

Linking thoughts, feelings and behaviours with the ABC method.

How do you explain the world to yourself?

Does A cause C?
Or does B cause C?

Is A, as you're perceiving it, even 'true'? Or is it filtered with a bad thinking habit and a distorted lens?

Examine and dispute B
AFTER you examine and reappraise A.

Thoughtstop and reframe.

Think different, feel different, behave different.

A

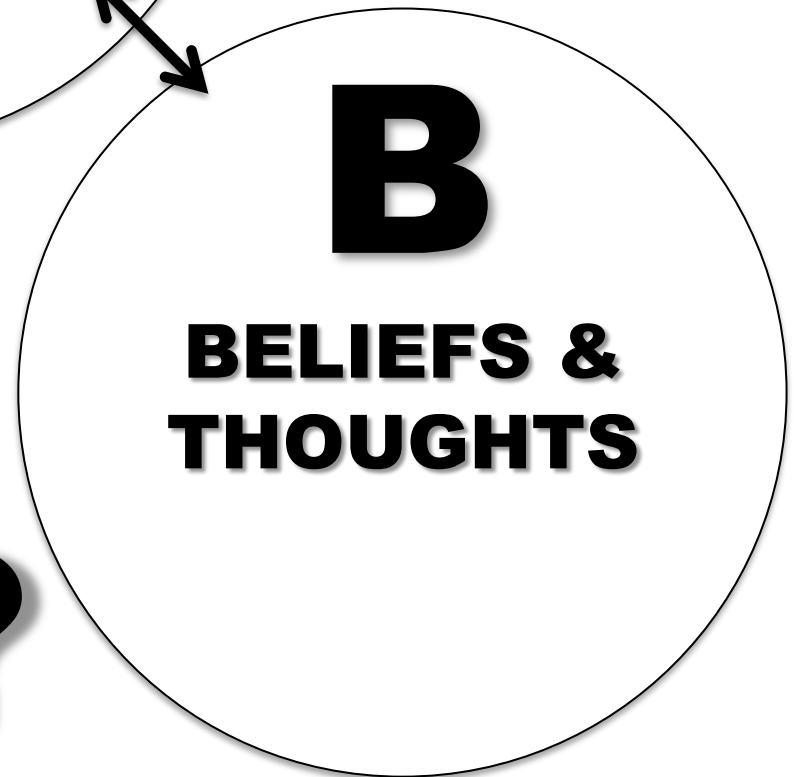
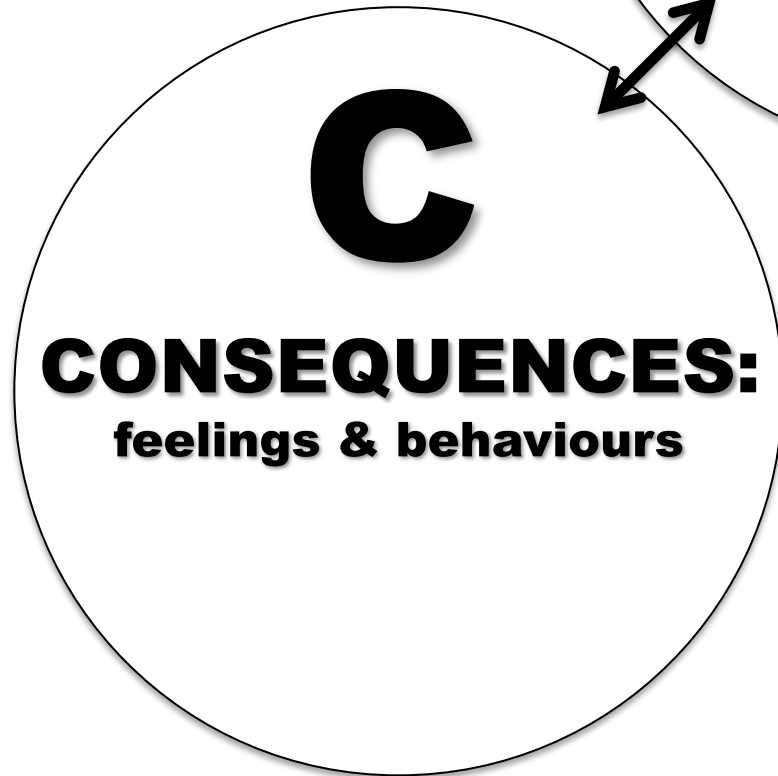
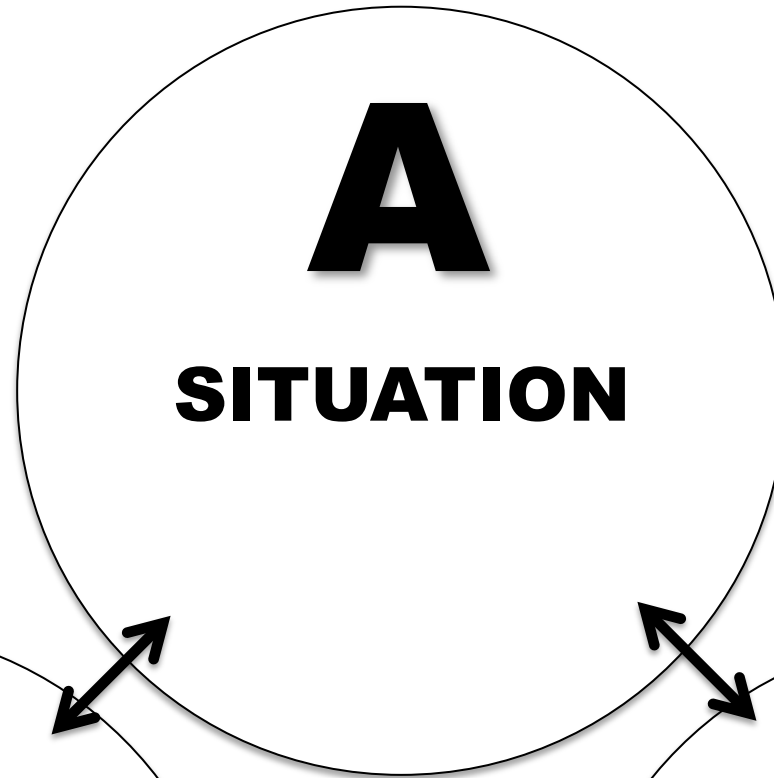
SITUATION?

