

REDUCING ANXIETY: ABC's

Activating: What is the activating event(s) that has made you anxious, worried, or upset?

Beliefs: What beliefs do you have based on this event?

Consequences: What are the consequences of these beliefs?

Disputation: Can you dispute these beliefs? Or, what are different ways to view this?

- What am I to learn from this experience? Should I grow or become more refined by this? What Christ-like quality does this experience relate to?

Effect: What is the effect of new beliefs?

Effective: What is a more effective (healthy) belief?
