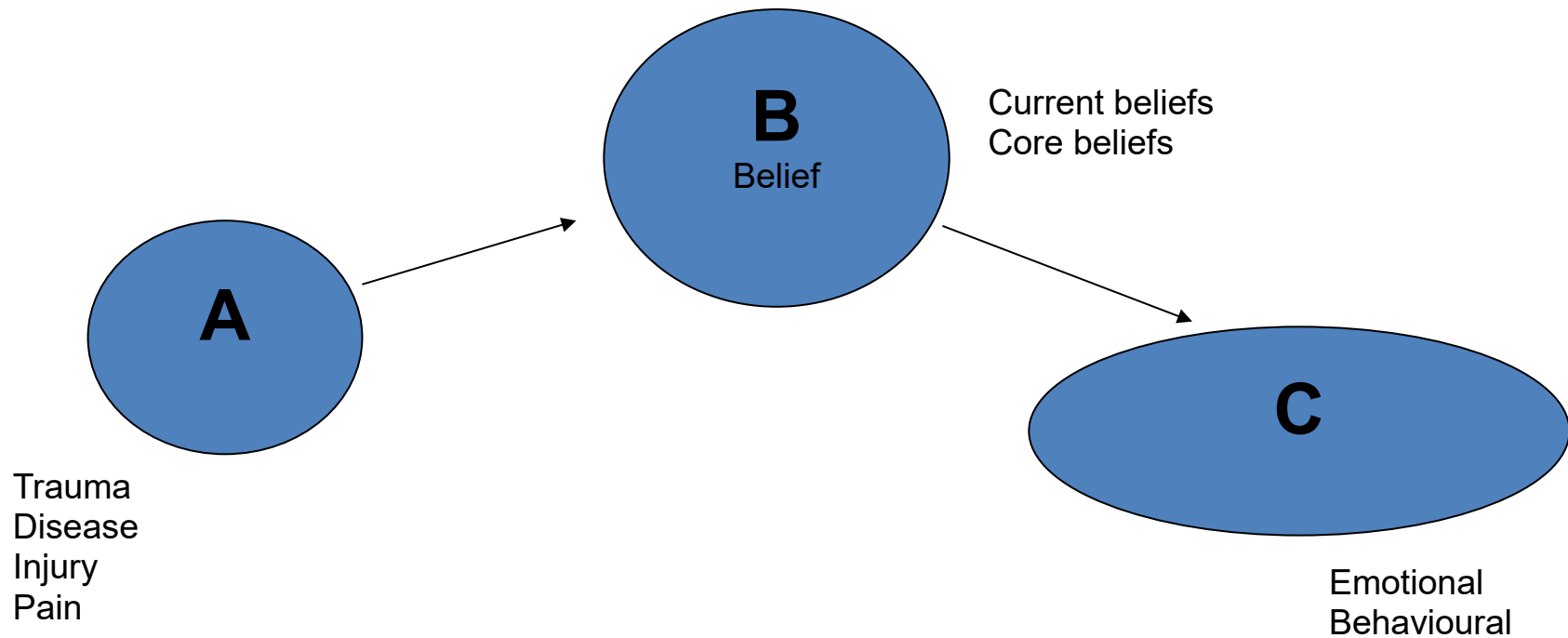


A SIMPLE DIAGRAM OF COGNITIVE BEHAVIOUR THERAPY



The ABC Model asks you to record a sequence of events in terms of:

A - Activating Event (also sometimes described as a 'Trigger')

B - Beliefs (for example, the thoughts that occur to you when the Activating Event happens)

C - Consequences - how you feel and behave when you have those Beliefs (consequences may be divided into two parts: your actions and your emotions)