B

**THOUGHTS &
BELIEFS?**

C

**CONSEQUENTIAL
FEELINGS &
BEHAVIOURS?**



D?

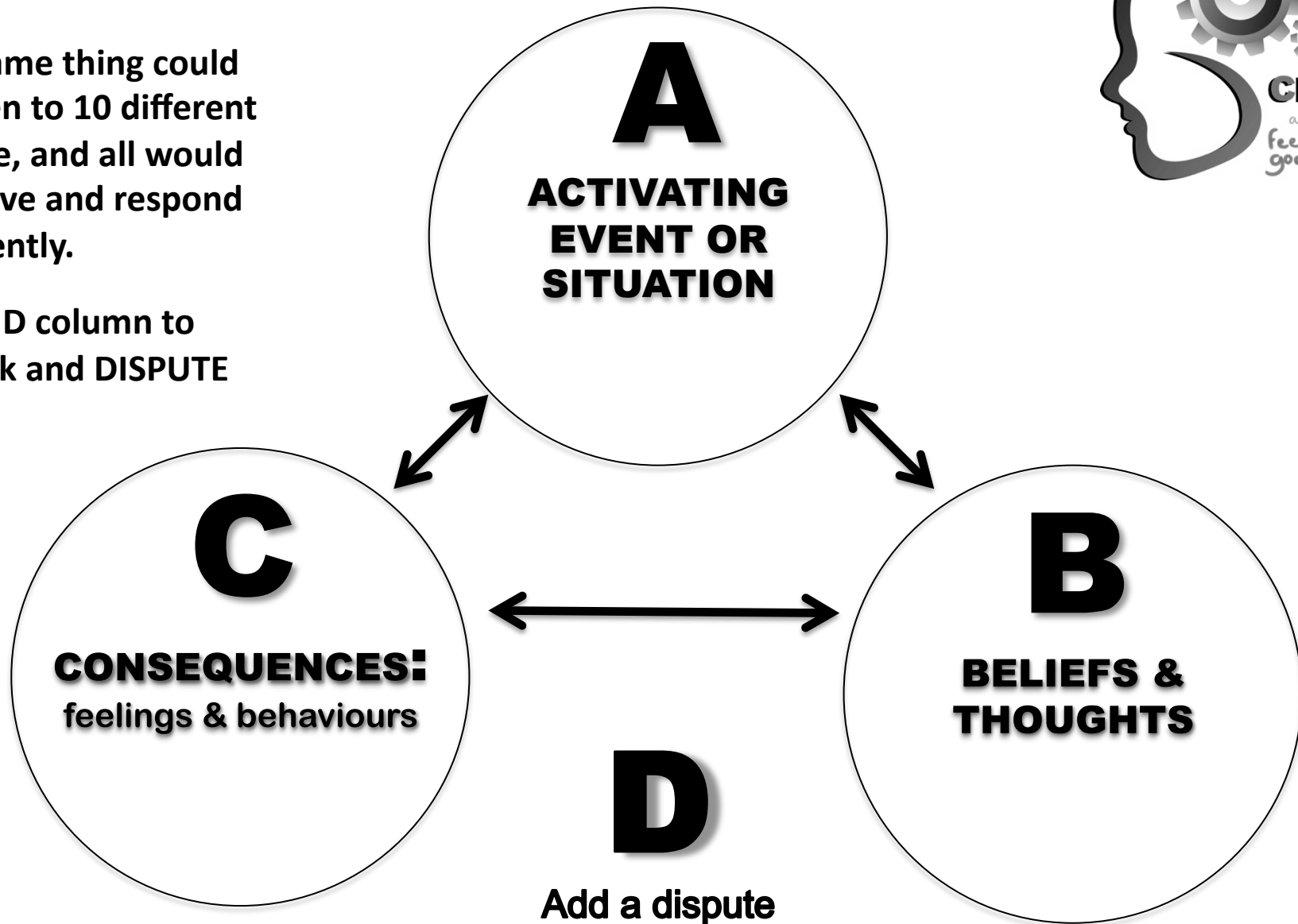
DISPUTE



