

# ABCDE MODEL

## A = Activating Event

something happens to you or in the environment around you

## B = Beliefs

you have a belief or thought about the triggering event

## C = Consequences

your belief has consequences including feelings and behaviors

## D = Disputation of Beliefs

challenge your beliefs to create new consequences

## E = Effect

adoption and implementation of new adaptive beliefs

**IN THE HEAT OF THE MOMENT,  
COUNT EACH STEP ON YOUR FINGERS.  
IT WILL GROUND YOU AS YOU WORK  
THROUGH THE PROCESS.**

