

ABC Model (Triggering Situation, Evaluation, Consequence)

Instruction

The ABC model according to Albert Ellis assumes that our perception of situations is accompanied by (unconscious) evaluations. These evaluations can be causal for perceived (aversive) consequences in our experience and behavior. When you find out how you evaluate situations, you can begin to develop new resource-strengthening evaluations. With these new evaluations, changes in experience and behavior are often possible.

A) Triggering situation → In what situation did I not feel or behave the way I would like to?	B) Evaluation → What must I have thought to trigger such feelings, physical reactions, and behaviors? Thought:	C) Consequence → Was did I feel? What were the physical reactions? How did I behave? Feeling: Body: Behavior:
	B') New evaluation → How do I want to assess the situation if I want to achieve my desired feeling? What might be a plausible helpful thought? Helpful thought:	C') Desired Consequence → How would I like to feel in a similar situation in the future? Feeling: Body: Behavior:

Recommended order of processing: A, C, B, C', B'.

Example:

A) Triggering situation → In what situation did I not feel or behave the way I want to? Ex.: Math exam	B) Evaluation → What must I have been thinking to trigger such feelings, physical reactions, and behaviors? <u>Thought:</u> "I'm going to really mess up on the exam next week and that would be an absolute disaster."	C) Consequence → What did I feel? What were the physical reactions? How did I behave? Feeling: fear, insecurity, self-doubt Body: nervousness. Stomach pain, Diarrhea Behavior: Studying late into the night, forgoing sleep, social withdrawal, etc.
	B') New assessment → What goes through my mind when I feel or do this? What might be a plausible helpful thought? <u>Helpful Thought:</u> "I have prepared well and will do my best. If I don't pass, it's bad but it's not the end of the world either."	C') Desired Consequence → How would I have preferred to feel and behave in the situation? Feeling: calmness Body: moderate tension Behavior: structured approach, sufficient self-care