



### **ABC's of Thinking and Feeling**

**A – Activating Event.** An action, event, or circumstance, that you are involved in. It may be good or bad.

**B – Beliefs and Self-Talk.** Your underlying beliefs and attitudes. What you say to yourself about the situation. The beliefs are subconscious attitudes; your self-talk is what you are aware of saying to yourself. These may be positive or negative.

**C - Consequences or Results.** What you experience as a result of your perception of the event. This is colored by your beliefs and self-talk about the event. You have feelings as a result of the event, and you take some form of action.

### **8 Cognitive Distortions - Feeling Good by David Burns**

1. All or nothing thinking – you see things in black and white categories. If your performance falls short of perfect, you see yourself as a total failure.
2. Overgeneralizations – You see a single negative event as a never-ending pattern of defeat.
3. Jumping to Conclusions – You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.
4. Mind Reading – you arbitrarily conclude that someone is reacting negatively to you, and you don't bother to check it out.
5. Emotional Reasoning – you assume that your negative emotions necessarily reflect the ways things are. I feel it; therefore, it must be true.
6. Labeling and mislabeling – This is an extreme form of overgeneralization. Instead of describing your error, you attach a negative label yourself. I am a loser; He is a louse.
7. Should statements – you try to motivate yourself with should and shouldn't as if you had to be whipped and punished before you could expect to say anything. "Musts" and "oughts" are also offenders. The emotional consequence is guilt when you direct should statements toward others, so you feel frustration, anger, and resentment.
8. Personalization – You see yourself as the cause of some negative external event which in fact you were not personally responsible for.