

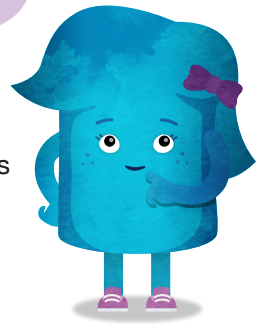
We all experience difficulties in life, and it's often during those challenging times that we can establish very painful and distorted thinking habits.

However, when used regularly, the simple ABCD technique gives us a chance to create some space between ourselves and these difficult thoughts. It allows time to reflect, dispute and challenge the very thoughts themselves.

Negative thoughts are nearly always distorted in one way or another, it's just a matter of taking a step back to see their inherent bias that we can all too easily fall victim to.

Remember, thoughts are not facts, and they can be challenged.

Naturally we often jump to the worst case scenario or miss out the varying "shades of grey", especially when we're struggling with our mental health.



ABCD is here to help put the mental brakes on, and to then assist you to reflect on the distortion itself by adjusting it to something more believable and objective. It creates a valuable breathing space, and a means to challenge what we think we believe about something.

To explain it simply, you follow the steps just like the alphabet. **A** is the 'activating event', or what happened; **B** stands for 'belief', what you believed after the event;

C is the 'consequence', meaning how it made you feel and how you acted; and **D** is the 'dispute' – how you challenged the initial belief and make it more realistic

It might feel a bit strange at first, but please stick with it and keep referring back the technique, and soon it will become habitual. Start with writing down the event, then what it made you believe and how you acted thereafter, and finally how you challenged your reaction to get to a healthier outcome.



ABCD Technique

Activating Event, Belief,
Consequence, Dispute

2

Give it a try:

Once you've done it for a few events, it does become easier, so do keep trying.

A **The Activating Event:**
What happened?

B How did the event or experience change what you **believe**?

C **The consequences:**
How did you act after and what was your emotional response?

D How did you **dispute it** and what did you decide was a more realistic response?

Practise the ABCD technique

Date:

A What happened?

B How did the event or experience change your belief?

C What were the consequences? How did you act after?
And what was your emotional response?

D How did you dispute the new belief?

New balanced thought:
