

# A-B-C-D-E MODEL

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*Activating* Experience (the event):

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*Belief(s)* (thoughts or interpretations of the event)

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*Consequence(s)* (upsetting emotional consequence of self-defeating belief; how you felt following the belief)

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*Disputing* self-defeating belief (challenging the self-defeating belief; consider another possibility; another way to interpret the belief)

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*Effect* of consequence of disputing self-defeating belief (new emotional consequence as a result of challenging the self-defeating belief)

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