

ABCDE - Problem Solving

This exercise is a form of cognitive therapy that allows us to examine our mindset and ways of thinking, and expose what can be causing us problems. The ABCs are an exercise that helps us to stop being victimized by our own thinking.

A - Activating Event

What happened? What did I do? What did others do? What idea occurred to me? What emotions was I feeling?

B - Beliefs

What do I believe or think about the Activating event? Which of my beliefs or thoughts helpful or conducive to a positive and realistic outcome? Which of them are dysfunctional or self-defeating?

C - Consequence

What am I feeling (angry, depressed, anxious, frustrated, self-pity, etc.)? Am I behaving in a way that isn't constructive (drinking, attacking, moping, etc.)?

D - Dispute

Dispute the beliefs or mindset that are dysfunctional. In what ways are these thoughts or beliefs helpful or unhelpful? What helpful or constructive thoughts or ways I can have or do to replace the self-defeating or dysfunctional ones?

E - Effective New Belief & Emotional Consequence

What helpful New Beliefs can I use to replace each self-defeating/dysfunctional belief I had? What does God have to say about the situation? What are my new feelings or what are the new feelings I want to have?