This worksheet is provided by MyTrueCoach
© 2023 MyTrueCoach | www.mytruecoach.com

Rational Emotive Behaviour Therapy (REBT) is a therapeutic approach founded by Albert Ellis in the 1950s. Central to REBT is the idea that our beliefs shape our emotions and behaviours. It emphasises recognising and challenging irrational beliefs that lead to emotional disturbances, aiming to replace them with more rational and adaptive thoughts. Utilising the ABC model (Activating event, Belief, Consequence), REBT provides a structured method to understand and alter negative reactions, promoting healthier emotions and actions.

Central component of REBT is the ABC model. The model is used to explain and analyse the process of cognitively appraising and interpreting events and how these interpretations influence our emotional and behavioural responses.

Here's a summary of the ABC model:

A - Activating Event:
This is the initial event or situation that triggers a cognitive or emotional response. It can be an external occurrence or a thought.

B - Beliefs:
These are our interpretations, perceptions, or judgments about the activating event. Beliefs can be rational (based on reality and logical reasoning) or irrational (based on false assumptions or misconceptions). According to Ellis, it is often our irrational beliefs about the activating event, not the event itself, that cause emotional disturbances.

C - Consequences:
These are the emotional and behavioral reactions that result from our beliefs. In the context of REBT, consequences can be healthy or unhealthy, depending on the nature of the belief.

For example: A: A person gets passed over for a promotion at work. B: They believe, "I always fail. No one values my contributions, and I'll never be successful." C: The person feels depressed and decides to skip work the next day.

The goal in REBT is to help individuals identify and challenge their irrational beliefs (B) and replace them with more rational, adaptive beliefs. By doing so, they can produce healthier emotional and behavioural consequences (C).

The process of challenging and changing those beliefs is happening with the last 2 steps:

D - Disputing irrational beliefs:
This stage involves challenging and questioning the irrational beliefs identified in the B stage.

E - Effective new philosophy:
After disputing the irrational belief, you replace it with a new, more rational belief.

By consistently applying this model, individuals can cultivate a more rational and adaptive way of interpreting events in their lives.

Use the template on the next page to practice this model. Take your notes to the next session.

Warm regards,

Tanya Deryglazova

Your coach

This worksheet is provided by MyTrueCoach
© 2023 MyTrueCoach | www.mytruecoach.com

MY TRUE COACH

ABCDE model worksheet

Objective: To identify and challenge irrational beliefs and replace them with rational, adaptive beliefs, leading to healthier emotional and behavioural outcomes.

Instructions: Think about a recent situation or event that caused you a strong emotional response. Use the ABCDE model to break down and analyse your reaction.

A – Activating Event

Describe the event or situation that triggered your emotional or behavioural response:

Example: I sent a message to a friend, and they didn't reply for two days.

- _____

  _____

B – Beliefs

Write down the initial thoughts or beliefs you had about the activating event:

Example: They are ignoring me. They probably don't value our friendship anymore.

- _____

  _____

C – Consequences

List the emotional and behavioural consequences that resulted from your beliefs:

Emotional Consequence: Example: I felt hurt, anxious, and rejected.
Behavioural Consequence: Example: I avoided contacting other friends, fearing they'd also ignore me.

- _____

  _____

D – Disputing Irrational Beliefs

Challenge the beliefs you listed in section B. Ask yourself:

- Are these beliefs based on facts or assumptions?
- Are there alternative explanations for the activating event?
- What evidence do I have that supports or contradicts these beliefs?

Example: My friend has been busy with work recently. There have been other times when they took a while to respond but later explained the reason.

- _____

  _____

E – Effective New Philosophy

Based on your analysis in section D, develop a new rational belief about the activating event:

Example: People get busy, and there could be numerous reasons why my friend didn't reply immediately. Our friendship has been strong, and one delayed response doesn't define its value.

- _____

  _____

Considering your new belief, how might your emotional and behavioural responses change in similar future situations?

Example: I'd feel more understanding and patient. I might send a follow-up message or just wait for their response without jumping to conclusions.

- _____

  _____

Tips:

- Practice using this worksheet with different situations to develop the habit of challenging irrational beliefs and cultivating more adaptive responses.
- Over time, you'll find that you can mentally go through the ABCDE steps without needing to write them down, helping you manage emotional reactions in real-time.