

# ABCDE EXERCISE

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
ACTIVATING EVENT OR SITUATION	STRESS-INDUCING THOUGHTS (SITs) OR BELIEFS	CONSEQUENCES	STRESS ALLEVIATING THOUGHTS (SATs) <i>(disputing the beliefs at B)</i>	EFFECTIVE NEW APPROACH TO DEAL WITH THE ACTIVATING EVENT	FUTURE FOCUS

# THE WHEEL OF LIFE : LEVELS OF STRESS

