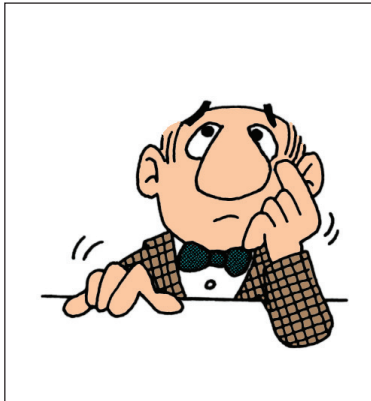


## Charlie's ABC's Of Emotions:

### A Self-Counseling Tool

#### A Activating Event



"He said my nose is too big!"

Activates  
Triggers

#### B Beliefs & Self-Talk



"He has no right to talk to me that way. He must not, he should not have insulted me. He's a \*\$æ!±»! fool! What kind of \*\$æ!±»! person would say such a thing! I-can't-stand him saying that!"

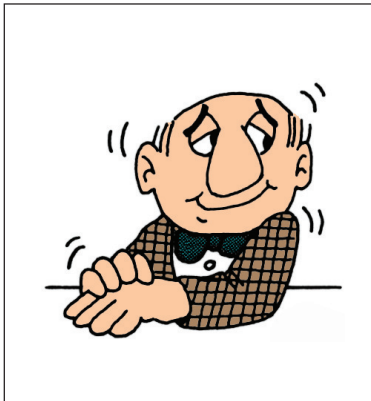
Causes

#### C Consequences: Emotional & Behavioral Consequences



"I am mad! I am angry! I feel like giving that \*\$æ!±»! a fat nose! Even if he is the boss, I'm going to tell him off and demand an apology!"

#### D Dispute



"Wait a minute. I'm making myself mad. He doesn't control my anger; I do. I'm annoyed but I don't have to get angry. I'd prefer that he wouldn't talk to me that way. But I'm responsible for my own anger."

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SOS Help For Emotions book at 1-800-576-1582. Read chapters at [www.sosprograms.com](http://www.sosprograms.com).

## Your ABC's Of Emotions: A Self-Counseling Tool

Make multiple copies for personal & client use only. Don't mark on the original.

#### A Activating Event

Think of a past unpleasant event, situation, or wrongful behavior of another person. A can be a future anticipated event. Enter below.

Activates  
Triggers

#### B Beliefs & Self-Talk

Guess at your irrational beliefs and self-talk statements, especially your absolute musts, absolute shoulds, and five hot links. Enter below.

Causes

#### C Consequences: Emotional & Behavioral Consequences

Describe your:  
1. unpleasant emotion  
and 2. behavior or contemplated behavior.  
Enter below.

#### D Dispute

After you have learned how to correctly enter your A, B, and C, do Dispute. Dispute and argue against your irrational beliefs and self-talk, especially your absolute musts, absolute shoulds, and five hot links. Enter below.

**Steps to Managing Your Emotions:** The steps are A, C, and then B.

- First, "What is your bad, Activating Event?"
- Second, "What are your Consequences of emotions & behaviors?"
- Third, "What are your irrational Beliefs & Self-Talk primarily causing your emotions and behavior?"

Rational Emotive Behavior Therapy/Cognitive Behavior Therapy is taught at  
Albert Ellis Institute [www.rebt.org](http://www.rebt.org) Charlie's ABCs Of Emotions R/L Sides.PMD

