

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 _____