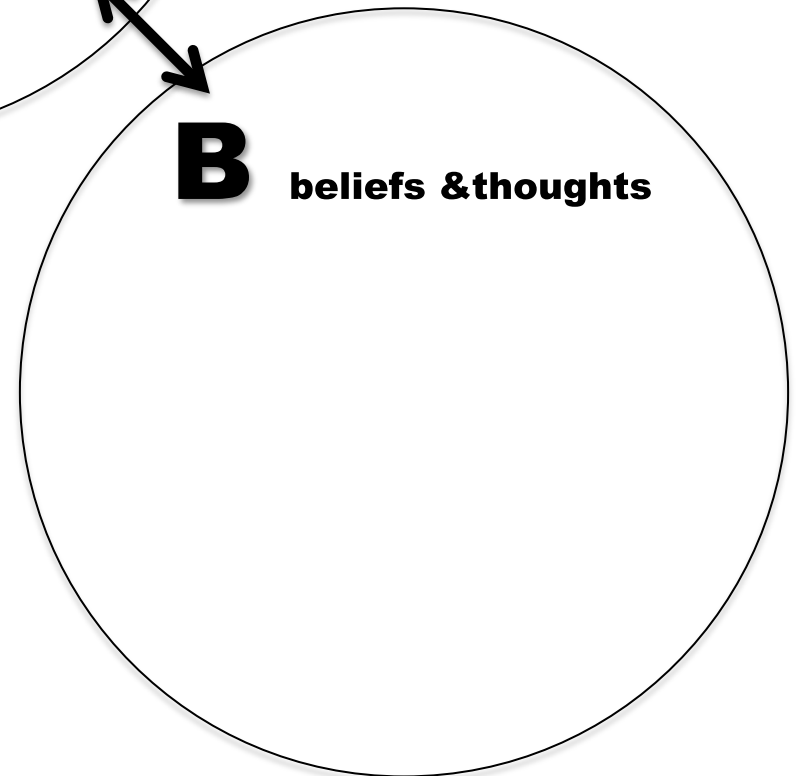
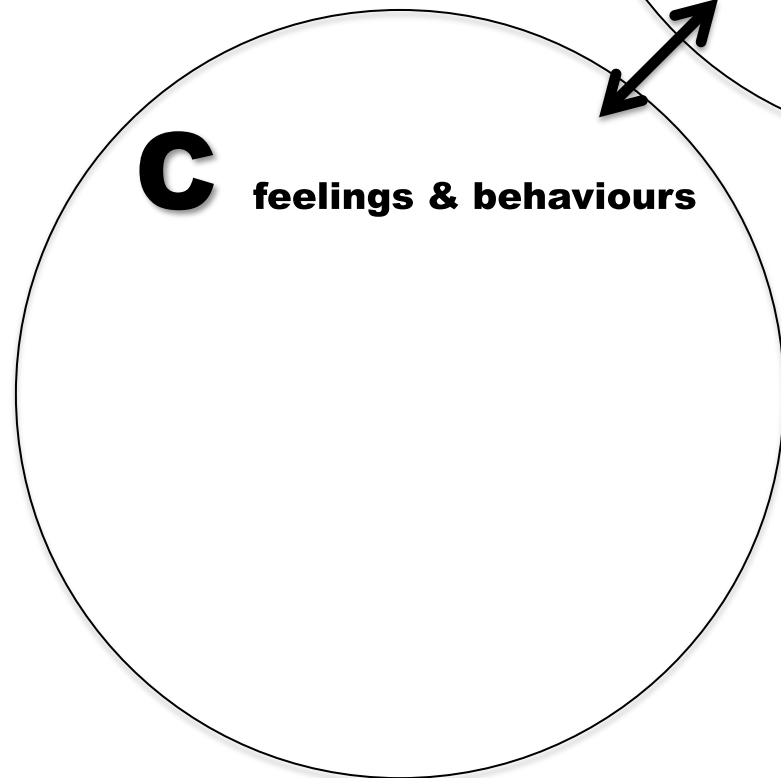
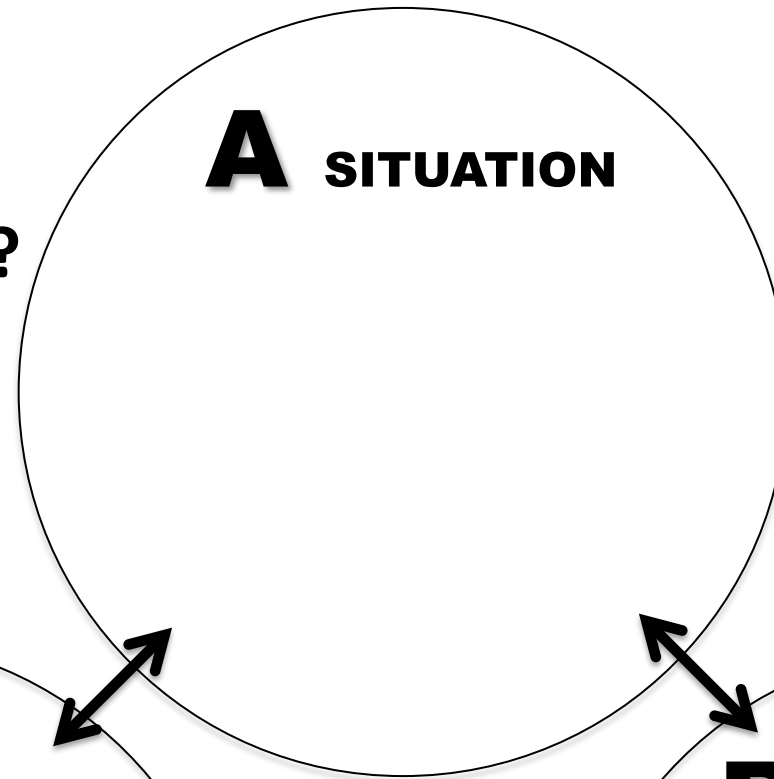
Does A cause C?
Or does B cause C?

