

The ABC model – part 1

Would you like to get a better insight into how your thoughts influence your emotions and behavior? Would you like to have more control over your emotions? To solve emotional challenges, it's important to understand how they arise. According to the "ABC model", what you think about and how you evaluate a given situation will trigger your emotions and behavior. However, if you have developed types of thought and thought patterns over the course of your life that are inappropriate, not helpful or problematic, unpleasant and self-limiting emotions may take over.

The following are examples of typical thoughts and the resulting emotions and behavior.

<p>①</p> <p>Situation-related events that trigger unpleasant emotions</p>	<p>②</p> <p>Automatic thoughts that are triggered by the given situation</p>	<p>③</p> <p>Consequences: emotions and behavior</p>
<p>Two days before your exam you're sitting at home at your desk and studying.</p>	<p>"I'm bound to fail. I probably won't be able to remember anything I've learned, and I'll fail across the board."</p>	<p>Fear</p> <p>You decide to stay at your desk and study deep into the night, even though you can't concentrate anymore.</p>
<p>You're throwing a party, and two of your friends headhome at 10 pm. You think: "They didn't like the party."</p>	<p>"They were bored. I mess up everything – I'm a total loser. Everyone else is probably just staying out of pity."</p>	<p>Sadness, guilt, shame</p> <p>So you make a special effort to please all the other guests and keep on asking whether they like the party.</p>

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Space for your own examples.

① Situation-related events that trigger unpleasant emotions	② Automatic thoughts that are triggered by the given situation	③ Consequences: emotions and behavior

Info: In the worksheet “The ABC model – part 2” we’ll show you how you can change such automatic thoughts.