

The A-B-C-D Model

-A= Activating event

a. This refers to the situation that activates your emotional response (a "trigger")

-B= Belief system

a. This refers to **how you interpret the activating event**

b. It's important to pay attention to self-talk and distorted thinking (i.e. when we have expectations about what *should* happen or about how others *should* behave)

-C= Consequences

a. This refers to how you feel and how you respond to your beliefs

-D= Dispute

a. This refers to the step in which **we examine & adjust our beliefs/expectations**

b. Are our beliefs realistic & rational? Is there a better (healthier) way to look at the situation?

c. This step is key in the anger management process!

Example:

-Activating event= You've been waiting in line at the grocery store for almost ten minutes. The line is pretty long. The woman checking out keeps asking questions and keeps looking in her purse for some coupons

-Belief system= "This is ridiculous. She needs to leave! She should forget about her stupid coupons and just pay. A long line like this should never happen"

-Consequences= Your muscles are becoming tense, and you yell an expletive. You feel antsy, impatient, and flustered. You tell the woman that she "better hurry up"

-Dispute= It's frustrating, but long lines happen. That's life! Maybe this woman needs those coupons to pay for her groceries...



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Credits



[Alina V Design and Resources](#)

-Thank you for the border!

Paula Kim Studio

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-Thank you for the clipart!

[Cindy Calenti](#)

-Thank you for the flower!