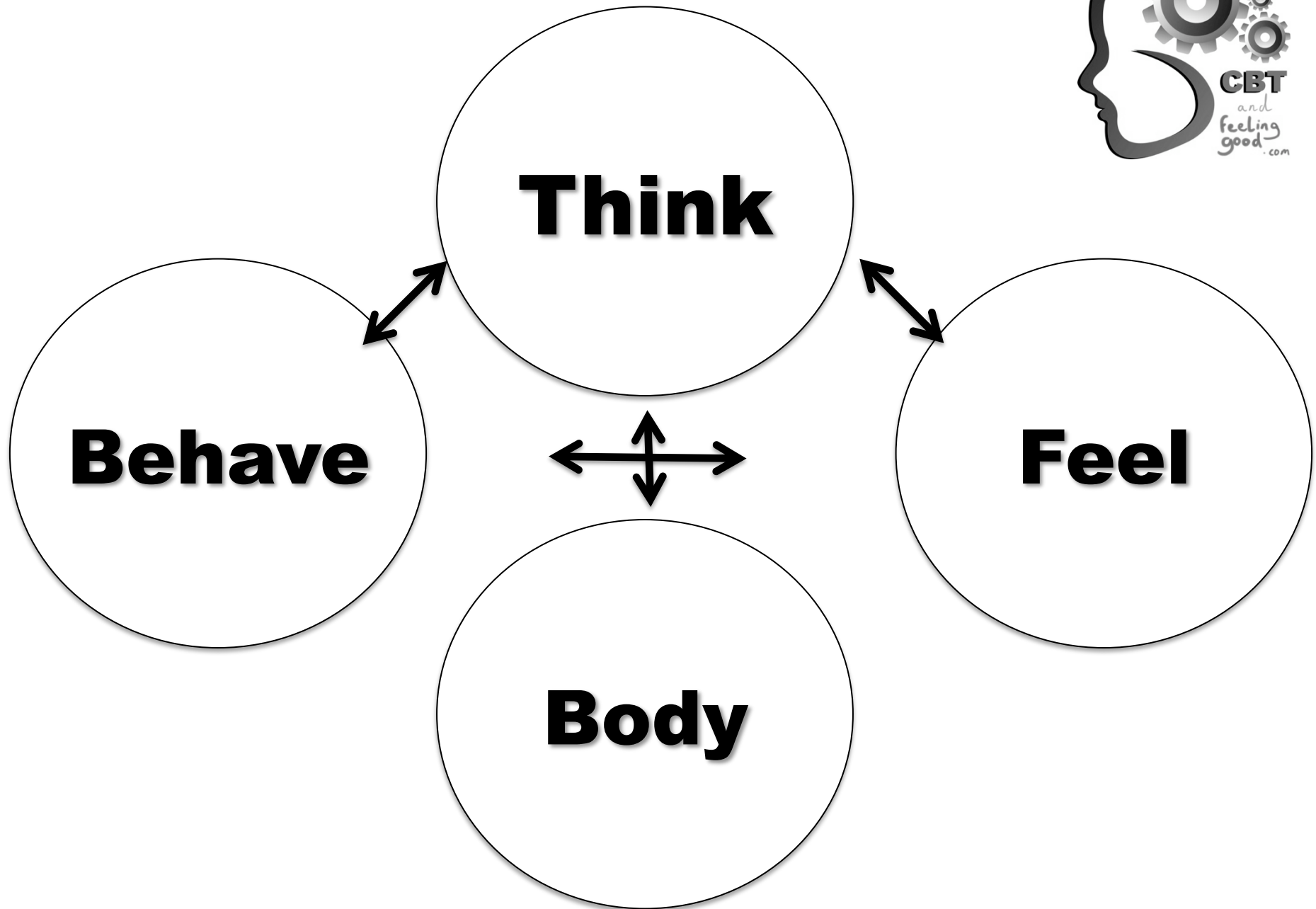
The same thing could
happen to 10 different
people, and all would
perceive and respond
differently.

