts into positive things.

For example, imagine you are stuck in a long line, but you are in a rush. You may become very anxious at the thought of possibly being late to your next obligation, causing you to complain out loud to the people around you about how long the line is taking to move. Alternatively, you may decide to relax and put on your headphones to listen to some calming music while you wait. Either way, the "A" remains the same, but the "B" and "C" show how you respond to the stress.

This can help you look at things more positively and lead you to find alternatives to solving problems and staying calm.

### **Know Your ABCs**