

An ABC-D table example (CBT handout - iVeronicaWalsh.wordpress.com)

A: activating event or situation	B: beliefs and thoughts about the situation	C: consequential feelings and behaviours.
I have to give a presentation.	It will be an absolute disaster, I am going to make a show of myself, I'll be shaking – everybody will laugh at me! I can't do it!	Anxious, afraid, can't stop thinking about it, make an excuse to avoid it...

D: dispute with a rational and logical reframe of your self-talk, clean it up...

I'm doing exaggerated 'negative predicting – 'an absolute disaster' is completely over the top, and will cause me to pump up into threat response mode if I believe it. I mean, an absolute disaster might be a plane crash with no survivors, right? There's nothing wrong with anticipating and problem solving, but it would obviously be better for me to dial the drama down and be accurate. It's more true to say that this is a stressor for me, and I'm worried I'll be visibly anxious, and that people will judge me negatively.

These are worries and 'what-ifs', I have no actual evidence those predictions are rational and evidence based. When I accept these beliefs I am literally visualising a group laughing at me and rejecting me – that's a bit ridiculous. I will 'thought stop', and disagree with and derail these statements as they occur, rather than accepting them and running them over and over in my head.

New self-talk: It would be more accurate to say that I am worried I'll go into the 'threat response' in a high way, and may pump up unhelpfully with adrenaline and oxygen, and I may appear anxious, but I don't know *exactly* how it will pan out. It's different levels at different times. It is more true to say that I may very well be nervous presenting the information, (like 76% of people), and it might be noticeable, but I won't die – I've done it before and it was sometimes uncomfortable, but the sky didn't fall in. I will prepare well and do controlled breathing to regulate my body – I will just read from my notes and the screen – and just show up and just do my best... I'm ok, it's ok. It's not about 'me', it's about the information I'm sharing. I can't control what others think of me – and if somebody is judgey that's their problem, I don't have to agree with them. I can do it. And the more I do it, the more I'll adapt to do it more comfortably in the future. Hey it might even be exciting and fun, but that's not my goal. I don't have to be funny or fabulous. My goal is to do my best to impart the information as competently as I can. That's it. No drama.

* take a long four second breath in through the nose, hold for a few beats, then let a long slow breath out through the mouth... and repeat, regulate...