Add a D column to
unpack and DISPUTE
'B'...



How are you explaining the world to yourself?





**HIGH
DRAMA**

A

SITUATION

A colleague repeatedly talks over me in a meeting.

B

MY THOUGHTS AND BELIEFS

"She's a bitch. How dare she? She did that deliberately. She's full of herself. She's ruthless and would trample on anybody to get attention and get ahead. She's horrible, I hate her..."

BEHAVIOUR

How does it make me behave?

I imagine scenarios & conversations endlessly. I put her down to others.

I bitch and vent and plot...

C

EMOTIONS

How does that thinking make me feel?

Very angry and aggressive.

PHYSICAL

What does that thinking do to my body?

Heart beats faster. Butterflies in stomach. Get hotter.

Cheeks redden. Bit shaky. Breathing shallower...

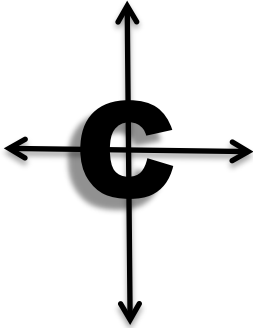


**Moderate
DRAMA**

A SITUATION
A colleague repeatedly talks over me in a meeting.

B MY THOUGHTS AND BELIEFS
“Gosh, that’s a bit rude and thoughtless, I have something to say here too.”

BEHAVIOUR
How does it make me behave?
I interrupt her and say “Sorry, but hold on, you’re not letting me make my point...” & I make my point. I vent a little to a colleague, then I let it go.



EMOTIONS
How does that thinking make me feel?
Annoyed.

PHYSICAL
What does that thinking do to my body?
Heart beats a little faster, body heats up a little, butterflies, slight change in breathing...



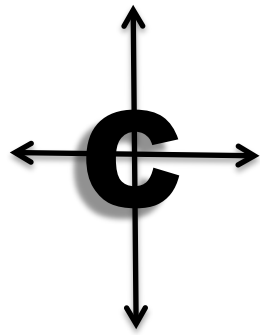
**LOW
DRAMA**

A SITUATION
A colleague repeatedly talks over me in a meeting.

B MY THOUGHTS AND BELIEFS
"She's a bit over-excited, and a bit annoying..."

BEHAVIOUR
How does it make me behave?
I roll my eyes, tease her in the canteen later, & plan to manage her & the situation firmly if it happens again, then I let it go...

EMOTIONS
How does that thinking make me feel?
A bit irritated and frustrated.



PHYSICAL
What does that thinking do to my body?
A little uncomfortable for a few minutes...

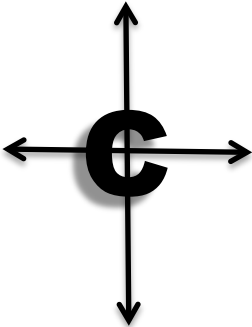


GIVE AN UNHEALTHY BAD HABIT *THINKING FEELING & BEHAVIOUR* EXAMPLE

A SITUATION

B BELIEFS AND THOUGHTS

BEHAVIOUR



FEELINGS - EMOTIONS

FEELINGS - PHYSICAL

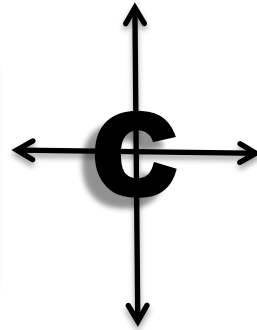


GIVE A COOL HEALTHY *THINKING FEELING & BEHAVIOUR* EXAMPLE

A SITUATION

B BELIEFS AND THOUGHTS

BEHAVIOUR



FEELINGS - EMOTIONS

FEELINGS - PHYSICAL



A

SITUATION

What triggers the problem?

Eg. **My colleague talks over me in a meeting...**

B

MY THOUGHTS

What goes through my head?

"She is a bitch. She deliberately undermined me!"

BEHAVIOUR

How does this make me behave?

I bitch. I vent. I plot. I stew.

C

EMOTIONS

How does that make me feel?

Angry. Aggressive. Vengeful..

PHYSICAL

What is my body doing?

