

A

B

C

D

E

ACTIVATING EVENT	BELIEF	CONSEQUENCES		DISPUTE <i>reframing the B</i>	EFFECTIVE CHANGE/ OUTCOME	
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What happened?	Irrational belief/ thought/self-talk	Behaviors	Emotions	With true & helpful rational belief	Behaviors	Emotions
Boss yells at me	"I messed up again." "I can't do anything right!"	Isolate, quit job, yell	Anxiety, fear, insecurity, hopelessness	"I can do many things right!" "I can't control my boss' emotions, but I can control my response to this."	Move forward in job Calmly talk to boss	Confidence, reduced fear/ anxiety, hope

