

Using the *ABC* Model

Restructuring negative thoughts

Remember: When completing the ABC model, first complete box 1, and then box 3. This is the distressing situation or event that happened, and then what you felt and did about the situation. Then, work through box 2 to understand what your beliefs were about the situation, that led you to feel and behave the way you did.

**1. Activating Event
(Distressing situation)**

**2. Beliefs
(Negative thoughts)**

**3. Negative Consequences
(Feelings and behaviours)**
