IDENTIFYING ABCs*

A stands for “Adversity” or Problem

B stands for “Belief” or Thinking

C stands for “Consequences” or Results

PRACTICE

A. Someone takes the game you had your eye on.
   B. You think
       ______________________________________________________________________
   C. You feel (or do)___________________________________________________________________

A. You and your parent have a fight.
   B. You think: “I must be bad to make them so angry.”
   C. You feel (or do)___________________________________________________________________

A. You get an “F” on your latest math test.
   B. You think__________________________________________________________________________