

ABCDE MODEL

A = Activating Event

something happens to you or in your environment

B = Beliefs

you have a belief or thought about the triggering event

C = Consequences

the belief has consequences including feelings and behaviors

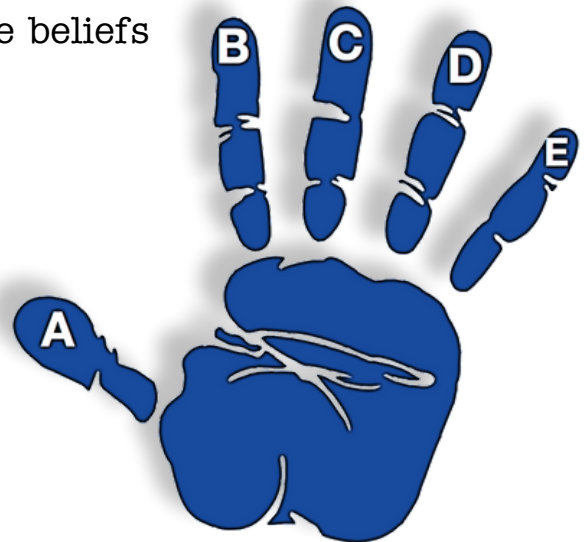
D = Disputation of Beliefs

challenge your beliefs to create new consequences

E = Effect

adoption and implementation of new adaptive beliefs

Ever wish your brain came with a “don’t overreact” setting? The A B C D E model is the next best thing. It helps you see how something that happens (A) sparks what you believe about it (B), sets off your feelings (C), then gives you the power to question your thoughts (D) and change the outcome (E). It’s like emotional WiFi, giving you a stronger signal and fewer dropped moments.



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

Now watch Ryan put it to work. A: He tells a joke in a meeting. Silence. B: His mind shouts, “They all think I’m terrible at this.” C: His stomach sinks, and for a moment he considers giving up and becoming a lighthouse keeper where no one can judge his punchlines. D: Then he catches himself. “Maybe they just didn’t hear me. Maybe it wasn’t that bad.” He breathes, smiles, and stays in the moment. E: A few minutes later the boss brings up his joke, laughs, and suddenly the room joins in. Same meeting, same line, completely different ending. Sometimes your thoughts are the only hecklers in the room.

