

EXERCISE: PRACTISING THE ABCD TECHNIQUE

This chapter introduced the ABCD method. It's an efficient method to process the thought patterns which make you feel low. Go through a situation in your own life using this method.

A is the event that started things.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the exercise. It occupies the majority of the lower half of the page.

B is your belief that explained the event.

A large, empty rectangular box with a thin black border, intended for the user to write their belief that explained the event. The box occupies most of the page's vertical space below the instruction.

C is the consequence.



D is the argument which questions the belief.

