

The ABC process.

This tool can help you to see the patterns in your thinking and start to change your irrational beliefs into rational ones.

Start by writing down the activating event (A), then your irrational belief about the event (B), and finally the consequences of you having that belief about the event. Next, you'll do the same but will change the irrational belief into a more rational and helpful one. You can then see how that might change the consequences of that belief.

(A) Activating event (B) Belief about the event (C) Consequences



Activating event

Irrational belief

negative emotion or behaviour



Activating event

Rational belief

healthy emotion or behaviour

The ABC process.

(A) Activating event **(B) Your irrational belief** **(C) Consequences**

For example, if you recently did not pass the assessment (A), you may think “That’s it, my life is ruined” (B).

This may then lead you to feel demotivated and unable to concentrate (C).

A diagram illustrating the ABC process. It consists of three rows. Each row starts with a dark teal chevron shape pointing downwards, containing a small white circle with a letter (A, B, and C) at its top left corner. To the right of each chevron is a large, empty, rounded rectangular box for writing.

The ABC process.

(A) Activating event **(B) Your rational belief** **(C) Consequences**

Or you may then start to work on your underlying beliefs about not having passed the assessment (A), and then think, "Well, I have time now to really get my head down and work hard before the next assessment" (B). This could then lead to you feeling motivated to revise and be ready for the next assessment (C).