**Heart racing. Overheating.
Blushing.**



TRACKING YOUR 'THINKING FEELING & BEHAVIOUR' WORKSHEET

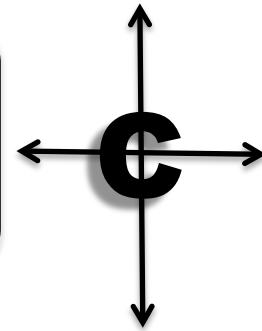
A

SITUATION

B

MY THOUGHTS

BEHAVIOUR

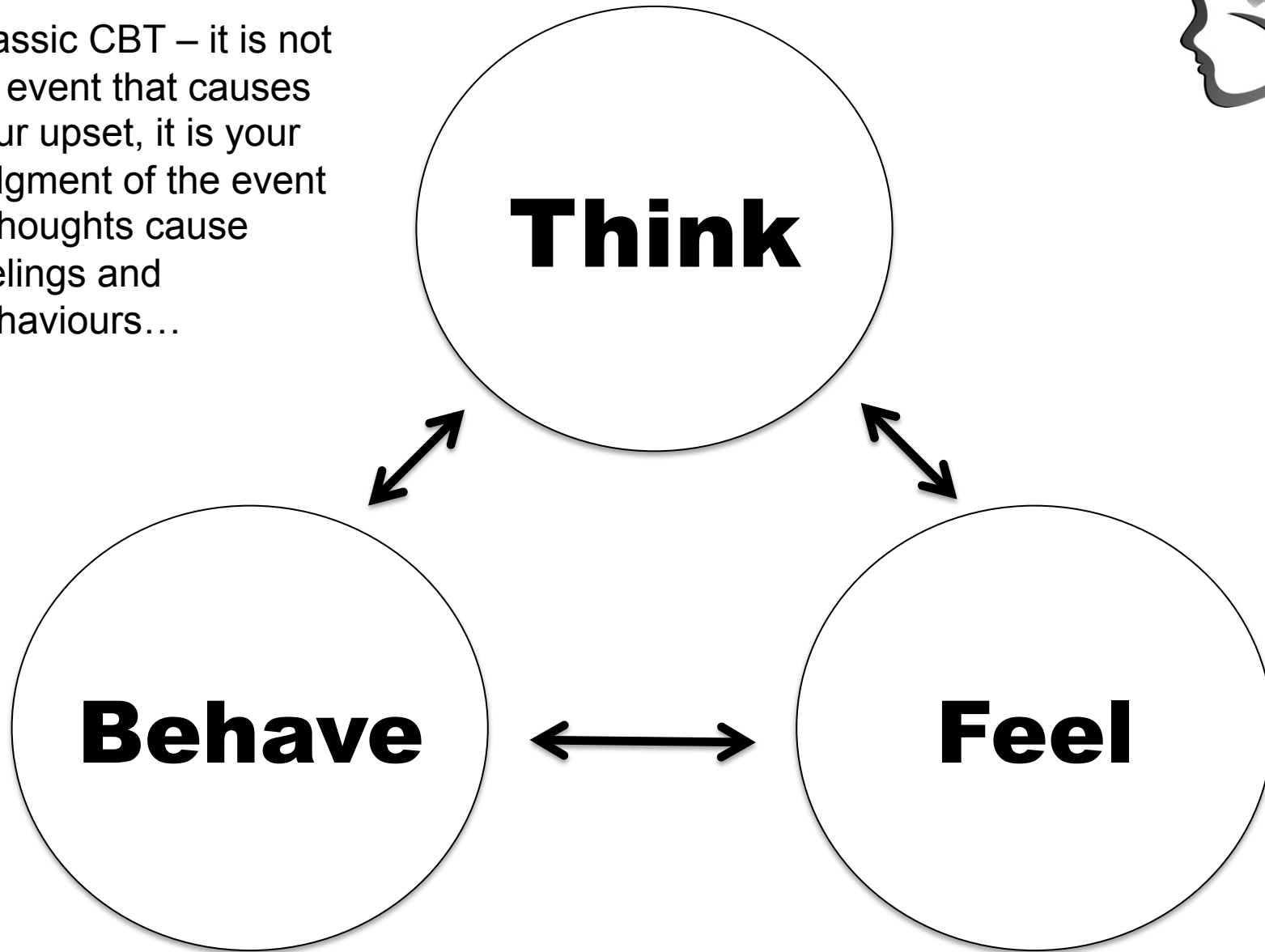


EMOTIONS

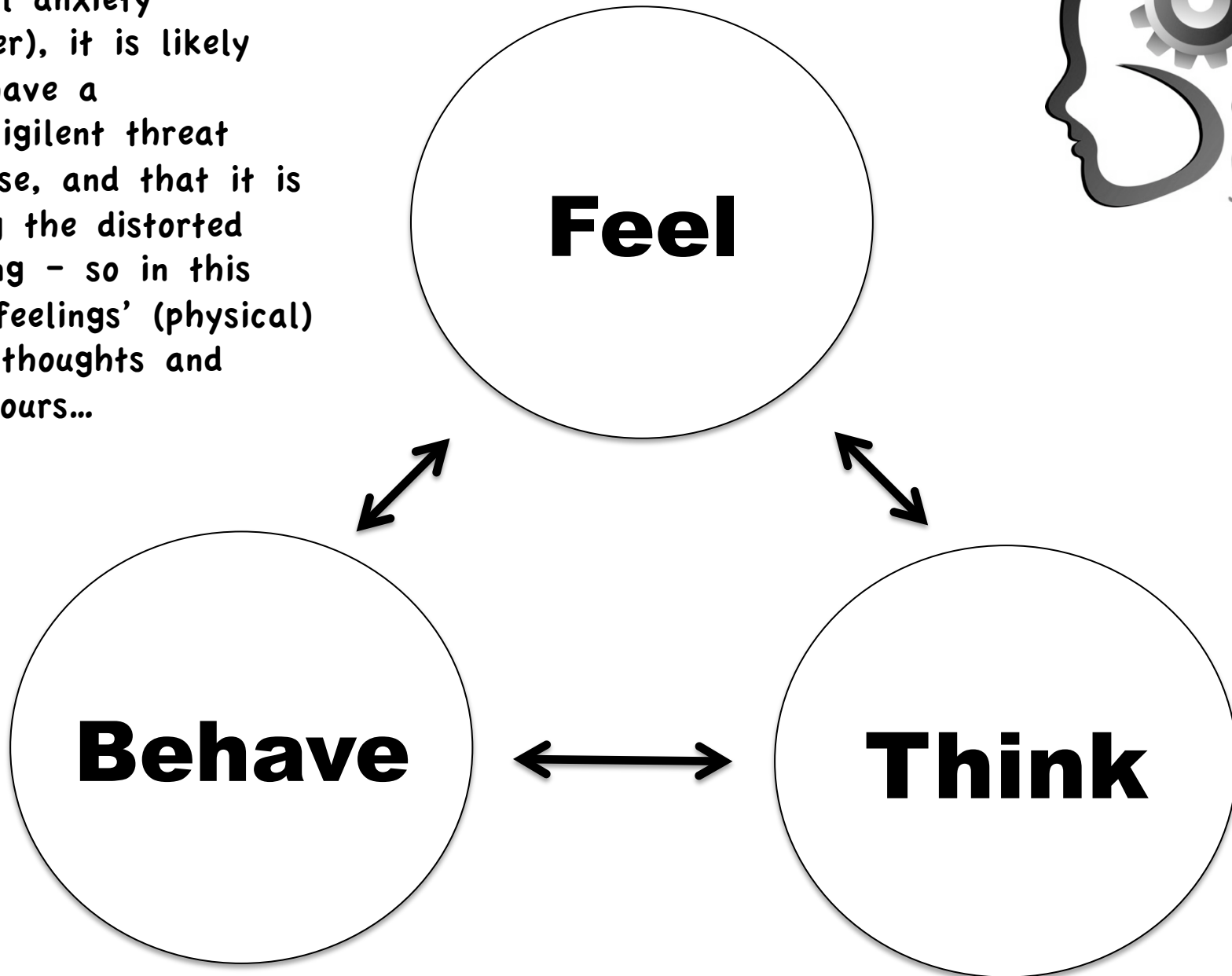
PHYSICAL



Classic CBT – it is not an event that causes your upset, it is your judgment of the event – thoughts cause feelings and behaviours...



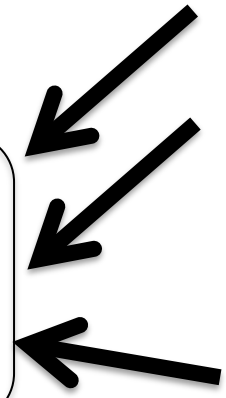
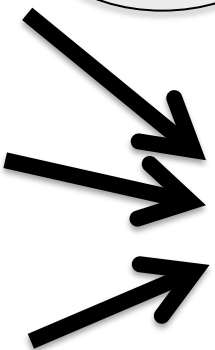
If you have GAD (a general anxiety disorder), it is likely that you have a hypervigilant threat response, and that it is driving the distorted thinking - so in this case 'feelings' (physical) cause thoughts and behaviours...



Executive workplace ABC

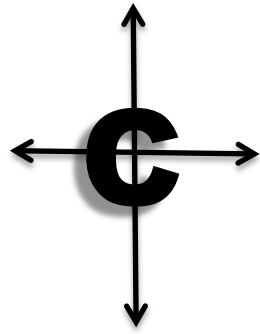
A **SITUATION**
Your team is meeting with a distributor team to persuade them to grant your company an exclusive contract.

B **GROUP THOUGHTS AND BELIEFS**
This lot love the power they have over us. They love lording it over us and making us grovel, they're horrible. They don't respect us, if they did treat us with respect, they wouldn't put us through this nonsense. They prefer our rivals. They's no way we're getting this contract, we're wasting our time. We'll have to go in at a super low margin as a first proposal, even if just to screw the rival. This is a disaster. What's the point?!



BEHAVIOUR
How does it make me behave?
Not at all relaxed. Conducting the meeting in a stiff formal way. Showing physical discomfort. Not engaging in 'social niceties' or getting to know the distributor team. Talk too fast. Panic into immediately proposing a tiny margin take in return for a contract.

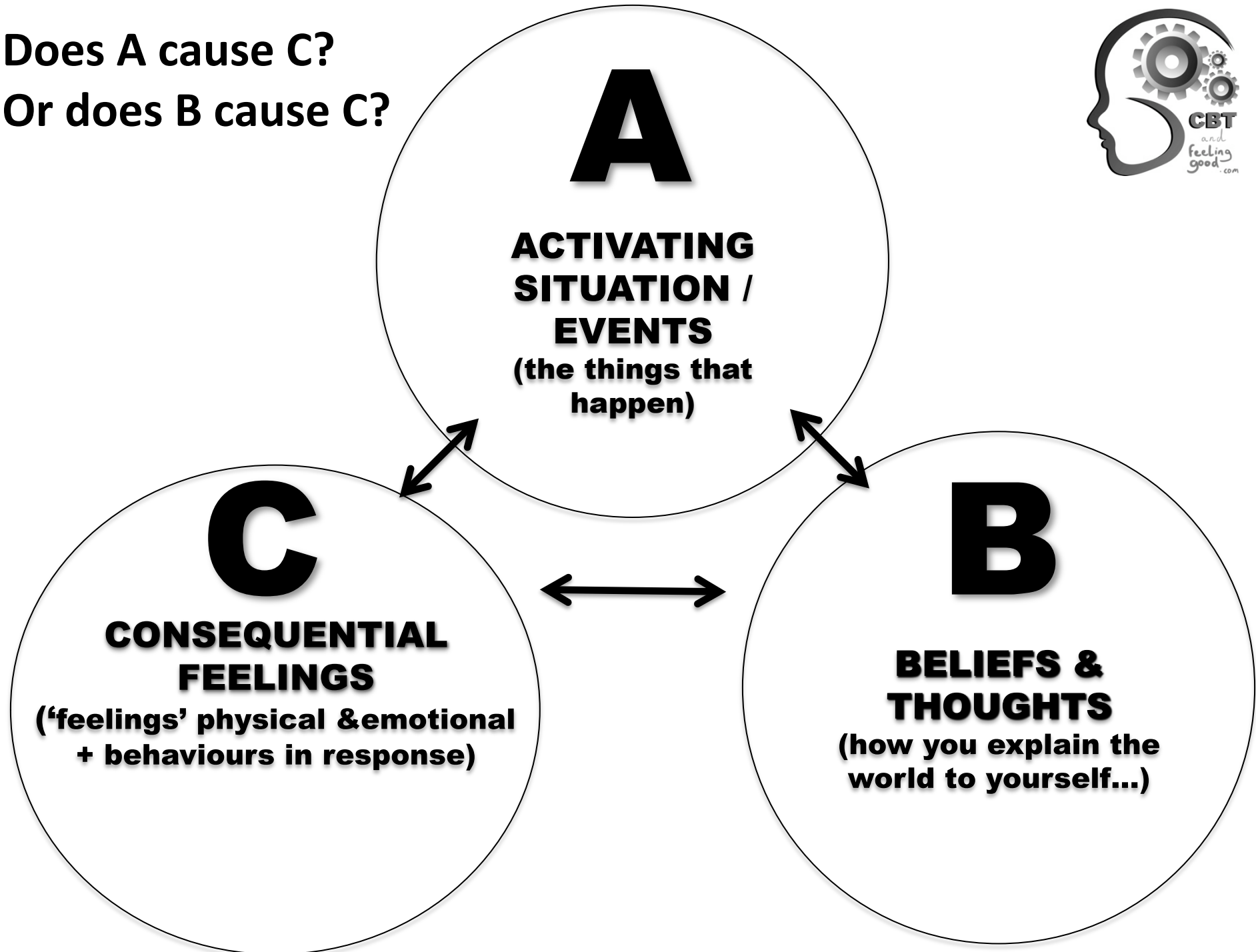
EMOTIONS
How does that thinking make me feel?
Anxious.
Nervous
Annoyed
Angry



PHYSICAL PUMPING UP
What does that thinking do to my body?
Butterflies. Faster breathing. Unfocused



Does A cause C?
Or does B cause C?



Journal the event or situation...

NEUROBIOLOGY:

This + this,
equals...

**What am I
thinking
about it?**
How am I
explaining it to
myself?

**What is my
body
doing?**
Am I in 'threat
response'
mode?

... these:

**What is my
choice of
response/
behaviour?**
Is it self
sabotaging?

**What
emotions
am I
feeling?**
Are they a bit
overdramatic?



Event:

Narrative:

Physicality:

Behaviour:

Emotions:

