



A - B - C MODEL

A: Adversity or Problem

B: Beliefs we have about the adversity

C: Consequences - Emotional
consequence or feelings

Michael's Example

A - Adversity:

- Presentation in front of class



B - Beliefs:

- "I am a complete failure."
- "This is a disaster."
- "I could not control myself."
- "I never want to give a report again."

C - Emotional Consequences:

- Michael feels embarrassed and ashamed.