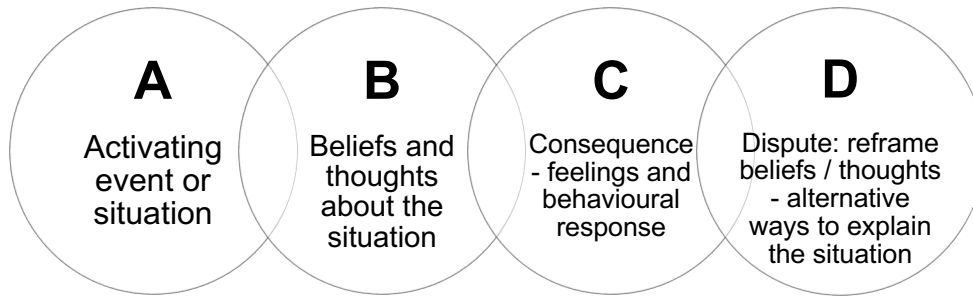


The ABCD-NC example table handout – by iVeronicaWalsh.wordpress.com



A - activating event or situation
<p>This is the initial trigger or situation that sparks your emotional and behavioural response. Write down what happened or what you observed.</p> <p>Example: “Received criticism at work from an angry boss.”</p>
B - beliefs and thoughts
<p>What thoughts did you have about the activating event?</p> <p>Example 1 – self-critical: <i>“I’m terrible at my job. She doesn’t like me. I’m in big trouble here.”</i></p> <p>Example 2 – other-critical: <i>“she’s a bitch – how dare she – I’m not standing for this, she’s horrible”.</i></p>
C – consequences – feelings and behaviour
<p>How did accepting your initial thoughts and beliefs influence your emotional and behavioural response to the event? What did you feel or do as a result?</p> <p>Example 1 – <i>Felt sick, felt anxious, couldn’t focus, avoided the open area where she sits, went over and over it in my head all week</i></p> <p>Example 2 – <i>Felt angry, wouldn’t do the things she suggested, vented about it to colleagues constantly.</i></p>
D – dispute ‘B’, the initial beliefs and thoughts
<p>Dispute and reframe 'B' with new rational and evidence based self-talk by applying the following checks:</p> <p>What actually and literally happened? Am I missing context? Am I doing negative-predicting and negative-mind-reading? Is there evidence that supports my thoughts? Do I have any evidence against my thoughts? Am I thinking in overly dramatic terms that don’t take into account other experiences I have</p>

had in work, and with this person? Are there alternative views and explanations? What is a calm rational alternative way to look at this situation?

Replace 'B' with 'D' new self-talk

Example 1: *"She was giving me feedback, with suggestions on what I could do in a different way, and opinions she has about the work, and that's not the end of the world. I've had good outcomes in work before, and I have received positive and neutral feedback before. Everyone makes mistakes, so even if she is being critical I don't have to be hugely hopeless about it – I can take it on board and focus on the areas she pointed out. I'm ok, it's ok. I'll see how it goes. I am of value, I'm doing my best – and maybe I can do it differently.*

Example 2: *I disagree with some of her points, and am upset at her tone and the way she approached me, but well, maybe she's having a bad day, she's human, I don't know what's going on in her life. It's actually ok if I believe she's being a bit unreasonable and unprofessional, but I can just continue to do my best and see how it goes. It's normal to be anxious in response to a stressful event, but I don't need to have rage – it would be smarter to respond to this in an emotionally intelligent way, replace my rage with manageable rational 'annoyance' instead – and get on with the job and accept sometimes people behave imperfectly even though I would prefer they did not (that includes me!)."*

NC – new consequence – change the outcome!

Creating a new response/reaction:

After disputing your irrational beliefs and reframing how you explain the situation to yourself, does it change the 'consequential' emotional and behavioural response for you?

- How do you feel now?
- How would you prefer to respond to the event?
- What alternative behaviour can you design that will be best for you and best for the situation.
- How can you get what you want?

Example new consequence - general:

"Feeling more confident and less anxious, I plan to approach my boss to discuss or clarify the points she made if I get an opportunity, I'll plan for this and write my key ideas down to prepare to communicate in an effective way – I accept it was a negative situation for me – it was a stressor not a pleasure, and it's perfectly normal for me to have gotten a stress surge of fight or flight, and to have done some initial 'over-thinking' - but I'm ok, it's ok. I plan to influence her to think well of me and my work through my actions – and then maybe I can just let it go and move on. This is just a job, and I have tasks, I don't have to take things so personally, we're all just doing our best..."

Try it yourself – use this modelling for your own CBT journaling.

To further the learning, download more CBT resources at: iVeronicaWalsh.wordpress.com