

Thought challenging using the ABCDE model (Albert Ellis)

- A** - Activating event – Identify the situation which triggered the thought. Identify the Unhelpful thinking style using the thinking styles sheet.
- B** - Belief (Both positive and limiting) – What beliefs and mis-placed assumptions about you are in operation in this situation? Really explore this.
- C** - Consequences (action) – What happened as a result of your response?
- D** - Disputation (Challenging and finding a positive alternative – Stop, reflect on your unhelpful thinking and generate a more positive and helpful alternative perspective
- E** - Energisation (Positive impact as result). Reflect on the positive impact on yourself and others as a result of your more positive response. What did you learn from challenging your habitual thinking in this situation ?

Activating Event	
Beliefs	
Consequences	
Disputation	

Energisation	
---------------------	--